

V.I.P. CLASS VELOCITY IMPROVEMENT PROGRAM

TOTAL
BASEBALL

**AT OAKLAND
UNIVERSITY**



AGES: 12-17 yrs.

CLASSES: Thursdays 7:00-8:00 pm & Sundays 12:00-1:00 pm

COST: \$300 / 12 classes
(\$50 sibling discount)

LOCATION: The Grizz Dome,
Oakland University · 877
Pioneer Dr. · Rochester MI
48309

WINTER 2022 SESSION DATES

Thursday, January 20 –
Sunday, February 27, 2022

DESCRIPTION:

This program is designed to cover the building, strengthening, and overall arm and body care of the baseball player, as well as velocity improvement. Age specific workout plans and drills for players.

TO REGISTER OR MORE INFORMATION:

Call/Email: Total Baseball (248) 668-0166 ·

baseball@totalsportscomplex.com

Web: [www.totalsportscomplex.com/
location/oakland-university/baseball/](http://www.totalsportscomplex.com/location/oakland-university/baseball/)



totalsportscomplex.com

