



CNMSBL has struck a deal
with
Premier Performance and
Fitness for all CNMSBL
players!

- Get **UNLIMITED WOKROUTS** (including specific warm-ups, stretches, core and strength work geared toward baseball players) for **THREE MONTHS for \$89/MONTH**
- Become more flexible and move better than you have in years
- Gain strength and increase power and velocity

Premier Performance and Fitness is a sports performance facility and is run by a former collegiate All-American baseball player and , therefore, caters to the unique demands placed on baseball players. They place an emphasis and keeping you healthy and as injury free as possible, all while making you stronger. If you want to feel like you did in your high school days, then Premier Performance and Fitness is where you need to be training.