

# ***Minnesota Central Baseball***

## ***Presents***

### ***The 2009-2010 Winter Workouts***

***Come work out during the winter months and learn fielding, hitting, pitching and speed training from the staff at MCB***



***Half hour rate is \$20.00***

***1 hour rate is \$35.00***

***Group rates are available!!!!!!!!!!!!***

***Sign-up now while spots are still available!!***

***Name*** \_\_\_\_\_

***Phone Number*** \_\_\_\_\_

***Email address*** \_\_\_\_\_

***More info; [williemantle15@yahoo.com](mailto:williemantle15@yahoo.com) or call 320-583-8509***