



# Sports Performance Training

## Schedule starting Nov. 12

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 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 Starting November 12:**

- Monday & Wednesday 4 p.m. and 5:30 p.m.
- Tuesday/Thursday/Friday 4 p.m.
- Saturday 9 a.m.

*Schedule a free trial session at any of our classes!*

Call 330.945.3150 or email Coach Amanda at [tobaca@ccf.org](mailto:tobaca@ccf.org) to schedule your next training session.

[akrongeneral.org/sportperformance](http://akrongeneral.org/sportperformance)