SURGE
SPORTS TRAINING

BASEBALL and SOFTBALL STRENGTH TRAINING

EXPLOSIVE STRENGTH TRAINING

June 25th – August 16th

Monday – Thursday

10 a.m. – 12 p.m.

2 days/$18 per session cost

$20 per session drop in fee

- CORE STRENGTH
- PLYOMETRICS
- FLEXIBILITY
- ARM CARE

Download the Surge Sports Training app to register for this class or other Surge services.

Surge Sports Training @surgesportstraining @surgesptr

SURGE Sports Training Center
2310 Big Oak Road
Langhorne, PA 19047

Register at: surgesportstraining.net