



# WEEKLY WORKOUTS

+1 (856) 931-1579

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

60 Minute Open-Booking Group Workouts.  
\$25 per player. Must register at least 24 hours  
in advance to attend .

Weekly Workouts are created by our staff of instructors to showcase their strengths in training.

Athletes **must** register in advance, or the instructor will take on private lessons.

Weekly Workouts denoted by \* are for **advanced** athletes only.

## SOFTBALL

Youth Defense                      Mondays 530 PM  
infield & outfield

Beginner Hitters                      Mondays 630 PM

Power Hitters \*                      Mondays 7 PM

Velocity Pitch \*                      Mondays 7 PM  
& Tuesdays 6 PM

Beginner Pitchers                      Tuesdays 5 PM

Hi-Level Throwing \*                      Fridays 430 PM

Advanced Defense \*                      Sundays 3 PM  
8th grade & HS only

## BASEBALL

Open Pitch                              Mondays 630PM

Beginner Catchers                      Tuesdays 5pm

IF YOU LOVE  
SPORTS,  
WELCOME HOME.



CHECK OUT  
UPCOMING CAMPS

