



Winter Class Schedule: Ages 13 and Up



These sessions will improve your athlete's:

- Speed and Agility
- Strength
- Stability
- Explosiveness
- Flexibility
- Prevention of injury long term
- Pre-Testing
- 10 and 60 Yard Dash/Pro-Agility
- Post-Testing
- Performance/Injury Screen

WEDNESDAYS @ 7 PM

NOVEMBER: 7, 14, 21, 28

DECEMBER: 5, 12, 19

JANUARY: 9, 16, 23, 30

FEBRUARY: 6, 13, 20, 27

**Non Members: \$175
Members: \$150**

Strike Zone Strength and Conditioning

The Strike Zone will provide the most advanced speed, strength, and conditioning philosophies and training for individuals and teams of all disciplines and levels; from youth through professional. We train both the body and mind, creating an interest and desire for strength and conditioning.

Our number one goal at The Strike Zone is to make each and every individual stronger, faster, stable, and more powerful in whatever sport or fitness level they participate, while focusing on injury prevention. We take pride in offering personal and team instruction, attention to the smallest details in a challenging, but positive and encouraging environment.

Speed

- Improving Straight Ahead Speed
- Lateral Speed Gains
- Running Technique

Strength

- Functional Strength
- 7th Inning/Late Game Strength
- Injury Prevention

Stability

- Being Stable to be Strong
- Smaller Stabilizer Muscle Strength
- Improving Overall Lifts and Movements

Explosive

- First Step
- Repeat Jumps
- Overall Power
- Rotational

**The Strike Zone
will improve an athlete's:**
Speed/Agility
Explosiveness
Flexibility

Proper warm-up/cool downs
Better technique and coordination
lifts, balance, and running for their
specific sport
Injury prevention
Sports nutrition/Supplement education
Meal plans if needed



Name: _____ Age: _____ School: _____

Telephone: _____ Cell #: _____

Email: _____

Address: _____

City/State/Zip: _____

(Parent/Guardian Sign Here): _____

Visit www.StrikeZoneOmaha.com for Cancellation Policy

Make checks payable to "The Strike Zone" and mail or return to

THE STRIKE ZONE, 2900 SOUTH 110 St, OMAHA NE 68144 (402) 398-1238 or FAX to (402) 399-2019

PAYMENT METHOD

Cash Check Visa MC Disc AMEX

Exp Date _____ 3 digit V-Code _____

Signature: _____

