



V.I.P. CLASS

VELOCITY IMPROVEMENT PROGRAM

AGES: 9-14 yrs

CLASSES: Tuesdays 6:00-7:00 pm
and Saturdays 10:00 am-11:00 am

COST: \$250 / 10 classes
(\$50 sibling discount)

LOCATION: Total Sports Complex
30990 S. Wixom Rd., Wixom MI
48393

DATES FALL 2022

1. September 6-October 8
2. October 11-November 12
3. November 15-December 17

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. Radar gun readings. Age specific workout plans and drills for players.

TO REGISTER OR MORE INFORMATION:

Call/Email: Joey PeJuan, Total Baseball
Supervisor (248) 668-0166 ·

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location/wixom/baseball/](http://www.totalsportscomplex.com/location/wixom/baseball/)



totalsportscomplex.com

