

East Coast Conditioning in Clark NJ has launched a Speed, Strength and Agility training facility for individual athletes and teams looking to take their sport performance to the next level



Two players from the US Parma Premier Soccer Team work on overspend acceleration at the East Coast Conditioning Facility in Clark NJ

After several years developing and managing Cuts Fitness, one of the fastest growing fitness franchises in the country according to *Entrepreneur Magazine*, Bryan Healy decided it was time to refocus his energy and passion for competitive sports.

“It is interesting to watch fads and trends in the fitness and training industry. Over the last eight years I have seen many trends come and go. The strongest growth area—“Competitive Athletic Performance Training”—is here to stay and will continue to grow as athletes and their teams become more competitive each year” says Healy.

East Coast Conditioning has teamed with Acceleration Plus of Edison, to create a strong network of experienced speed, strength and agility certified trainers and accomplished athletes. Teams and individual athletes, ten years old and up, have all benefited from the training because each session is designed around the individual’s current ability level, goals and specific sport focus. “The training provided by the ECC trainers, is technically designed and proven with years of success” says Bruce Bowers Certified US Weightlifting Coach and founder of Acceleration Plus.

East Coast Conditioning is currently working with area and state teams including the U.S. PARMA Premier Soccer team, numerous high school varsity teams and variety of travel soccer, lacrosse and baseball teams. While Healy plans on focusing on the Union County area, he hinted that there are already plans to develop satellite ECC locations in Florida and NY in the near future through the network of trainers that helped launch East Coast Conditioning.

Summer Sessions in Clark are now forming. For more information on the upcoming sessions and East Coast Conditioning call 732 381-9376 or visit www.eastcoastconditioning.com.