



Mayo Clinic Sports Medicine

**Group Training: Coaching for
all aspects of your game**



Baseball/Softball Training

March 2 through May 22 (12 weeks)

This small group training package includes 8 visits where you will receive an assessment of your mechanics, coaching sessions with our Baseball/Softball Coaches and EXOS Performance Training.

You can sign up either individually or as part of a group for any time/day listed below. If you sign-up individually, you will be placed into a small group. Please note, your first session will be an assessment of your mechanics.

Rochester Program Schedule:

Monday	
4 PM	Baseball Group Session
6 PM	Baseball Group Session
Wednesday	
4 PM	Baseball Group Session
6 PM	Baseball Group Session
Saturday	
8 AM	Baseball Group Session
11 AM	Softball Group Session

Minneapolis Program Schedule (Mayo Clinic Square):

Wednesday	
6 PM	Softball Group Session
Saturday	
8 AM	Baseball Group Session
9 AM	Baseball Group Session

Call to sign up!

Rochester: 507-266-9100
Dan Abraham Healthy Living Center
3rd Floor
565 1st St SW, Rochester, MN

Minneapolis: 612-313-0520
Mayo Clinic Square
600 Hennepin Ave. Suite 310
Minneapolis, MN 55403

