



Sports Performance Training

Middle School and High School Athletes
Health & Wellness Center in Stow

Are you looking to become a strong, faster, more explosive athlete? Stay injury free? Are you training to be part of a competitive high school team? We train the entire body to build a better athlete, focusing on flexibility, agility, speed, power, strength, endurance, and injury prevention.

Each session is built to benefit all sports and prepare an athlete for game day or keep them in shape during their off-season. All classes are 90 minutes:

Training Schedule Starting August 13

Monday through Thursday 3:30 p.m. and 6:00 p.m.

Friday- 3:30 p.m.

Saturday - 9:00 a.m.

Schedule a free trial session at any of our classes!

For more information:

visit our website, e-mail Coach MC or call 330.945.3150 to schedule a trial session.

Questions? Contact Coach MC at powersm2@ccf.org
clevelandclinic.org/akronsportsperformance