



# THE PIT STRENGTH & CONDITIONING

**Quit working out and start TRAINING to become the best athletes you can be!**

Speed & Agility classes(30 minutes long, in orange below) and open gyms are for Limitless Athletes only.  
Blue shaded sessions are for K's Baseball Academy Athletes only

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	HS/JH		HS/JH				
10:30 AM							
11:00 AM							
11:00 AM						Open Gym 11-1p	Open Gym 11-1p
1:00 PM						<b>TRAIN SMART</b>	
4:00 PM					HS/JH		
4:15 PM	K's HS(90min)	HS	K's HS(90min)	HS	K's HS(90min)		
4:30 PM	JH	JH	JH	JH			
5:00 PM	HS		HS				
5:15 PM							
5:45 PM							
6:00 PM	Sp&Ag		Sp&Ag	Sp&Ag *6:15pm			
6:15 PM		JH		JH			
6:45 PM							
7:00 PM		HS		HS			
K's HS	K's Baseball High School Only		JH	Junior High Athletes			
K's JH	K's Baseball Junior High Only		Sp&Ag	Speed & Agility(HS & JH, 45 min.)			
HS	High School Athletes		HS/JH	School & Junior High Athletes			

Registration is ongoing and can be completed at the Front Desk. You can make up your session in any of the other group, of the same level, without losing your session! We would suggest having a "home" class time to get to know your group and Coach for the best experience!

Don't see a day and time listed that you like? Grab at least two friends and we might add it! Questions? Email Jesse Hawkins, PIT Manager, at [jesse@thepitbloomington.com](mailto:jesse@thepitbloomington.com)

Our suggestion is to attend at minimum 2 PIT class times. When you are attending 2 PIT classes and want to add on, we can start to manipulate according to goals and/or sport specific needs. For instance, we suggest 2 PIT classes and 2 Speed & Agility for those looking to get better overall and that already have equal strength/speed ratios. We would prescribe 3 PIT classes and 1 Speed & Agility class for athletes who are fast but need more athletic strength. Talk to a coach about your needs and goals!! We're here for you to crush your goals safely and quickly so LET'S GO!!!!

#trainsmart