



Performance
Enhancing Fitness
Training

**SWING BETTER, THROW BETTER,
FIELD BETTER®**

SWINGFITT SPORTS

Performance Fitness Training that Works!

Serving the Tampa Bay Area

A SwingFitt Global™ Partner



As seen in
Westchase Golf
magazine!

**WWW.SWINGFITTSports.COM | TEL: 813-551-2255
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ABOUT US



*Melissa Pranzo, Founder
SwingFitt Global*

I am pleased and excited to introduce you to SwingFitt Global, a one-of-a-kind suite of performance enhancing fitness programs.

A lot of heart and soul has gone into developing a specialized fitness program that would be fun, yet effective in increasing athleticism, and most importantly, safely reduce injury risk in athletes of all ages.

Our goal is to keep you playing the sports you love, as long as you want to play them, and I'm proud to say that our programs, which, you find at SwingFitt Sports and our Partners nationwide can help you do just that.



Our results speak for themselves, and I encourage you to read our coach and player testimonials, watch the videos, share your own success stories on our Facebook page and website. But most of all, I encourage you to SwingFitt - trust me, you'll love it!

In Fitness, Health, and Happiness,



TESTIMONIALS

"SwingFitt fills a gap we have in baseball, especially for up and coming players. We've put together a program that adds a dimension to player development that no one else is doing right now. It's a game-changer."

-Toby Hall, retired MLB Player (Tampa Bay Rays, Chicago White Sox)

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"SwingFitt has done absolute wonders for me and I promise it can do the same for you. With this program you will become stronger, more flexible, more athletic, and you will gain body control you never knew you had. I am proof that all of these things are true."

-D. Gutierrez, Pitcher (Adult League), Baseball Instructor

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"I am blown away at the success my team has had from SwingFitt in a short period. Every week I see velocity up, strength up, and a easier time in power hitting. It isn't just one or two kids, it's the entire team, and that's just one workout of 45 minutes per week! Can't even imagine what we'll look like when we can have multiple workouts a week."

-J. Grant, Coach (Kangaroo Court 11U Majors, National Champions)

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"I compete at an elite level in triathlon, so I consider myself fairly fit. Melissa managed to provide a training session that was not only fatiguing, but challenged every deficit and asymmetry that I have developed by doing the vast majority of my training in a single plane. This class will improve the strength and range of motion of individual joints, along with training the body to move better as whole."

-M. Chronert, Elite Triathlete

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"SwingFitt is a great way to get stronger and faster and it's so fun that the kids don't even realize how hard they are working."

-J. Marshall, Coach (Baseball and Football)



PROGRAMS

Born from a love of sports, and rooted in science, SwingFitt Sports is a one-of-a-kind performance fitness program. Our athletes love to SwingFitt, and our performance results on the field are simply amazing - documented increases in pitching velocity, club head speed, and more! Dynamic, safe, fun, effective. Team training, sport-specific training, and classes available. Your whole family will love to SwingFitt!

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SWINGFITT SPORTS FOR BASEBALL/SOFTBALL

The flagship SwingFitt Global program, our athletes swing better, throw better, field better. Safely reduce injury risk, build strength. Documented increases in pitching velocity, bat speed, base running and more!

SWINGFITT SPORTS FOR GOLF

The exclusive fitness partner for Cestone Golf Academy, training at Westchase Golf Club. Improve your swing, reduce risk of injury to your back, and increase total body fitness. Take a lesson, then get your SwingFitt on!

SWINGFITT SPORTS FOR TEAMS

The perfect alternative for youth sports, SwingFitt Sports Team Trainings is the ideal fitness program to improve total athleticism in your players. It's fun, different, and works. Talk to us about your goals, and let's get started!

SWINGFITT SPORTS AT THE NORTH PINELLAS YMCA

You asked for SwingFitt classes, and we responded! Wednesdays at 4:30pm at the North Pinellas YMCA, located in the Lansbrook area of Palm Harbor/East Lake. Total body fitness class. Open to adults and kids age 10+.

SWINGFITT SPORTS SUMMER CLINICS

At Cestone Golf Academy in Westchase, Empire Baseball in Clearwater, and Pride Strength Training in Tampa! These clinics are a fantastic way to try SwingFitt, or continue to build strength, power, and reduce injury risk in any sport. Register online at swingfittsports.com!



SWINGFITT SPORTS



BECOME BETTER, STRONGER, FASTER.

Reduce injury risk.

Increase strength and power.

Improve total body flexibility.

THE ULTIMATE FIT. SWINGFITT.



A SwingFitt Global™ Partner



Get a **FREE** SwingFitt hat!
when you come to your first class or team training

One per customer. New clients only. While supplies last.



Keep in touch!

Get access to discounts, events, offers, and updates from Melissa. Go to swingfittsports.com/subscribe and sign up today!

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