



DRIVE PERFORMANCE

ELEVATE YOUR GAME

xTra Bases Strength and Conditioning Classes



Kids Sprint Camp – Ages 7-10

Using fun games to teach proper running mechanics and improve overall athleticism.

Fridays: 4:30pm-5:30pm

Position Player Agility – All Ages

Get faster and more agile on the diamond with drills to improve lateral quickness, leg strength, explosiveness, and first step agility.

Mondays: 4:00pm-5:00pm (Baseball)

Tuesdays: 5:00pm-6:00pm (Softball)

Bat Speed and Rotational Power – All Ages

Add some extra “pop” to your swing with workouts emphasizing core, leg, and forearm strength.

Mondays & Thursdays: 5:00pm-6:00pm

Pitchers Velocity & Injury Prevention – All Ages

For pitchers or position players that want to keep their arm healthy and durable with overall body strengthening combined with rotator cuff exercises.

Mondays & Thursdays: 6:00pm-7:00pm

Lifting 101 – Junior High and Up

Prepare for high school and collegiate lifting programs with this introduction to weight lifting. A workout consisting of functional lifts to strengthen body, increase performance and teach proper mechanics.

Tuesdays & Fridays: 6:00pm-7:00pm

Advanced Lifting – High School and Up

Work on powerful, explosive movements and advanced techniques to increase performance in those already doing resistance training.

Tuesdays: 8:00pm-9:00pm

Please note all classes and times are subject to change

Schedule as of 3-2-12

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