

Location: MPH Throwing Academy,

243 Senoia Road PTC

Bring this flyer for one free Hitting & Pitching lesson. Call 678-MPH-4ARM Or; Email mphthrowing@gmail.com to schedule your FREE LESSON - Ages 7 – Up

LESSON MUST BE SCHEDULED BEFORE APRIL 1, 2020

One FREE LESSON Per Athlete



Purpose of the MPH training:

- To create healthy athletes who understand and execute at high levels.
- Focus on the mechanical patterns within the athlete's body to create more explosive and more efficient athletes.