



## V.I.P. CLASS

# VELOCITY IMPROVEMENT PROGRAM

**AGES:** 10-18yrs

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

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

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

### DATES WINTER 2023

4. January 10-February 11
5. February 14-March 18
6. March 21-April 22

### **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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