

SUMMA WELLNESS INSTITUTE

Feeling good never *felt* better.



SUMMA WELLNESS INSTITUTE:

We raise fitness to a higher standard.

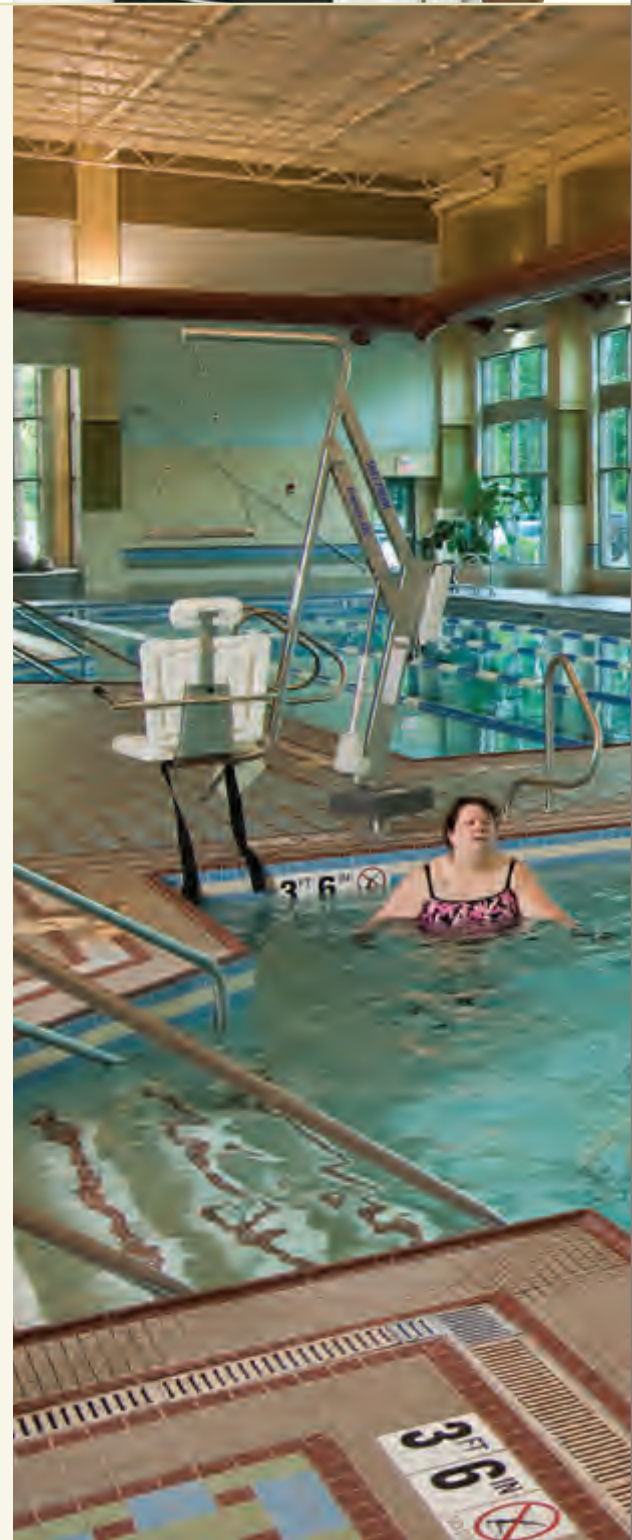
You recognize that exercise can help you prevent disease and live a longer, healthier life – but embarking on a fitness program isn't always easy. Defining the path to make your quest for health and wellness successful can be a challenge.

So know this: the journey to wellness is always more enjoyable when you travel with friends – people who, like you, are interested in improving their health.

That's where we come in.

Our surveys consistently reflect that more than 99% of our members are satisfied with their experience. Why not join them? Let us help you identify your fitness-related goals with personalized assessments, certified trainers and the outstanding selection of equipment and classes for which the Summa Wellness Institute is renowned.

Your good health should be a priority.
Helping you achieve it is ours.



TO ENROLL OR TOUR OUR FACILITY, CALL (330) 342-4400

summawellness.org



THE SUMMA WELLNESS FACILITY:

More than just exercise,
it's fitness redefined.



Convenient Hours

Monday – Thursday 5:00 a.m. – 9:30 p.m.

Friday 5:00 a.m. – 8:00 p.m.

Saturday & Sunday 7:00 a.m. – 7:00 p.m.

Closed Easter, Memorial Day, Independence Day,
Labor Day, Christmas Day

Open all other holidays with limited hours

TO ENROLL OR TOUR OUR FACILITY, CALL (330) 342-4400

summawellness.org



Don't be fooled by the elegant surroundings, the well-appointed locker rooms and bright, white towels: we're much more than just beauty and relaxation. Summa Wellness Institute boasts the finest equipment and resources that today's technology offers.

FACILITY HIGHLIGHTS

We feature the latest in fitness equipment in a spacious environment that includes a 25-meter lap pool, indoor track, two group exercise studios, strength and cardio equipment. You'll have access to:

- Waterfall spa pool
- 25-meter lap pool
- Warm-water therapy pool
- Eucalyptus steam room
- Two group exercise studios
- 95+ weekly group exercise classes
- One-on-one and group training
- TRX and Pilates reformer group training
- Full gymnasium
- 1/11 mile walk/jog track
- Falling Waters Spa
- Well-appointed locker rooms
- Drop-in baby sitting services

We also encourage self-guided exercise. You'll discover your favorite workout – and our staff is always available to ensure you're using the tools in the safest and most effective ways.

65,000 square feet never looked so good.





THE SUMMA WELLNESS PROCESS:

Learning to make good health a habit.

Whatever your goal – weight loss, strength training, rehabilitation or general conditioning – our staff stands ready to offer guidance and encouragement in a warm and inspiring environment. And that’s only the beginning.

ONE

Setting a baseline with a measurable fitness assessment.

One of our degreed fitness specialists will test the five components of physical fitness: aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility, giving us the data necessary to create your customized program. This also offers you an understanding of your beginning fitness level.

TWO

An individualized exercise program.

You’ll receive a workout program tailored to the results of your personal fitness assessment. And to keep you moving forward, we’ll update your program after 90 days.

THREE

Follow up assessment.

- Six months after your initial assessment, we’ll do a mini-assessment to track your progress and adjust your program, if necessary.
- Each year you’ll receive a reassessment and new program to ensure you’re reaching your goals.

FOUR

You’re ready to begin.

For most people, the journey to enhanced health and wellness includes a blend of the three basic kinds of exercise:

- Aerobic exercise, such as running, cycling, dancing or swimming, for cardiovascular health and weight management.
- Muscular or strength conditioning using free weights, resistance machines or water resistance for improved posture, low-back health and weight management.
- Flexibility exercise, such as stretching, yoga or Pilates, for improved range of motion and reduced risk of injury and muscle soreness.



TO ENROLL OR TOUR OUR FACILITY, CALL (330) 342-4400

summawellness.org



With 3 full lines of strength equipment, Summa Wellness Institute has everything you'll need to make your time with us productive and pleasurable.

THE SUMMA WELLNESS EXPERIENCE:

Energizing your body, mind and spirit.



When you join our wellness family, you'll begin to notice subtle changes almost immediately. Your breathing deepens, your movements become more fluid, and your daily stress begins to lighten. That's because we've designed programming that offers something for everyone, with techniques to help you discover new ways to live a renewed and healthier lifestyle.



GROUP EXERCISE

There's something about a group that makes exercise irresistible. Our instructors provide individualized attention and work to keep you involved and motivated. Just pick an activity that interests you from the nearly 100 classes offered each week. No matter what your skill level, you'll find our group classes to be fun and motivational.

PERSONAL TRAINING

If you are looking to make significant changes and faster progress, personal training might be for you. With four-year degrees in exercise-related fields and nationally recognized certifications, our trainers are qualified to help you achieve your goals. They'll educate and motivate anyone who wants to enhance their workouts.



TRX SUSPENSION TRAINING

TRX uses your own body weight and suspension straps combined with gravity to build strength, balance, coordination, flexibility, and core and joint stability. No weights, no machines, no bars, and you adjust the level of difficulty as you progress.

PILATES REFORMER TRAINING

The power of Pilates lies in its gentle yet precise movements. With a focus on strengthening the body's core muscles, located in the abdomen, back and pelvic regions, Pilates helps you develop a heightened sense of body awareness. By providing an integrative, full-body fitness experience, this training offers the first step toward correcting postural misalignments that frequently contribute to chronic pain.

Think of us as your sanctuary. Your body will thank you.

TO ENROLL OR TOUR OUR FACILITY, CALL (330) 342-4400

summawellness.org



Amenities for your pleasure and convenience.

FALLING WATERS SPA

From beautification to relaxation, Falling Waters Spa is the natural choice for organic skin care, massage therapy, nail care and cosmetics. Enjoy a full-service manicure and pedicure, a facial or a full day of luxurious pampering. Call **(330) 655-8008** to schedule an appointment.

As a Summa Wellness Institute member, you'll save 15% on all regular-priced Falling Waters Spa services. Bring a friend and they'll save 15%, too.

Visit www.fallingwatersspa.org for more information.

BABYSITTING SERVICE

The Children's Corner is a drop-in babysitting service available to members and Falling Waters Spa guests. Children may stay for up to two hours as long as parents are on site. There is a nominal fee for this service.

A photograph of an older woman and man in a swimming pool. The woman in the foreground is smiling broadly and holding a blue water dumbbell. The man behind her is also smiling and holding a similar dumbbell. The water is clear and blue, and the background is slightly blurred, suggesting an outdoor pool setting.

Join Us.

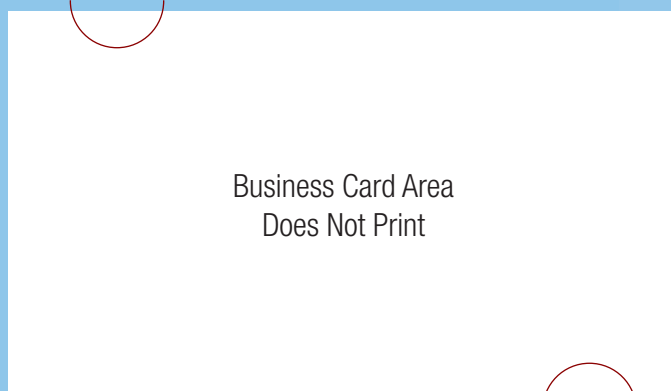
You can learn more about Summa Wellness Institute in the pocket opposite this page, but the best way to discover what we have to offer is to take a personal tour. We'll gladly schedule one when you call **(330) 342-4400**. And get ready – once you've seen the remarkable facilities and experienced the welcoming atmosphere, you'll want to come back.

ENROLL TODAY

Our membership representative will answer your questions and highlight our benefits. We offer savings on a variety of our memberships and joining fees, including senior discounts, so please call to find out how you can experience fitness redefined as a Summa Wellness Institute member.



TO ENROLL OR TOUR OUR FACILITY, CALL (330) 342-4400



Business Card Area
Does Not Print



SUMMA WELLNESS INSTITUTE



5625 Hudson Drive, Hudson, OH 44236 | (330) 342-4400 | summawellness.org

