



[www.impfitness.com](http://www.impfitness.com)  
 703.378.5514

14141 Parke Long Ct.  
 Chantilly, VA 20151



### Winter Youth Baseball Clinic

Ages: 8-11 years  
 Time: Saturday morning 10:30 a.m. - noon  
 Cost: \$195/youth (7 1/2 hrs of instruction)  
 Session dates: 2/25, 3/10, 3/17, 3/24, 3/31  
**Register by 2/20/2012. Space is limited.**

IMP Fitness offers year round indoor baseball instruction. Our highly experienced staff are qualified instructors. We use a uniform step by step teaching system to encourage positive progress with our students. The clinic will FOCUS on throwing, fielding and hitting fundamentals. Sign up TODAY. With 5 tunnels in different sizes, divided by adjustable nets, the 7,000 square foot turf space is flexible for hitting and pitching or a combination.

#### Equipment:

- Iron Mike
- Pitching Machines
- Pitching Mounds
- Hitting / Drill Screens / Targets
- Experienced, Qualified Instructors

To sign-up for the clinic or to learn more, contact IMP Fitness Baseball Coordinator, Dan Griel at [baseball@impfitness.com](mailto:baseball@impfitness.com).

### Meet the Team

Dan Griel is IMP Fitness' Baseball Coordinator and Instructor! Dan played baseball at Robinson SS and Virginia Tech. His experience encompasses over 25 years as a HS baseball coach, 20 years as Lake Braddock Head Coach, 15 years providing baseball clinics and has been recognized for his great accomplishments with All Met Coach of the Year, Northern Region Coach of the Year, Home Plate Club Hall of Fame Coach, and has proudly seen over 40 of his players go on and play college baseball.

[Join Our Mailing List](#)

Like us on **Facebook** 

Follow us on **twitter**

**Save**  
**\$25**

Save \$25 off gym membership registration! With a year commitment. Members receive 10% off Personal Training, Youth/Teen Sport & Conditioning and Boot Camp.

**Offer Expires: 3/31/2012**

**Save**  
**\$5**

Parents w/ children enrolled in any program @ IMP Fitness can work out w/ a day pass for only \$5. (reg \$10)

**Offer valid: on the day of child's program.**

**Valid for two individuals. Must be 13 years of age to use gym equipment.**