



### **Exciting news!**

Smart athletes know the value of a solid training program. The baseball off season is a time to get stronger and faster for the spring. Work smart, work hard, and stay ahead of the competition.

It is with great anticipation that I bring to you the following news.

NOVA FCA winter strength and conditioning program in the works. We are currently working out the final details for what will be a first ever event here in the NOVA area. Be on the lookout for details as registration will be opening and is sure to fill up fast.

It's an honor and a blessing to be a part of the FCA organization and I really look forward to being a part of this exciting new program.

Faithfully Fit,

Keith Franus

[keith@franusfitness.com](mailto:keith@franusfitness.com)

Franus Fitness can also be seen on Instagram and Facebook.