



Adult Strength & Conditioning

Health & Wellness Center, Stow

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: Noon-1:00pm
- Monday 7:15-8:15pm
- Tuesday and Thursday: 6:30-7:30 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.

Contact Coach MC: powersm2@ccf.org or 330.945.3150

akrongeneral.org/sportperformance