



Sports Performance Training

Summer Schedule

Starting June 10

Health & Wellness Center, Stow

Looking to become a stronger athlete? Stay injury free? Training to be part of a competitive high school team? We train the entire body, focusing on flexibility, agility, speed, power, strength, endurance and injury prevention.

Program benefits all sports and prepares an athlete for game day or keep them in shape during their off-season. All classes are 90-minutes.

Starts Monday, June 10:

- Monday - Saturday 10 a.m.
- Monday - Thursday 3:30 p.m.
- Monday and Wednesday 5:30 p.m.

Schedule a free trial session! Ask about our discounted prices for summer training!

To sign up, email Coach MC at CCAGsportsperf@ccf.org or call 330.945.3150.

Scheduling 24-hours in advance is appreciated. Class sizes are limited.

www.akrongeneral.org/sportsperformance