This custom designed program enhances sports performance, fitness, injury prevention, strength and conditioning. Sessions are led by Christopher Cordero, PT, DPT, PES, ITPT.

Youth small group training schedule:
(4 min - 10 max athletes)

Friday: 5:30pm - 6:30pm (1st - 4th graders)
  6:30pm - 7:30pm (5th - 8th graders)
  7:30pm - 8:30pm (9th - 12th graders)

Sunday: 9:00am - 10:00am (9th - 12th graders)
  10:00am - 11:00am (5th - 8th graders)
  11:00am - 12:00pm (1st - 4th graders)

If you are interested in semi-private training for groups of 2-3 athletes, adult training, or team training (either on-site or at your practice facility), please contact us at our information below for complete pricing and scheduling options.

Pricing starting at $25 per session per person.

For more information and to register, please email sportsperformance@holynamename.org, call 201-262-4626 or visit HNH Fitness at 514 Kinderkamack Road, Oradell, NJ.