



TOTAL
BASEBALL

V.I.P. CLASS

VELOCITY IMPROVEMENT PROGRAM

AGES: 10-18 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

Fall 2023 SESSION DATES

- September 5-October 7
- October 10-November 14
- November 18-December 19

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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Web: www.totalsportscomplex.com/locations/wixom/baseball/



totalsportscomplex.com

