



Wellness Center
 5625 Hudson Drive, Hudson, OH 44236
 330.342.4400 | summawellness.org

Training and Coaching Services | Member Rates Effective 6.1.2023

Degreed in exercise-related fields and nationally certified, our trainers are well qualified to help you set and achieve your goals, regardless of your need. All coaching services are offered virtually, too! Call 330.342.4400 to get started.

Personal Training

One-on-one attention for those who want to make significant changes and faster progress. Perfect for those wanting accountability.

Special pricing for new clients only!

- 3 30-minute sessions - \$75
- 3 60-minute sessions - \$150

Progressive Exercise Programming

Custom exercise programs that you complete on your own time. Created specifically to meet your unique goals and limitations. Programs are based upon the number of days you train on your own. Designed for the experienced exerciser, those who travel, or individuals who wish to work out on their own but with the guidance of a certified exercise professional.

Nutrition Coaching

Nutrition Coaching package is for those serious about improving their lifestyle. As well as helping with weight loss, nutrition coaching can assist with increasing exercise or athletic performance, and making sustainable lifestyle choices to improve overall health. All coaches possess an advanced nutrition certification.

Program Features

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| <ul style="list-style-type: none"> • 30 or 60-minute sessions (in-person & virtual) • You choose the frequency • Comprehensive fitness assessment to set a baseline and understand your goals <p>Expiration Policy</p> <ul style="list-style-type: none"> • Packages of 1, 6, 12 6 months after purchase • Packages of 18, 24 12 months after purchase | <ul style="list-style-type: none"> • Individualized, goal-specific programming (strength, cardio, conditioning, mobility, functional training, active recovery) • Movement assessment • Video demonstrations of all exercises • Nutrition tips • Remote access to trainer for support, encouragement, and accountability • Weekly check-in with your coach | <ul style="list-style-type: none"> • Lifestyle/behavioral assessment used to identify barriers • Access to a variety of top coaching strategies and nutrition resources • Nutrition education • Comprehensive data collection <p>All services are delivered via email or phone.</p> |
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Member Rates

Sessions	1 Person 30 min./60 min.	2 Person 30 min./60 min.	Sessions	Service	
1 (Virtual)	\$20		3 workouts/week (12 workouts)	Initial Consult & Follow Up (RMR test, assessment/goal setting, macro recommendations)	\$99
1	\$32.50/\$60	\$55/\$100	4 workouts/week (16 workouts)	Single 30-minute Coaching Session	\$30
6	\$179/\$330	\$303/\$550	5 workouts/week (20 workouts)	Resting Metabolic Rate Test	\$30
12	\$345/\$636	\$583/\$1060			
18	\$497/\$918	\$842/\$1530			
24	\$637/\$1176	\$1078/\$1960			

For groups of more than 2, the 1 person rate will be added to the 2 person rate for each additional person training.