



BASEBALL OFF-SEASON TRAINING PROGRAM:

Program starts November and runs for 3 months (Nov/Dec/Jan) Athletes can train on a 2x per week plan or a 3x per week plan based on their schedules and availability.

2x Per Week Program

\$125.00 Per Month (breaks down to \$15.62 per session)

3x Per Week Program

\$150.00 Per Month (breaks down to \$12.50 per session)

NAME:	GRADE:
ADDRESS:	PHONE NUMBER:
	EMAIL:
SCHOOL:	POSITION PLAYED:
SELECT THE MEMBERSHIP <input type="checkbox"/> 2x Per Week = \$125.00 Per Month <input type="checkbox"/> 3x Per Week = \$150.00 Per Month	SELECT THE DAYS YOU ARE AVAILABLE FOR TRAINING SESSIONS: <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday

Mail This Page To:

Hepler Strength and Conditioning
 1064 National Highway
 Thomasville NC 27360
 336-740-9780
www.heplerstrength.com