

amenZONEFITNESS

TRAINING FOR LIFE

WHO: Varsity players (recommended) + High school JV players (optional)
Note: sorry, but 7th & 8th graders are NOT eligible

WHAT: Strength Training & Conditioning

WHERE: AmenZone Fitness – North Scottsdale
8350 E. Evans Rd., Suite D5, Scottsdale AZ 85260
<http://www.amenzone.com/locations/az/north-scottsdale/>

WHEN: Wednesdays from 3:30pm – 4:30pm
Starts 2/5, except game days on Weds. 3/19 & 3/26
11 sessions, runs from Feb 5th through April 30th
Followed by stick work at Cochise field from 5-6pm

COST: \$110/player (estimate, based on # of players)
Please sign-up today and pay by Sat. 2/1.
Registration available online or by check

