



New Adult Class Schedule

Strength and Conditioning

Starts Monday, August 13

Sign up for a **FREE TRIAL SESSION!**

In our **60-Minute class** we focus on all areas of health and wellness including strength, power, cardiovascular endurance, flexibility, mobility and balance. Each session includes:

- Fast paced workouts that change often to keep you mentally and physically engaged
- Small group session led by strength and conditioning professionals that will track your personal progress
- Total body training sessions fit for all fitness goals

Monday and Wednesday: 12:00 p.m., 5:00 p.m., **Tuesday and Thursday** 7:00 a.m.,

Friday 12:00 p.m., **Saturday** 8:00 a.m.

Class fees are not included in LifeStyles membership, but 10% discount is offered for LifeStyles members.

Contact Coach MC: powersm2@ccf.org or 330.945.3150

clevelandclinic.org/akronsportsperformance