

Softball Fitness Winter Workouts

Sundays 4-5pm

[Brodie Rec Center](#) @ Duke University

Dec 4, 11

Jan 8, 15, 22, 29

Feb 4, 12, 19, 26

Each session will cover different drills to improve your speed, power, agility & athleticism as a softball player. The group fitness class will build you both physically and mentally.

Spots are limited. Cost \$25 per session

\$210 for all 10 sessions

Register at <https://squareup.com/store/DukeSoftball>

