

Athletic Performance Program



- Increase strength, speed, quickness, power, core strength, hand-eye coordination, mobility and flexibility
- Gain skills to assist in making a team, getting a starting position, or preparing for collegiate sports.
- Ages 13-18, skills applicable to any sport

**\$10 class/member
\$20 class/nonmember
Mondays/Wednesdays
5-6pm**

The Athletic Performance Program at the Center for Fitness and Health focuses on helping athletes reach their athletic potential in a safe, challenging, and fun environment. Group training will improve not only athletic skills, but also team relationships, mental toughness, and self-confidence. Individual training available.

Tim Livingstone: 724-379-5100

Putting **your health first.**

Center for Fitness and Health

