



Sports Performance Training

Summer Schedule

June 4 - August 18

Health & Wellness Centers in Stow and Green

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 and endurance.

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

Monday and Wednesday

10 a.m.

3:30 p.m.

5:30 p.m.

Tuesday and Thursday

10 a.m.

3:30 p.m.

Friday

10 a.m.

1:30 p.m.

Saturday

9 a.m.

Schedule a free trial session today! **For more information or to sign up, please call 330.945.3150.** Looking to start training before June 4? Ask about our after school training times.

Questions? Contact Coach MC at powersm2@ccf.org

www.akrongeneral.org/sportsperformance