



Power Up:

CUSTOM STRENGTH TRAINING

for Youth Athletes

Tuesdays/Thursdays 7 – 8 pm

Saturdays 9 – 10 am

St. Luke's SportsPlex

**4636 Crackersport Road
Allentown, PA 18104**



St Luke's
Children's Hospital

St Luke's
SPORTSPLEX

St. Luke's Year-Round Sports Performance Training

Unlock Your Full Potential

- Focus on Injury Prevention to keep athletes healthy and performing at their best
- Strength & Power Development to build a solid foundation for peak performance
- Personalized Training Plans to target individual goals and needs
- Comprehensive Training Program tailored to elevate athletes in all sports
- Regular Testing & Progress Assessments to track improvement and ensure growth
- Year-Round Training for continuous development, no matter the season
- Designed for athletes of all levels—whether you're looking to build strength, power, or enhance overall performance

Cost: \$99/month

Ages: 10 – 14