



# Adult Strength & Conditioning

## Summer Schedule

Mon. - Sat., June 4 - August 18  
Health and Wellness Center, Green & Stow

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

- Safe, fast varied workouts that change often to keep you mentally and physically engaged
- Small group sessions that are led by strength and conditioning professionals
- Exercise modifications to accommodate and challenge all ability levels

**Monday-Friday**

12 p.m.

**Tuesday/Thursday**

5:30 p.m.

**Saturday**

8 a.m.

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

**Call to schedule your free session: 330.896.9829 (Green), 330.945.3150 (Stow)**

Questions? Contact Coach MC at [powersm2@ccf.org](mailto:powersm2@ccf.org).