

@pphbaseballacademy



YOUTH PERFORMANCE TRAINING

Now offering an 8u-12u baseball-specific training!

Have your teams/kids come train with us in our premier performance center. Here's what we can guarantee! ↓

- Learn fundamental movements that enhance balance, speed and agility.
- Perform exercises with a focus on overall strength and power.
- Improve range of motion, flexibility and core strength.
- This is a great program to complement your private lessons and/or team training

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MIDDLE SCHOOL STRENGTH TRAINING



Now offering middle school baseball-specific training!

Have your teams/kids come train with us in our premier performance center. Here's what we can guarantee! ↓

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- Perform exercises with a focus on overall strength and power.
- Improve range of motion, flexibility and core strength.
- This is a great program to complement your private lessons and/or team training

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YOUTH PERFORMANCE TRAINING



LOCATION: PPH PERFORMANCE CENTER
891 Cranbury South River Rd, Monroe NJ 08831

- **THIS IS A 2 DAY/WEEK PROGRAM**
- **Starting on January 3**
 - Mondays & Wednesdays 4-5pm
 - Tuesdays & Thursdays 4-5pm
- Pricing:
 - *Silver Package: 4 weeks: \$200*
 - *Gold Package: 8 weeks: \$320*
 - *Platinum Package: Full 12 weeks: \$440*

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MIDDLE SCHOOL STRENGTH TRAINING



LOCATION: PPH PERFORMANCE CENTER
891 Cranbury South River Rd, Monroe NJ 08831

- **THIS IS A 2 DAY/WEEK PROGRAM**
- **Starting on January 3**
 - Mondays & Thursdays 830-930pm
- Pricing:
 - *Silver Package*: 4 weeks: **\$200**
 - *Gold Package*: **8 weeks: \$320**
 - *Platinum Package*: Full 12 weeks: **\$440**