

WINTER 2026 STRENGTH & CONDITIONING

January 5 – March 19 (11 Weeks)

Small Group Performance Training for Grades 6–12
Speed • Agility • Power • Strength • Movement Quality

Individualized coaching in a small group atmosphere
Proven performance system used by top local athletes

HIGH SCHOOL:

M/W 3:30pm
T/Th 3:30pm or 6:30pm

MIDDLE SCHOOL:

M/W 4:30pm or 5:30pm
T/Th 4:30pm or 5:30pm

Cost: \$495 per athlete

The Corvallis School District does not necessarily sponsor this organization or its activities.
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