

# Ultimate Membership

Individual Membership or Family membership (12 Months – Either Monthly or Pay in Full)

## Membership Includes: 1 Year

- 2 Customized Workouts with our trainers for age & sports specific - Pitching, Hitting, Strength, Speed & Agility – Your choice
- 1 (4 Week) SAS program – pick a month
- Unlimited Use of the SAS room – Includes, Ropes, Ladder work, tire Flips, Plyo boxes
- Unlimited Use of Cardio Machines
- Unlimited Use of Unlimited Use of the Workout Room (Free Weights and Machines) – after your receive a workout from our trainers – Note: Ages 12 & Older
- Unlimited Use of the Baseball Cages upstairs – Throwing, Soft-toss, Iron Mike Machine, BBS and radar Gun (this will be during certain hours)
- Ultimate Sports T-Shirt and key card for scanning in

***Set your goals, whether you want to increase arm strength, bat speed, etc., Ultimate Sports will help you get there.*** We feel this is the best Sports Specific Membership available. Call or stop by at your convenience to discuss.

### ***Individual membership - Month to month - \$20 per month or \$200 for the whole year***

Individual Monthly: \$20 a month

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920336>

Individual (Pay in Full) - \$200 whole year (Saving \$40)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920353>

### ***Family Membership - Month to Month - \$30 or \$300 (Parents can work out as they wait)***

Family Monthly: \$30 a month

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920340>

Family (Pay in Full) - \$300 whole year (Savings \$60)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1920350>

## Full Body Strength Workout ( 3 Weeks)

Circuit training with machines holds value for lifters of all skill levels. When you're just starting out, these machines help to build the mind-muscle connection necessary to prosper with free weight variations. And since most of your early gains are neurological – not physiological – it's good to make. For beginners and those looking to start training again after a break, circuit training is especially effective. The use of machines allows you to work through a predetermined range of motion and the exercise order allows for optimum muscle recovery. The 15-rep range helps to build muscular endurance while allowing newer lifters to develop some muscle memory with these basic movement patterns.

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots</u>	<u>Dates</u>	<u>Link – Cost \$50 special</u>
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11-14	Tues	5-6 P.M	6	Dec 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1986910">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1986910</a>
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# 15 Week Fall /Winter 2017/18 Clinic

This clinic is an overall clinic that will focus on fielding, throwing, catching, hitting, bat speed, base running, sliding, speed & agility, and conditioning. There will be a maximum of 30 kids per class. Sessions will be offered on Mondays and Fridays. 1 to 6 ratio with Instructors.

## Format

- Circuit Training (Station Work) , Bat Speed / BBS
- Fielding, Pitching, Live Hitting (Virtual Machine)
- Throwing Speed ,Cutoffs / Outfield, All Aspects of the Game

**Cost:** \$315 per program (15 weeks)  
\$600 for 2 programs

AGES	DAY	TIME	Spots	Start Date	Link
5-6	Fri	4-5 P.M.	7 of 10	Dec 22 <sup>nd</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879046">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879046</a>
7-8	Mon	5-6 P.M.	Sold Out		Sold Out
7-8	Tues	6-7 P.M.	6 of 10	Dec 12 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028</a>
7-8	Fri	5-6 P.M.	Sold Out		Sold Out
9-10	Mon	5-6 P.M.	Sold Out		Sold Out
9-10	Tues	6-7 P.M.	6 of 10	Dec 12 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1950028</a>
9-10	Fri	6-7 P.M.	12 of 20	Dec 22 <sup>nd</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879063">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879063</a>
11-12	Fri	7-8 P.M.	12 of 20	Dec 22 <sup>nd</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879165">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879165</a>

# 15 Week Hitting School

This clinic specifically works on hitting mechanics and bat speed. There will be a maximum of 20 kids per class. Sessions will be offered on Mondays and Wednesdays. 1 to 6 ratio with Instructors. We will be using the Virtual Machine for Live hitting as well.

## Format:

- Proper Mechanics, BBS / Bat Speed
- Live Hitting – All Different Pitches and Speed
- Mental Approach, Situational Hitting

**Cost:** \$315 per program (15 weeks)  
\$600 for 2 programs

AGES	DAY	TIME	Spots	Start Date	Link
6-8	Mon	6-7 P.M.	4 of 5	Dec 11 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879079">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879079</a>
9-10	Mon	6-7 P.M.	7 of 10	Dec 11 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879084">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879084</a>
9-10	Weds	6-7 P.M.	3 of 15	Dec 20 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879086">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879086</a>
11-12	Mon	7-8 P.M.	12 of 15	Dec 11 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879168">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879168</a>
11-12	Weds	7-8 P.M.	6 of 15	Dec 20 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879068">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879068</a>
13-16	Mon	8-9 P.M.	7 of 15	Dec 11 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879076">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879076</a>
13-16	Weds	8-9 P.M.	7 of 15	Dec 20 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879072">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1879072</a>

# Pitching School

This clinic aims to teach proper throwing techniques and the fundamentals of pitching, while improving velocity and control. There will be a maximum of 6 kids for this program and everybody will be tested on the radar gun

Start Date	Day	Times	Ages	Cost	( 3 Weeks, Dec 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> )
Dec 7 <sup>th</sup>	Thursday	6-7 P.M	9-12	\$65	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1984991>

**SAS Program** (Speed, Agility, Strength) Complete your Game!!!! \$60 for 3 (**3 Weeks Tues, (Dec 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>) Thurs**), **Dec 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>)** **Overview:** We all know that Speed and Strength training are extremely important in training for any sport. Many athletes are only focused on the sport skills and are lacking in this area. Speed/Agility and Strength Training will *complete your game*, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports SAS program get the most out of its athletes. Speed, Agility, and Strength are just some of the components we focus on during this program. The results that our athletes have shown in the training facility can be seen immediately with their performance on the athletic field. It is very apparent that those athletes who spend time honing their skills at Ultimate Sports reap the benefits on the field.

AGES	DAY	TIME	Spots	Start Date	Link
8-13	Tues	7-8 P.M	5	Dec 5 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1984997">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1984997</a>
8-13	Thurs	7-8 P.M	5	Dec 7 <sup>th</sup>	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1984996">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1984996</a>

Special - both days \$100 for the 6 Classes - <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1985003>