

SPORT PERFORMANCE TRAINING MEMBERSHIPS!

All-inclusive Summer Sport Performance membership helping athletes in all sports maximize athletic potential in professionally advised programming!

Athletic qualities trained include:

Power: Vertical Jump, Explosive Speed and Strength

Speed: Technique, Acceleration and Top End Sprint Speed

Agility: First Step Quickness, Body Positioning

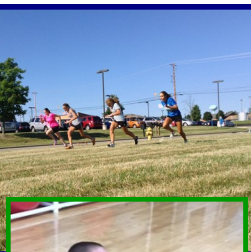
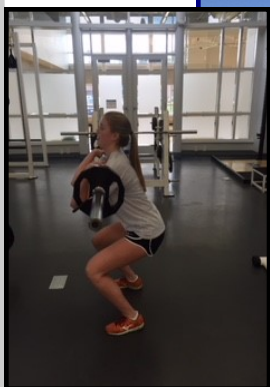
Strength: Injury Prevention, Core, Total Body

Cost: \$125. Includes 2 Month Gym Membership and Unlimited Access to all Sport Performance Training Sessions!

Ages: 10+ Geared for all athletes.

Program Length: 2 Months

Coach: Aaron Bieniek B.S., NSCA-CSCS



Performance Training Session Schedule

(June 4th-July 31st)

Mondays 5:15-6:15PM Speed

Tuesdays 9:30-10:30AM Power/Strength

Thursdays 9:30-10:30AM Agility

Thursdays 5:15-6:15PM Power/Strength

Register Today! Contact Aaron Bieniek at 330-202-3313 or abieniek@wchosp.org