



VELOCITY IMPROVEMENT PROGRAM "VIP"

AGES: 9-14 yrs.

CLASSES: Tuesdays 6-8 pm and
Saturdays 10 am-12 pm (1st hour w/ Total
Baseball, 2nd hour w/ Total Performance)

COST: \$350/player/session
(\$50 sibling discount)

FALL 2019-WINTER 2020 SESSION DATES

1. September 10-October 12
2. October 15-November 16
3. November 19-December 21
4. January 7-February 8
5. February 11-March 14
6. March 17-April 18

DESCRIPTION: Total Baseball has teamed up with our professional Total Performance Staff for the fall and winter VIP program. This program is designed to cover the building, strengthening, and overall arm and body care of the baseball player, as well as velocity improvement. Radar gun readings. Age specific work out plans for players.

TO REGISTER OR FOR MORE INFORMATION:

Call: (248) 668-0166

Web: [www.totalsportscomplex.com/
locations/wixom/baseball/](http://www.totalsportscomplex.com/locations/wixom/baseball/)

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