



Sports Performance Training

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

Current Training Schedule:

- Monday, Wednesday, Friday 3:30 p.m.
- Tuesday and Thursday 4 p.m.
- Monday 5:30 p.m.
- Wednesday 6 p.m.
- Saturday 10 a.m.

Schedule a free trial session at any of our classes! Our program is run year round.

Call 330.945.3183 or email CCAGsportsperf@ccf.org to schedule your next training session.

Questions? Contact CCAGsportsperf@ccf.org.

www.akrongeneral.org/sportsperformance