



PRBSA is offering

Core Training

Improve:

- Bat speed
- Core Strength
- Functional Speed

- Agility
- Overall Fitness
- Avoid Injury



Batting Practice

Solid to the Core is not only a class to help any athlete of any sport to improve their overall performance. It is also a mind set. These sessions will be tailored to meet the needs of those participating in baseball. It is also valuable to the person who wants to put an edge on their fitness level. Being physically fit will improve any sport, endeavor, but most importantly ones quality of life. The exercises and drills done in class will improve not only linear speed but will improve functional speed, agility, and core strength, from the shoulder to hip. The exercises will promote strength in the shoulder and will help prevent injury. The class is being offered through PRBSA at the new Pine Township Community Center. This would also be a great opportunity to check out all of the other programs and activities the new facility has to offer. Also included in the program will be the use of the batting cage also located at the new facility. This is an excellent way to get some extra batting practice for the upcoming season. Hope to see ya there.



To Sign Up Contact

John McFarland
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 724.814.0691



Ages: 11 and Up
Location: North Gymnasium Pine Township Community Center
When: Thursdays March, 4th through April, 22nd
Time: 5:00PM-7:00PM
Fee: Estimated Cost will be between \$75 - \$100, The more participants the less it will cost.