

Extra Innings Partners with Matrix Strength & Fitness

Tewksbury, MA – Extra Innings in Tewksbury, the area’s premier indoor baseball and softball training facility, is pleased to announce a new joint venture with Matrix Strength & Fitness. Matrix will provide strength & conditioning, wellness and nutritional services to area athletes, teams and fitness clients.

“This arrangement adds a powerful new dimension to our product” said Extra Innings owner Steve Silva. “Art McDermott and Kelly Boyle are both well-known in the area. With Matrix in-house we now become a one-stop shop for area athletes and ‘regular folks’ like me looking for general fitness.”

“We are very excited to be involved with a facility like Extra Innings.”, adds McDermott, the owner of Matrix. “This is going to be a positive thing for everyone.”



In association with Matrix Strength & Fitness presents

Summer Strength & Conditioning Program!



➤ Overall Body Strength	➤ Muscle Mass Gain
➤ Vertical Jump & Power Development	➤ Rapid Change of Direction
➤ 10 and 20 yd Explosiveness	➤ Improved Foot Quickness
➤ Conditioning, Conditioning, Conditioning	➤ Complete Nutrition Package & Support



- 3 Day/week program (days to be determined)
- Dates: July 6th – August 21st (earlier start dates as needed)
- Sessions are 1.5 hours long
- Start time: To suit your schedule
- **Cost: \$368 for 7 weeks/(\$17.50 per session)**
- **Location: Extra Innings in Tewksbury**

Presented by...

Matrix Strength & Fitness
68 Wildwood Road – Andover, MA 01810

For full details or to register call:
Art McDermott, CSCS 978-509-3580
arthur.mcdermott@comcast.net

or

Kelly Boyle, 978-853-3777
kellydboyle@gmail.com