

WELCOME

PLAYER'S FITNESS AND PERFROMANCE

W W W . P F P F I T . C O M

WHAT'S YOUR WHY

KNOW YOUR WHY TO REACH YOUR GOALS

We help you discover YOUR WHY, motivate you, and hold you accountable until you reach that WHY.

WE HELP ATHLETE'S PERFORM TO THEIR FULL POTENTIAL CONSISTENTLY WITHOUT EXPERIENCING THE CRIPPLING SELF DOUBTS THAT HOLD SO MANY ATHLETES BACK FROM BECOMING THEIR BEST.



ABOUT US

we exist to inspire studentathletes in Frederick Co. to become the best versions of themselves, training the mind & body.

Player's Fitness & Performance exists first to serve studentathletes of Frederick County. MD. Athlete's that work with us long-term experience:

Enhanced Resilience

Enhanced Performance

Enhanced Athleticism

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As official partners with FCPS,

Small Group Training, Guided Discovery, Mindset Performance. Masterclasses

WHAT WE DO

YOUTH ATHLETIC

DEVELOPMENT

ADULT PROGRAMMING

Adult Group Fitness, Small Group Training, Fitcamps, Barre, Personal Training

