

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

- John Wooden

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down."

- Mia Hamm

"It is not the size of a man but the size of his heart that matters."

- Evander Holyfield

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.

- Muhammad Ali



"Upon the fields of friendly strife are sown the seeds that on other fields, on other days will bear the fruits of victory"

--GEN Douglas MacArthur concerning the role of athletics at the United States Military Academy

## **IN THE ZONE**

The Lehigh Valley's premiere sports training and fitness center is located in Bath, PA, and is a multi-sport facility which includes:

### *Baseball Zone:*

- ☑ 5 Indoor Batting Cages
- ☑ Baseball and Softball
- ☑ Team Training Areas
- ☑ Camps & Clinics

### *Basketball Zone:*

- ☑ 2 Full-Size Basketball Courts
- ☑ 2 Shooting Trainers
- ☑ Camps & Clinics

### *Fitness Zone:*

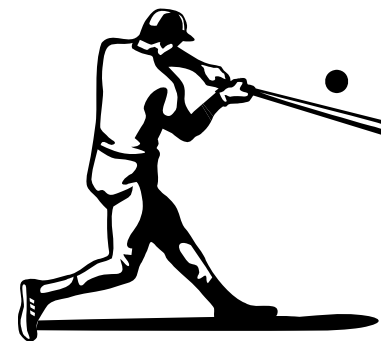
- ☑ Free Weights
  - ☑ Cardiovascular Machines
  - ☑ 11-Station Circuit Weight Training
- Speed Agility & Quickness (SAQ)
- ☑ Group, Team, or Individual SAQ for ages 8 and Over.

**Also at In The Zone:**  
*Aeroball and Aeroball Jr.!*



# ***Hitting Memberships***

## ***In the Zone***



## ***6 Month & 1 Year***

**In the Zone**

6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

## Hitting Memberships Include:

12 free tokens each visit  
(limit of one visit per day).

If the member wants to use more than 12 tokens in one day, they may purchase additional tokens at half price (\$1.00 each, cannot be combined with other offers).

Hitting Members must abide by a few simple rules:\*

**1. Tokens received under this agreement are for exclusive use by the member and are NOT to be given to others (even if they're related).**

2. Memberships are for individuals only; not families, siblings, teams or groups.

3. Tokens cannot be 'banked' (pocketed) for use after membership expires.

4. Unused tokens must be turned in at the front desk before leaving.

5. Hitting memberships are for hitting in the batting cages only. They do not include use of the pitching lane, the soft toss area or the basketball courts

***\*Violation of these rules will result in immediate forfeiture of membership without refund.***

***Six Month Membership***  
***ONLY \$165.00***

***One Year Membership***  
***ONLY \$310.00***

- Membership starts on day agreement is accepted by In the Zone and dues are paid in full.
- Family discount of \$20 for second membership in family.
- Membership expires either 6 months or 12 months from start date.

### ***Team/Organizational***

***Discounts:*** *Get 6 or more individuals signing up from the same team/organization at the same time and get \$20 off each membership. (Must identify organization and request discount when signing up).*



### **Batting Cage Etiquette:**

- If people are waiting in line use only 2 tokens at a time then allow others to take their turn
- Kick or toss balls back after each round (Don't throw or hit).
  - Wait your turn

### **Our Cages:**

There are 5 batting stalls at ***In the Zone*** which feature 10 separate pitching machines. Each stall can deliver either baseballs or softballs.

The baseball machines are set at 30, 40, 50, 60 and 70 mph with Cage 1 at 30 mph and increase in speed moving to the right.

There are 2 slow pitch softball machines throwing a 6-10 ft arc and 3 fast pitch machines. The fast pitch machines start in cage 3 and are set at 35, 45 and 55 mph.

Our batting cages use "soft" dimpled balls that will not damage expensive aluminum bats.