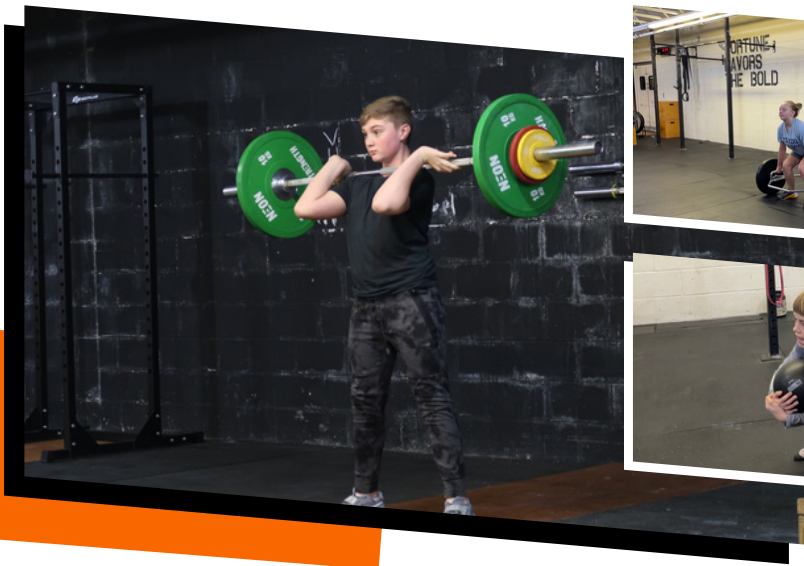


# PERFORMANCE TRAINING



LOCALLY OWNED IN BOWLING GREEN, OH

*Our expert coaches use a fun combination of calisthenics, running, rowing, jumping, throwing, carrying, pushing, pulling, climbing and lifting to get our youth athletes to love exercise.*



## STRENGTH

Your child will develop movement patterns that will make them less likely to get injured in sports.



## HEALTHY HABITS


Our classes help youth athletes develop an exercise routine that they can stick to for a lifetime.



## CONFIDENCE

Our youth athletes develop self-accountability and confidence, which makes them less likely to suffer from anxiety and depression.

EVENING AND  
MORNING CLASSES

 (419) 827-3992

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 [www.bowlinggreenathletics.com](http://www.bowlinggreenathletics.com)