

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 you 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>

Overall Clinic: (Every Year we sell out)

Link to sign ups: <http://www.ultimatesportsandtraining.com/content/bbtraining.html>

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

Start Date:	Oct 2 nd for Mon classes
	Octo 6 for Fri classes
Cost:	\$450 per program (25 weeks)
	\$800 for 2 programs

AGES	DAY	TIME	Spots	Link
5-6	Fri	4-5 P.M	4 of 10	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879046
7-8	Mon	5-6 P.M.	Sold out	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879047
7-8	Fri	5-6 P.M.	5 of 20	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879062
9-10	Mon	5-6 P.M.	12 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879048
9-10	Fri	6-7 P.M.	8 of 20	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879063
11-12	Fri	7-8 P.M	3 of 20	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879165

25 Week Hitting School (Every Year we sell out)

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

Start Date:	Oct 2nd for Mon classes and Oct 4th for Weds
Cost:	\$450 per program (25 weeks)
	\$800 for 2 programs

AGES	DAY	TIME	Spots Left	Link
6-8	Mon	6-7 P.M.	1 of 5	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879079
9-10	Mon	6-7 P.M.	3 of 10	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879084
9-10	Weds	6-7 P.M.	3 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879086
11-12	Mon	7-8 P.M	3 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879168
11-12	Weds	7-8 P.M.	3 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879068
13-16	Mon	8-9 P.M.	3 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879076
13-16	Weds	8-9 P.M	3 of 15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879072

Sept 2017 – Specialize Clinics

SAS Program (Speed, Agility, Strength) Complete your Game!!!! **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.

Group Classes: (4 Week Program - \$60 Special)

AGES	DAY	TIME	(Start Date: Sept 5th)	Link
8-13	Tues	7-8 P.M		https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1877795
8-13	Thurs	5-6 P.M		https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1877796