

**Baseball Speed, Strength and**

**Agility Training is Back at**

**The Diamond Mine!**

10 Weeks of Intense Training to Improve your overall speed,

strength and agility to help you become a better athlete.



*Get ready for the season with intense workouts to improve your overall athleticism!*

**Meets at The Diamond Mine**

*951 Sand Hill Rd*

*Asheville, NC 28806*

***Led by Carlos Perez with SuperFit***

***Starts December 3rd 2022 @ 10:00 AM & 11:00 AM***

***$20.00 per session***

| The Diamond Mine| 828 665-7787 | dchaplain.thediamondmine@gmail.com|

thediamondmine.com