



FITNESS FOR SOFTBALL

**WHEN: Mondays & Wednesdays beginning
February 22nd thru March 30th at
Willett Elementary School Gym
7pm - 8pm**

- **Exercise geared towards the softball athlete**
- **Physical Therapist & AFP Coach Tracy Scannell
and Player Development Director Steve Quaglia**
- **Offered to ALL age groups**
- **Activities Geared to Players in Attendance**

BE READY TO SWEAT AND HAVE FUN

Asking \$2 donation at the door.