

APA ATHLETE PERFORMANCE ACADEMY



midwest

FITNESS CENTER

YOUR COACH



Brad Gerein
MA, CFSC

Questions?

Or to enroll, please contact:

Brad Gerein

815-777-4960

bgerein@
midwestmedicalcenter.org

*Forms and additional
information are available online.*

Make checks payable to MMC.



sign up today!

Midwest Fitness Center Athlete Performance Academy

Summer Session 2026

May 26-August 14

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, Wednesday, Friday 8:30-9:30 AM

Monday, Wednesday, Thursday 3:00-4:00 PM

Check www.MMCGalena.org/APA for updates and

www.Facebook.com/FitnessMMC2

RATES

Summer Unlimited Session Special

\$430 / one athlete \$300 / each additional family member

Monthly Rate

\$15 per session / one athlete

\$10 / each additional family member

Punch cards

\$160 / 10 sessions

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**

Need a ride? Contact Jo Daviess County Transit: **815-777-8088**

JoDaviessCountyTransit.com