



Student-Athletes: GET FASTER NOW!

With countless Youth-Professional athletes, State Champions, All Section athletes and even a Super Bowl win; we bring over 100 years of combined fitness, speed, power, agility, injury resistance and athletic performance training experience to your Strength & Conditioning journey.

(Start your journey with a FREE Athletic Performance Evaluation)

"You literally just got faster by reading this flyer. Well, not really: but you should sprint to call us."

Scan here to check out our resume

OR

Contact us:

m2strength.com

(845) 402 -8010



Two professional service groups that serve all your human performance & developmental requirements



With more than three decades of treating youth – professional athletes, as well as home and work-force clients; we have continually provided relief and healing for many musculoskeletal conditions, post-surgical and post-injury physical rehabilitations through industry leading protocols and practices.

Contact us:

Havenpt.net

(914) 686 - 8844

Now in SOMERS. 243 NY-100, Somers NY 10589