

Strength & Conditioning Class

The Summit Center Woburn, MA



Mike Toomey
USA Track & Field
Level 2 Coach

Holly Fitzgerald
Board Certified
Orthopedic Specialist

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The goal of this program is to increase the potential of the athlete in training and performance by improving power and efficiency of movement.

This program is ideal for athletes that are sensing that their performance (running, cycling, swimming) have suffered due to improper biomechanics and strength. Open to all athletes of all abilities, this program will help you build a solid training platform. If you are dealing with limitations on your training or consistent injuries, this may be a good place for you to start!

Wednesdays 6-7 am

Eight Weeks Starting 4/17

Cost \$125.00