



SOFTBALL

Training & Conditioning

Jess Greene: Certified Strength & Conditioning Specialist
Harding University Collegiate Athlete

STRENGTH SPEED
AGILITY FUNDAMENTALS

Tuesday @ 6:30 pm 12 & Under
Thursday @ 6:30 pm 13 & Over



Private or Team Training Available

For more information call Jess Greene @ 870-207-7788 or email jbgreene@sbrmc.org.