



The Strength Center is designed for student athletes who are wanting to improve their athletic ability and members of the general population who want to improve their level of fitness. Through proper technique, coaching, and appropriate progression our coaches help athletes improve in the all-important areas of speed, strength, and flexibility. Our certified staff follows the guidelines of the National Strength and Condition Association (NSCA) to maximize training and minimize the risk of injury and overtraining.

Train with us at THE STRENGTH CENTER and we'll take you to the next level!

#REFUSE2BAVERAGE

4411 S. Adams St. Marion, IN 46953
WorkingToKeepYouWell.com

Josh Greentree MA, CSCS, NSCA-CPT
(765) 674-4455