



Adult Strength & Conditioning

Health & Wellness Center, Green

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

Schedule:

- Monday & Friday: 12 p.m.
- Monday & Wednesday: 7 p.m.
- Tuesday and Thursday: 7-8 a.m. & 5:30-6:30 p.m.
- Saturday: 8 a.m.

Ask about our competitive pricing options! Class fees are not included in LifeStyles membership, but 10% discount is offered for LifeStyles members.

To schedule a session, call 330.896.5043 or email Coach Amanda at tobaca@ccf.org.

akrongeneral.org/sportsp performance