

Exciting News for The Performance Barn in Lisbon/Woodbine!

As founder and owner of MBW Training Center, LLC (d.b.a The Performance Barn, the “Barn”), I am excited to announce some updates and changes with the area’s most unique and most popular combination training and physical therapy center. By the way, “MBW” are the three initials of my children, Maisy, Bobbie, and Wyatt.

The first big news that I am pleased to announce is that we have further solidified our already strong seven-year relationship with True Sports Physical Therapy. We have achieved this by renewing their lease for another seven years, which will now run through **September 2032!**

True Sports has an unrivaled team of physical therapists, with 5–6 experienced and skillful Doctors of Physical Therapy, working Monday through Saturday at the Barn. They also have 14 other locations across Maryland, Delaware, and Pennsylvania.

The next exciting news is that **Griff Mahon**, who has been working with athletes here at the Barn for the past six years, will become the **Director of Performance** for the newly formed **The Performance Barn Training, LLC (d.b.a Performance Barn Training)**, effective November 1, 2025.

Griff’s experience and passion for training his athletes to become stronger and better conditioned are evidenced by the number of repeat and new athletes who continue to train at the Barn. Griff epitomizes the combination of experience, skill, temperament, and personality needed to lead this new entity. I cannot think of a better person than Griff Mahon to help put an exclamation point behind our tagline:

“Dream, Train, Perform!”

Performance Barn Training was started and owned by my son, **Wyatt**. Please direct any questions about training to either Wyatt or Griff at whaneypb@gmail.com or gmahonpb@gmail.com. Wyatt graduated this past spring with a degree in Finance from Saint Joseph’s University and will provide the operational support for the Performance Barn Training. Wyatt played college lacrosse and has a refreshing sense of what young athletes need and want. He has enjoyed a great relationship with Griff since his teenage years of training in the Barn.

As part of our commitment to ensure that the Barn has the appropriate training equipment to meet the needs of our trainers and client athletes, Performance Barn Training has secured additional equipment.

Additional Updates and Information

- **New Office:** Griff finally has an office! It's located immediately to the right as you enter the Barn. This will serve both our athletes and Griff very well, providing privacy for athlete and parent consultations (instead of using the lobby!).
- **Training Prices/Costs:** Performance Barn Training will offer high-level training at rates less than the Barn has ever seen. We'll introduce a few new options, and we'll offer a **Loyalty Discount** for athletes and families who have trained at the Barn for more than 1, 2, and 3 years.
- **New Website:** Our new site will launch within the next two weeks, with final tweaks and added photos by the end of November.
- **Improved Technology:** An 80" TV/monitor has been mounted where we will use it to display workout plans, post messages, show videos, or even have a big game playing in the background for the athletes to enjoy. iPads have been added at workout stations to help follow plans and store them.
- **New App:** Clients will be able to schedule training sessions and make payments through an app.
- **Adult Training:** Performance Barn Training will also offer adult training programs.
- **Competitive Fun:** We'll develop various contests and recognize achievement levels to keep training both challenging and fun.
- **Turf Rentals:** The price for renting the indoor turf with perimeter netting has remained unchanged for seven years—still just **\$100/hour**. It's primarily used by club lacrosse teams during winter months (M–F 7–8 PM and 8–9 PM, Sat/Sun 8–5 PM). We're also open to rentals for other sports or uses during non-winter months, so please inquire. The turf is **fully booked on weekends this winter**, but we still have some **weekday evening times available**.

I'm also pleased to remind everyone that **Kristi Gorey's Fitness classes** will continue in the mornings as they have for the past seven years. Kristi offers training on **Tuesdays and Thursdays from 6–7 AM, Tuesdays, Wednesdays, and Thursdays from 9–10 AM, and Fridays from 8:30–9:30 AM.**

Lastly, I'm thrilled to announce that starting in November, we'll offer **Adaptive Strength and Conditioning Training** for young adults with special needs for the first time ever. Wyatt and I were recently blessed to meet **Maddie Stallmer**, who specializes in training high-functioning young adults with special needs.

After meeting Maddie for the first time, I knew immediately that a long-standing prayer could be answered. I've always wanted to provide a safe space for individuals with special needs to train. Initially, I considered offering sessions on Sundays, but felt that would be too limited. After speaking with Maddie, Wyatt and I are now committed to offering one-on-one training during our less busy hours, modeled after Maddie's successful approach.

Maddie has a 13-year-old brother with Down Syndrome, and another 13-year-old adopted brother with both Down Syndrome and autism. Her passion and empathy are inspiring, and we're excited to welcome her and her clients to The Performance Barn community.

Thank you all for your continued support of The Performance Barn!

Very truly yours,

Bob Haney

Founder

MBW Training Center, LLC

Doing Business As

The Performance Barn