



2026 SUMMER TRAINING CAMPS! June 8th – August 16th

- 1st 5-Weeks (June 8th – July 12th): \$250 Unlimited Camp Sessions*
- 2nd 5-Weeks (July 13th – Aug 16th): \$250 Unlimited Camp Sessions*
- FULL 10-Weeks (June 8th – Aug 16th): \$450 Unlimited Camp Sessions*
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Can also purchase individual camp passes that families can share:

Drop-In \$18 3 Sessions \$50 10 Sessions \$140 20 Sessions \$255

Camp sessions will be coached by the most highly qualified and certified coaches in Cleveland

Coach Arin Pruitt, Coach Andrew Vaughn, Coach Jake Smykowski, Coach Matt Blose, and Coach Holly Corwon

****Private Semi-Private Training with any one of these coaches is available upon request****

Barbell Strength (Age 14+)

Tuesday @ 10 AM, Thursday @ 10 AM, Saturday @ 9:30 AM, Sunday @ 10:15 AM

Young athletes often struggle when they attempt strength training on their own — poor technique and unrealistic progression can stall development or even lead to injury. In Barbell Strength, we provide structured, high-quality coaching in a group setting for athletes who want to build real muscle, add healthy weight, and elevate their performance. Our male athletes typically add 4–6 pounds of lean muscle per month, while our female athletes develop impressive strength and dramatically improve durability, helping them stay healthy and competitive.

MVP Strength, Speed & Conditioning Camp (Ages 12-17)

Monday, Tuesday, Wednesday, Friday @ 12:00 Noon (45 Min)

This program is built to elevate an athlete's overall physical ability, tailored specifically to the developmental needs of this age group. Training covers every major component of performance: strength, power, plyometrics, speed, agility, and conditioning. Athletes in this class are expected to stay focused, take ownership of their performance goals, arrive on time, and give consistent effort. We adjust movements and progressions for newcomers or anyone who needs additional support. This is the ideal training option for athletes preparing to compete at a higher level in high school sports. **Tuesdays are dedicated exclusively to Speed, Agility, and Quickness**, featuring ladder work, reaction drills, cone patterns, superbands, and sled training.



2026 SUMMER TRAINING CAMPS!

June 8th – August 16th

Athletic Strength, Speed, and Conditioning Camp (Ages 8-13)

Monday, Wednesday, Thursday, Friday @ 11:00 AM (45 Min)

This class builds strength the right way, using equipment and exercises suited for this age group — dumbbells, sleds, slam balls, TRX straps, resistance bands, plyometrics, and more. Your athlete **will** come out of this program stronger, quicker, and more powerful. We teach proper warm-ups, flexibility routines, nutrition fundamentals, and how to develop a winning attitude. Most importantly, we help young athletes embrace hard work with confidence. Ages overlap intentionally, because not all 12- and 13-year-olds grow or mature at the same pace — and we adjust training to meet each athlete where they are. **Thursday is completely dedicated to Speed, Agility, and Quickness.**

GIRLS ONLY - Athletic Strength & Conditioning Camp (Ages 8-13) – GIRLS ONLY

Tuesday @ 11:00 AM (45 Min)

This class blends elements of MVP training and Athletic Strength to allow for a wider age range while still delivering high-quality coaching. We strongly believe in structured strength programs for female athletes due to their elevated risk of joint injuries, common misconceptions about nutrition and exercise, and the importance of helping young women build confidence and discover their true physical strength. Girls are welcome in all of our programs, but this class aligns most closely with MVP — with Coach Holly bringing her full toolbox to challenge and empower them. Encourage your daughter to bring a friend and jump in together.

	Mon	Tues	Wed	Thurs	Fri	Sat / Sun
10:00 AM		Barbell Strength (Age 14+)		Barbell Strength (Age 14+)		Barbell Strength Sat 9:30 Sun 10:15
11:00 AM	Athletic Strength (Age 8-13)	All Girls Strength (Age 8-13)	Athletic Strength (Age 8-13)	Athletic Speed (Age 8-13)	Athletic Strength (Age 8-13)	
12:00 PM	MVP Strength (Age 12-16)	MVP Speed/Agility (Age 12-16)	MVP Strength (Age 12-16)		MVP Strength (Age 12-16)	*Sun 10:15 AM Barbell Strength

Purchase All Sessions Online* *Families can share class sessions only, not unlimited

Additional camp sessions might be added based on amount of sign-ups

*Thank you all for continuously supporting Functions of Life-Fitness and Performance!
If you have any questions regarding our amazing programs, please feel free to contact us!
Coach Mike Soster, NASM-PES, M.S.*

**www.FunctionsOfLife.com
(440) 263-0355**