



## **2018 Winter Workout Program**

**Tuesday/Thursday (9U – High School)**

**(Monday/Wednesday could be added)**

**SESSION 1 – November 26<sup>th</sup> - December 20<sup>th</sup>**

**SESSION 2 – January 7<sup>th</sup> - January 24<sup>th</sup>**

**Cost: \$200 (Each Session)**

**Sign Up to both and save! (\$350) \$50 Savings!**

- 6pm & 7pm groups *\*8pm group could be added\**
- Groups will be split up by grade (Siblings will be together)
- Hitting/ Strength & Conditioning Twice a week
  - 5 kids per cage (MAX)
- Workouts will consist of 50 min of hitting & 40 min of Strength & Conditioning

**To register: [thzbaseball.com](http://thzbaseball.com) and click on the “Register: 2018 Winter Program” (Youth or High School) Tab.**

**Session #1 DEADLINE- Wed, Nov<sup>21st</sup> to register!**

**Session #2 DEADLINE – Wed Jan<sup>2nd</sup> to register!**

**3301 Sunrise Rd, Round Rock TX 78665: THZ Facility**