

Team Training

with Core Sport Strength & Conditioning Coaches

Sport-specific pre-season, post-season and in-season training for your team

Customized workouts,
designed to meet team goals

Jump clinics, speed clinics, strength training,
all within our NEW 5,000 square foot facility!



CALL TO SCHEDULE 773-941-6132

PRICING 10-20 Athletes - \$150 per session