

# Spring Training without the SNOW!

## March 2010

Body Zone is offering teams a place to practice and train for the spring sports season indoors without the weather factor! Field time and training sessions are available throughout March. See schedule below.

Purchase your slot online or call Jason Bowman at 610-376-2100 x 236 to create your customized schedule.

**Sports Package:** Includes 1 hour of field time and 30 minutes of sports specific training with one of our Body Zone personal trainers (maximum 30 players); \$125/session or \$300 for 3 sessions

**Field Package:** Includes 1 hour of field time; \$75/hour or \$200 for 3 hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 5:00-6:00pm \$75.00	9	10 4:30-6:00pm \$125.00	11 5:00-6:00pm \$75.00 7:30-9:00pm \$125.00 8:30-10:00pm \$125.00	12 3:30-5:00pm \$125.00 4:00-5:00pm \$75.00 5:00-6:00pm \$75.00	13 11am-12pm \$75.00
14	15 5:00-6:00pm \$75.00	16 4:30-6:00pm \$125.00	17 4:30-6:00pm \$125.00	18 4:00-5:00pm \$75.00 4:30-6:00pm \$125.00 5:30-7:00pm \$125.00	19 3:30-5:00pm \$125.00 4:30-6:00pm \$125.00	20 4:00-5:00pm \$75.00
21	22	23	24	25	26	27

[www.bodyzonesports.com](http://www.bodyzonesports.com)