



Speed, Agility, and Conditioning Classes

PRICING

SINGLE SESSION

\$15.00 per single session

MONTHLY PACKAGE

(2 days per week)

\$10.00 per session for 2 day packages

FAMILY MONTHLY PACKAGE

(2 days per week)

\$10.00 for first sibling and \$7.00 for each additional sibling

GROUP RATES

\$10.00 per athlete with 4 or more

**GSP Hall of Fame
Batting Cages &
Training Center, Inc.**

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St. Clairsville, OH 43950

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Starting October 4, 2021

“Building a Superior Athlete”

GSP is now providing the latest state of the art training. One hour classes will be held every Monday and Wednesday at 6:00pm.

Athletes in all sports benefit greatly from increased speed, agility, acceleration, quicker lateral movement, leaping ability, leg strength and explosion. We will develop your athlete in the following areas:

Increase

- ≈ Foot Speed
- ≈ Acceleration
- ≈ First step quickness
- ≈ Change of direction
- ≈ Reaction Time
- ≈ Vertical jumping ability
- ≈ Explosive power
- ≈ Flexibility

Improve

- ≈ Speed and agility
- ≈ Strength
- ≈ Endurance

Call GSP 740-695-5556 for sign-ups today, space is limited.