

5 Tool Fall Fitness Classes

HERE'S A DESCRIPTION OF THE 4 DIFFERENT CLASSES

PICK THE ONE THAT'S RIGHT FOR YOU

Core Cuts

This class is designed to enhance and strengthen your core. This class will help restructure and redefine a baseball player's game from both the offense and defensive sides of the ball. It will increase mobility, flexibility, overall torque, torso and hip rotation.

Rock, Roll, & Explode

This class is designed to improve speed, agility, and explosiveness via ply metric exercises and metabolic circuit-style training. It will improve overall vertical and lateral movement and increase your speed and reaction time on the field.

Full Body Fitness

This class gives a clear and concise overview of how your body moves and works during athletic competition. The class will focus on the different muscle groups that make up your core, upper & lower body. It is a good introductory class for an adolescent athlete.

Body Bar Blast

Body Bar Blast is an advanced circuit dynamic style class using the body bars for a more strenuous mechanical workout. The purpose of this class is to improve balance and isometric strength. This class is recommended for a more intermediate level athlete who is already familiar with proper form and technique.

TO GET STARTED PLEASE CALL 917-578-1908

OR EMAIL YOUR INFORMATION TO JOHNNY@MY5TOOLBASEBALL.COM