



Wellness Center

Fitness Services



summahealth.org/wellness-center

Complimentary Services

Assessment

Our **FREE** comprehensive, two-part assessment process is designed to help you get more out of your workout. One of our degreed fitness specialists will test the five components of physical fitness: aerobic capacity, energy expenditure, heart rate training zones, muscular strength and endurance, and flexibility and range of motion. We will use this data to create your customized program.

Testing Services

Evolt 360 Body Scan

One scan | \$30

Four scans | \$99

This full-body scan provides detailed data on 40 health measurements, including lean body mass, skeletal muscle mass, total body water, body fat, visceral fat, body fat percentage, bio age, and much more. Obtaining this information is a key component of improving your overall health.

RMR | \$99

The Resting Metabolic Rate (RMR) test accurately measures the number of calories your body burns at rest. From this, we are able to help you determine the correct number of calories and ratio of macronutrients to help support your goals.

VO2 Submaximal Performance Test | \$149

The gold standard for measuring cardiovascular fitness, the VO2 submax test measures the amount of oxygen consumed while cycling at a near maximum intensity. While not only a top indicator of endurance and overall cardiovascular fitness, the VO2 submax test is a great tool for maximizing heart rate training zones, as well as being a predictor of longevity.


Comprehensive Packages

Not sure where to start? Our comprehensive packages will ensure you're on the right track!

Wellness Training Package | \$175

- RMR Test
- Three 30-Minute Personal Training Sessions
- One Coaching Session (Nutrition or Sleep, Stress and Recovery)

Performance Training Package | \$299

- VO2 Submaximal Performance Test
 - Three 60-Minute Personal Training Sessions
 - One Coaching Session (Nutrition or Sleep, Stress and Recovery)
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Training Services

Personal Training

Even after the decision to improve your health, some of us could use some extra motivation. That's where personal training can be helpful. Degreed in exercise-related fields and accredited through the National Commission for Certifying Agencies, our trainers are well-qualified to help you set and achieve your goals, make significant changes and progress faster.

Program Features

- 30- or 60-minute sessions
- You choose the frequency
- Comprehensive fitness assessment to set a baseline and understand your goals

New Client Special Offer

(Reserved for members only)

(3) 30-minute sessions: \$75

(3) 60-minute sessions: \$150

Sessions	30 minutes	60 minutes
1 Person		
1	\$35	\$65
6	\$192	\$358
12	\$371	\$689
18	\$535	\$995
24	\$686	\$1,275
Group		
1	\$58	\$105
6	\$321	\$577
12	\$620	\$1,112
18	\$895	\$1,606
24	\$1,147	\$2,059

Non-Member rates available upon request.

Progressive Exercise Programming | \$199/month

Ideal for the experienced exerciser, those who travel, or individuals who prefer to work out on their own but with the guidance of a certified exercise professional, you'll receive a series of workouts created specifically to meet your unique goals and limitations.

Coaching Services | \$35

Utilizing top coaching strategies and resources, our certified coaches are able to help individuals improve many aspects of their lifestyle, health, and performance. Whether it be improving nutrition and recovery, increasing exercise adherence, or simply finding a way to be more accountable to change, our coaches are ready to work for you.

Performance Training Programs

Golf Fitness

Titleist Performance Institute Certified Golf Fitness Instructor Matt Riede will work with you to increase your flexibility, joint mobility, and the total body stability that you need to generate more force in your swing, play with less pain, and enjoy a better round of golf.

All packages include a 16-step golf movement screen to assess your movement patterns.

Screen & Results | \$150

Includes golf movement screen, video analysis, and one 60-minute personal training session.

Par 3 | \$275

Includes golf movement screen, video analysis, and three 60-minute personal training sessions.

Back 9 | \$575

Includes golf movement screen, video analysis, nine 60-minute personal training sessions and re-screen to assess progress.

Swim Instruction | \$99

Let our certified swim instructor, Sean Moran, help you become more efficient in the pool. This program is designed to improve cardiovascular endurance and fine tune swim execution of the freestyle, backstroke and breaststroke techniques.

- Initial swim and stroke assessment
- Two 30-minute personal training sessions
- Techniques for continued progression and constant improvement

Athletic Performance Assessment | \$150

Geared toward anyone who is training for a specific sport or event, this package, administered by Olivia Ellebruch, CSCS, will also benefit those wishing to slow the aging process and/or take their training to the next level.

- Targeted assessment including mobility, strength and speed
- Customized training program
- One 60-minute training session

For more information about any of our services, please speak to a fitness specialist or call us at **330.342.4400**.

Summa Health Wellness Center

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