

TERRIO EDGE SPORTS SPECIFIC SUMMER 2009

BASEBALL PROGRAM

JUNE 1- JULY 30TH

ADVANCED (AGES 12 AND UP)

M, T, W, TH

10 AM- 12 PM OR 1 PM- 3 PM

JUNIOR (AGES 8 TO 11)

M, T, W, TH

9 AM- 11 AM



Sean Barker
Colorado Rockies



THE BASEBALL PROGRAM WITH FORMER MAJOR LEAGUER SEAN BARKER IS DESIGNED TO USE A COMBINATION OF SPEED & AGILITY AS WELL AS SKILLS TRAINING TO REACH YOUR ULTIMATE POTENTIAL AS A BASEBALL PLAYER

FOOTBALL PROGRAM

JUNE 1- JULY 30TH

SPEED, AGILITY & STRENGTH CAMP

M, T, TH, F 1-3PM

GET FASTER, QUICKER, & STRONGER

SPEED & AGILITY (NO WORKOUT)

M, T, TH 1-2PM

GET FASTER & QUICKER

FOOTBALL SKILLS (QB, WR, RB)

T, TH 3-4PM

IF YOU ARE A QB, RECEIVER, OR RUNNING BACK
THIS HOUR OF SKILLS WILL IMPROVE YOUR GAME



Eric Mahanke
Fresno State/Blitz



Bryson Sumlin
Fresno State/SD
Chargers

BEGINNING JUNE 1ST



FOR INFO OR REGISTRATION
VISIT THE TERRIO **EDGE**
3521 ALKEN ST.
661-410-EDGE (3343)
REGISTRATION FORMS CAN
ALSO BE FOUND AT YOUR
LOCAL
TERRIO THERAPY-FITNESS, INC.
OR ON-LINE AT
WWW.MYTERRIO.COM

