

Looking to improve your **FASTBALL?**

we can improve it by **3mph** or your money back!



Program led by:

Coach Mike Edge, *Nationals Strength Coach*

**Arm Strengthening
program for pitchers**
guaranteed to improve fastball
by 3mph or money back*

Session dates:

November 13th –December 20th;
Jan 8th – Feb 14th

Tuesdays/Thursdays

7:00 – 7:30pm –**OR**– 7:30 – 8:00 pm

\$160 members \$180 non members

BRING THE HEAT



2304 Churchville Road, Bel Air

410-734-7300

www.thearenaclub.com