

SUMMA WELLNESS INSTITUTE

Feeling good never *felt* better.



SUMMA WELLNESS INSTITUTE:

We raise  
fitness to a  
higher standard.



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

[summawellness.org](http://summawellness.org)



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.





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.

TWO  
An individualized exercise program.

You'll receive a workout program tailored to the results of your personal assessment. And 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.
- 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 for cardiovascular health and weight management.
  - Muscular or strength conditioning for improved posture, low-back health and weight management.
  - Flexibility exercise for improved range of motion.

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.



- PROGRAMS OFFERED INCLUDE:
- Group exercise classes - we offer a wide variety of classes including yoga, cycling, aquatics and more.
  - Pilates Reformer
  - Personal training
  - TRX suspension training

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](http://www.fallingwatersspa.org) for more information.

SUMMA WELLNESS FACILITY:

More than just exercise, it's fitness redefined.



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. You'll have access to:
- Waterfall spa pool
  - 25-meter lap pool
  - Warm-water therapy pool
  - Two group exercise studios
  - 95+ weekly group exercise classes
  - Eucalyptus steam room
  - One-on-one and group training
  - TRX and Pilates reformer group training
  - Full gymnasium
  - 1/11 mile walk/jog track
  - Well-appointed locker rooms
  - Drop-in babysitting services

65,000 square feet never looked so good.



Join Us.

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.

**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.

