Cleveland Clinic
Akron General



Sports Performance Training

Summer Schedule

Middle School & High School Athletes
Health & Wellness Center, Green

Are you looking to become a strong, faster, more explosive athlete? Stay injury free? Are you training to be part of a competitive 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.

Schedule:

- Mon/Wed/Fri/Sat: 10 a.m.
- Tuesday & Thursday: 9 a.m.
- Monday-Thursday: 3:30 p.m.
- Friday: 1 p.m.

Schedule a free trial session at any of our classes!

Call 330.896.9826 or email Coach Amanda at tobaca@ccf.org to schedule your next training session.

akrongeneral.org/sportsperformance