



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.

Training Schedule:

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

Schedule a free trial session at any of our classes!

Call 330.945.3150 or email Coach MC at powersm2@ccf.org to schedule your next training session.

Questions? Contact Coach MC at powersm2@ccf.org.
akrongeneral.org/sportsp performance