

APA ATHLETE PERFORMANCE ACADEMY



midwest
FITNESS CENTER

YOUR COACHES



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Questions?

Or to enroll, please contact:

Brad Gerein

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midwestmedicalcenter.org

Forms and additional information are available online.



sign up today!

Midwest Fitness Center Athlete Performance Academy

SUMMER 2025

June 2 - August 7, 2025

ages 10+

We focus on strength, speed, agility, and cognitive perception.

Our program is designed to enhance athletic attributes that carry over to our athlete's specific sports so they can feel confident and perform at their highest level every time they step into their sport arena.

SESSIONS

Monday, Wednesday & Friday

5:30 - 6:30 AM

Monday-Friday

7:30 - 8:30 AM

8:30 - 9:30 AM

Monday-Thursday

3:00-4:00 PM

RATES

\$15 per session / one athlete

Punch cards are available

Family discount

\$10 per session / each additional athlete (same family)

Make checks payable to MMC.

LOCATION

Training is held at

Midwest Fitness Center

1 Medical Center Drive, GALENA

Visit MMCGalena.org/APA or call for more information: **815-777-4960**