



Mark Rose: **CROSSFIT** Level 1 Instructor!

Get in the best shape of your life!

Conditioning for Adults

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am 8:00am	5:30am 8:00am	5:30am 8:00am	5:30am 8:00am	5:30am 8:00am	7:30am	TBD

Unlimited classes = \$125 / month

** Call to discuss if interested in later morning, noon, or night classes

Conditioning for Kids ages 8-18

	Monday	Tuesday	Wednesday	Thursday	Friday
Elementary School	2:00pm	3:00pm	3:00pm	3:00pm	3:00pm
High School	3:00pm	4:00pm	4:00pm	4:00pm	4:00pm
Middle School	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm

Unlimited classes = \$125 / month 3x week = \$100 / month 2x week = \$80 / month

Family pricing: Add child, sibling or spouse to unlimited plan for only \$50 per month!

In Tampa Palms

We generally follow the county school schedule and are OFF when school is out.

Dates & times subject to change slightly.

Baseball

Mark Rose: Former NY Yankee Player and Coach!

Go to the "Baseball" page at www.MarkRoseSports.com to add baseball to your conditioning!

Learn from a qualified pro! Pitching – hitting – fielding - team offensive and defensive situations
How to mentally prepare & deal with the pressure of baseball
Team, small group and private lessons available by appointment



To register text 813-787-9016 or email MarkRoseSports@gmail.com



Check out our cool conditioning pics at www.markrosesports.com