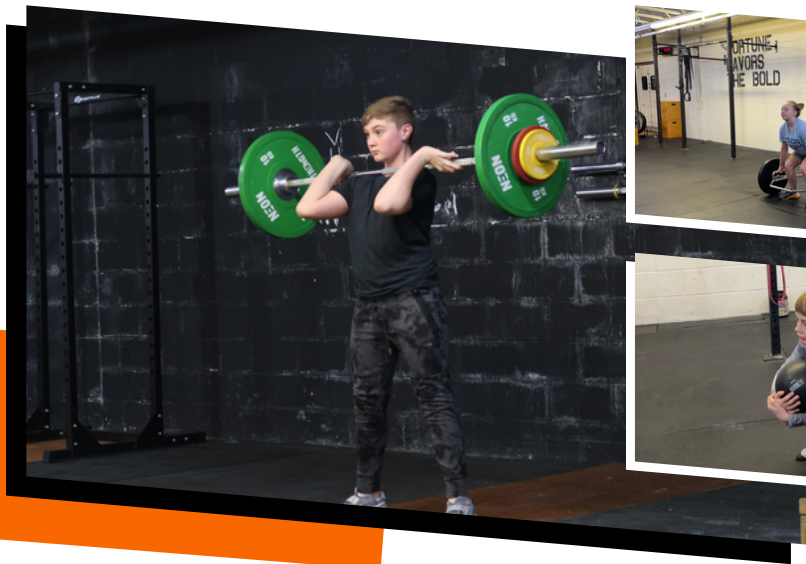


PERFORMANCE TRAINING



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

 sam@bowlinggreenathletics.com

 www.bowlinggreenathletics.com