

NEW!

Pilates/Agility/Strength Training Class

PILATES LIKE THE PROS



Strike Zone Elite Team Using Pilates To Improve Their Game



The Cardinals started using Pilates as one of the team's training tools in 2016

Flexibility Is The New Strength

PILATES is scientifically proven to enhance:

- Speed
- Running Technique
- Strength
- Conditioning
- Injury prevention technique
- Stability
- Explosiveness
- Mental preparedness

With the muscle, you think about the loading and exploding. In order to get the maximum loading, you also have to get the maximum range and the maximum stretch of the muscle. ... Pilates will help you get the explosion you need to produce the power, the speed or whatever movement you need to improve to help you perform better.



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**Use The Same Training Techniques As MLB Players
For Players 13 Up**

<input type="checkbox"/> MEMBER: \$100	<input type="checkbox"/> NON-MEMBER: \$125
<input type="checkbox"/> CORN BELT PLAYERS: INCLUDED WITH LEAGUE FEES	

MONDAYS @ 12:30 PM

JUNE: 5, 12, 19, 26

JULY: 3, 10, 17, 23

Name: _____ Age: _____ School: _____

Telephone: _____ Cell #: _____

Email: _____

Address: _____

City/State/Zip: _____

(Parent/Guardian Release Sign Here:) _____

Visit www.StrikeZoneOmaha.com for Cancellation Policy

PAYMENT METHOD

Cash Check Visa MC Disc AMEX

Exp Date ____ 3 digit V-Code ____

Signature: _____



Make checks payable to "The Strike Zone" and mail or return to

THE STRIKE ZONE, 2900 SOUTH 110 St, OMAHA NE 68144 (402) 398-1238 or FAX to (402) 399-2019