

RESULTS START HERE!



WHEN YOU NEED A PROFESSIONAL

NOT JUST ANOTHER GYM

WELCOME TO PWC

THE PROFESSIONALS

OUR MISSION:

Be it in work or in life, the concept of success is well known. But when it comes to fitness, even the most successful people can struggle to achieve their goals.

Despite a \$50 billion diet industry that promotes various weight loss methods, approximately 98% of all diets fail and over 50% of people who began exercising, drop their program within 6 months. In addition, more people are injured annually exercising than injured playing all sports combined.

At Personalized Wellness Center, we don't believe in following the latest fads. We don't think it's fair for you to donate your money to fitness centers each month or for you to put in hard work and get little success or short-lived results with programs that are not science based. That's why we deliver a more comprehensive unique consultative process for all clients to receive personalized service offering and programming, for all goals preferences and budgets, because we believe everyone should be afforded the opportunity to succeed.

Our consultative wellness environment provides accountability and personalization to each client. Whether it's a personal training client or fitness center member, everyone receives personal attention from an accountability coach, benefiting from a program design that integrates fitness, nutrition and accountability, tailored to individual goals.

Experience how we provide a unique, personalized consultative wellness environment that fuses science, technology, experienced, attentive fitness professionals with hard work and guaranteed results. You'll immediately see how we differ from traditional gyms, exercise studios, and trainers focused on mere exercise. Instead, holding ourselves to a higher standard - inspired by relationships, rooted in personal results, and dedicated to service excellence.

PERSONAL TRAINING:

PERSONAL ATTENTION

Many trainers stand by your side during your session, but we believe in being hands-on – physically showing you proper technique, guiding your arms, legs and hands through the proper motions. If you are new to exercise, you'll appreciate the education, and if you are already accustomed to fitness, you'll gain a new appreciation in the proper movements and techniques – and you'll feel the difference!

PERSONAL PROGRAM DESIGN

Personal training is helpful for any person. But personal program design is critical to your success. Any trainer can take you through a generic workout, but our Personal Trainers craft a comprehensive personal program that is based on your fitness assessments and goals. Preplanning each session, we'll craft a minute-by-minute workout for you that will keep you progressing towards your goals.

PERSONAL TRAINING STUDIO

PWC's private personal training clients are busy, and value their privacy. The typical gym or health club environment means waiting for machines and feeling like people are watching you workout. At PWC, our personal approach goes a step further with our fully equipped, completely private training studios. Our in club studios makes PWC one of the most unique wellness centers in the country. Not only do we have a full health club experience, but we also offer separate exercise studios away from the main gym for our personal training clients and other instructor lead programs. There's no waiting. There's great focus by you and your trainer. No peer pressure or intimidation. It's an environment that makes it easy to save time, enjoy your time here, and get the results you expect.

COMMUNITY MOTIVATION + PERSONALIZED WORKOUTS + EXPERT INSTRUCTION = ACCELERATED RESULTS.

Fit GROUP TRAINING:

Your success is our success. That's why we don't limit the expertise and accountability of our Personal Trainers to our personal training clients. As a Group Training client, you are encouraged to tap into their expertise to help address any problems – goal setting, pain, nutrition concerns, etc. – that might come up during your time with us. During your initial consultation your fitness consultant will provide a customized recommendation for the best fitness classes and other services to achieve your goals quickly.

STRENGTH TRAINING

CORE STRENGTH

Challenge your POWERHOUSE in this 30 minute class. Exercises focus on strengthening the entire torso which includes the abdominals, obliques, and lower back muscles. Core strength helps with balance and many daily tasks. Stability balls, resistance tubes and/or weights may be used. All fitness levels welcome.

BOOT CAMP

A challenging high-energy total body conditioning workout that incorporates Resistance, Power and Endurance training. This class rotates in a station format and will incorporate a variety of tools such as resistance bands, dumb bells, barbells, TRX straps to provide different challenges. Strength intervals will be interrupted with quick cardio segments to raise the heartrate. While the class contains a mix of both cardio and resistance training, that percentage is approximately 65-70% strength and 30-35% cardio. Get ready to build strength and stamina and empower yourself.

RIPPED

All fitness levels are welcome to this 60 minute, integrated workout that combines exercises with the use of a barbell and selected weight plates along with other equipment, such as steps, free weights and a stability ball. Work all major muscle groups with the barbell and free weight segments set to lively music. If you really want to experience the full effect of strength training, this is the class for you.

METABOLIC CONDITIONING

CARDIO BLAST

HIIT Metabolic Conditioning – (30 minutes) High Energy Athletic Training designed to challenge your body. Move through a series of simple, powerful drills to improve speed, agility, endurance and muscle definition. The main goal is to provide a total body workout and produce goal oriented results by burning fat and a ton of calories. Variety of equipment used.

SPINNING

Top-notch instructors, invigorating music and visualization come together to make Spinning class both fun and effective. If you've ever left a group exercise class feeling frustrated, you'll appreciate that there are no complicated moves to learn with the Spinning program. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride.

STEP AEROBICS

In step aerobics, your workout travels vertically rather than horizontally. You place a step of four to ten inches in height before you, and the routine is arranged so that students step up and down to the music. The smallest step (and the one beginners should use) is four inches high: they increase in height by two inch increments, so you can add risers to your initial step as your fitness level increases.



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SILVERSNEAKERS, SILVER & FIT, OPTUM FITNESS

SilverSneakers is a free fitness program for seniors that’s helping millions of boomers and beyond defy the odds, shatter stereotypes and answer every challenge with, “I can do this!” SilverSneakers includes unlimited access to our gym and fitness center. Weights, treadmills, indoor track, saunas and other amenities are included. We also offer SilverSneakers fitness classes for all abilities led by our certified instructors. The gym is yours. The amenities are yours. The classes are yours. Now go get ‘em!

SILVER CLASSIC

Muscle Strength & Range of Motion - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

SILVER YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

SILVER CARDIOFIT

Try a safe and heart-healthy aerobics and dance class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance.

FITNESS & VITALITY SYSTEM *(Call for Pricing)*

Work personally with Personalized Wellness Center’s nutrition coaches to design a weight loss program specifically to meet your needs and goals. You will have access to all the tools needed to educate yourself on how to maintain a healthy lifestyle, create fat burning meal plans and how to get rid of those sweet cravings. Your accountability coach will also keep you accountable to implementing the plan so you don’t get sidetracked by outside influences. Together you will work through the Fitness and Vitality Course online which includes courses on Mindset, Nutrition, Lifestyle, Exercise and more....



PLATINUM PACKAGE	<ul style="list-style-type: none"> • 12 Weeks of coaching and support with PWC’s transformation coaches • Lifetime access to the Fitness & Vitality System • Lifetime Access to PWC Go (On Demand Group Training) • Lifetime access to Facebook accountability group • 12 Weeks of workouts designed by PWC personal trainers • 12 Weeks of access to live stream group training sessions
GOLD PACKAGE	<ul style="list-style-type: none"> • Lifetime access to the Fitness & Vitality System • Lifetime Access to PWC Go (On Demand Group Training) • Lifetime access to Facebook accountability group • 12 Weeks of workouts designed by PWC personal trainers • 12 Weeks of access to live stream group training sessions
SILVER PACKAGE	<ul style="list-style-type: none"> • Lifetime access to the Fitness & Vitality System • Lifetime access to Facebook accountability group

28 DAY TOTAL TRANSFORMATION PROGRAM - \$10

The no fluff, get straight to it program that provides long lasting results and **COMPLETE TRANSFORMATION**. This program has been trialed and tested from working with thousands of individuals to make sure you never have to look again for another program.

- The 28 day program provides over 1,400 workouts tailored to you, 1,400 workout videos so you know exactly how to do each movement
- 28 day meal plans for any kind of diet preference
- Our unique calorie tracker to make sure you are actually going to tone up
- Advanced supplement guides
- Direct support from our Transformation Coaches
- A private community, and much more
- It's time to rapidly TRANSFORM your BODY and FINALLY achieve your goals.



28 DAY BOTY PROGRAM



28 DAY BOOTY BUILDER PROGRAM - \$10

It's time to rapidly TRANSFORM your **BOOTY** and FINALLY achieve your goals.

- The 28 Day Booty Program provides over 1,400 workouts tailored to you, 1,400 workout videos so you know exactly how to do each movement
- 28 day meal plans for any kind of diet preference
- Our unique calorie tracker to make sure you are actually going to tone up
- Advanced supplement guides
- Direct support from our Transformation Coaches
- A private community, and much more

CORE STRENGTH AND STRETCHING PROGRAM - \$10

WANT THAT SIX PACK?

Expertly designed core workouts that you can complete in approx. 25-30 min. These workouts will help trim down your waist while making your overall core strong and stable. Not only that you will receive 6 full body stretching routines to help increase your flexibility.



MEMBERSHIP OPTIONS:

MEMBERSHIP TYPE	ENROLLMENT FEE	MEMBERSHIP FEE	INCLUDES
GYM MEMBERSHIP (One Person)	\$5	\$29	<ul style="list-style-type: none"> • Weight Rooms • Cardio Machines • Indoor Track • Sauna • Locker Rooms
GYM MEMBERSHIP (Two People)	\$10	\$49	
GYM MEMBERSHIP (Three People)	\$15	\$69	

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PWC TRAINING PACKAGES

SERVICE	PRICE	INCLUDES
PRIVATE TRAINING	\$315-456	<ul style="list-style-type: none"> • 2 or 3 Private Sessions per week • 3 FIT Sessions per week • Access to the Wellness Center • Nutrition & Accountability Coaching • Customized Health Assessments every 12 weeks
SEMI-PRIVATE TRAINING	\$215-315	<ul style="list-style-type: none"> • All of the above benefits of Private Training at HALF of the cost.
 GROUP FITNESS CLASSES	\$79-99	<ul style="list-style-type: none"> • Unlimited Group Sessions per month • Access to the Wellness Center • Nutrition Lesson & Tracking App • 1 Customized Health Assessment
REFORMER TRAINING	\$135-175	<ul style="list-style-type: none"> • Reformer Sessions • 2 Group Training Sessions per week • Access to the Wellness Center

ADDITIONAL SERVICE RATES

SERVICE	PRICE
24 DAY CHALLENGE	\$199
CUSTOM FAST START (5 Sessions)	\$199
EQUIPMENT ORIENTATION (1 Session)	\$35
FITNESS ASSESSMENTS (First is Free)	\$30



Personal Trainer Food™

Great Taste, Small Waist™

Weight loss is 90% food, 10% exercise. We handle the 90%. Don't wait any longer to get the body you deserve. Personal Trainer Food gives you what you need to succeed. Great tasting, full portions of food. All you do is heat and eat, and you'll lose weight. It's the fastest, easiest way to lose weight and maintain a healthy life.

SEE A PWC ASSOCIATE, OR STOP IN THE STORE FOR MORE DETAILS.



Libby
Lost **43 lbs**
in 14 weeks*

*Results can vary due to several factors and are not guaranteed.



PHYSICAL THERAPY:

NovaCare Rehabilitation knows the importance of an active lifestyle. If you're injured, we will bring that back to you. Our highly trained clinical team will design a specialized plan of care to maximize function and promote well-being in patients of all ages and abilities. NovaCare will give you the advantage in recovery. NovaCare Rehabilitation is a locally driven provider of outpatient physical therapy. We are a company highly dedicated to customer service and employing experienced and dedicated therapists. Our Akron center specializes in preventative, rehabilitative and performance-enhancing programs services to help our patients maintain a healthy lifestyle and bounce back from injury.

SPECIALIZING IN:

- Physical Therapy
- Hand Therapy
- Sports Medicine
- Work Health
- Specialty Services
- Pediatric Therapy
- Dry Needling
- Vestibular Therapy
- Concussion Rehabilitation
- Prosthetics and Orthotics
- Work Injury Network
- Headache Treatment
- Balance Testing and Training

NOVACARE CONTACT INFO:

(330) 805-9480
novacare.com

NO REFERRAL? NO PROBLEM!

You may not need a Physician's referral to start care.
Contact us for more information.

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PWCC CUSTOM FAST START PROGRAM!

...For Only ~~\$454~~ **\$199**

STEP 1:

- 5 Private Personal Training Sessions (\$200 Value)
(Designed to accomplish your goals)
- 1 Week of Group Training (\$36 Value)
- Unlimited E-mail Coaching (Priceless)
- 1 Nutrition Introduction (\$88 Value)
- 1 Fitness Assessment (\$70 Value)

REFRESHER:

- 3 Private Personal Training Sessions
(Designed to accomplish your goals) \$119

**SAVE
\$255**

GET YOUR FITNESS & WEIGHT LOSS PLAN STARTED OFF THE RIGHT WAY. RIGHT NOW!

"I've lost almost 30 pounds, and almost 15 inches off of my waist and another 10 off of my hips! I have nearly cut my body-fat percentage in half!

Tracy, 38, Before and After!



WWW.AKRONFITNESSANDWELLNESS.COM

330.867.2399

1653 Merriman Rd., Akron, Ohio

THE SUPPLEMENTS YOU NEED BUY ONLINE. PICK UP HERE.

Thousands of products.
Use your Silver and Blue Card for discounts.
Pick up at PWC means no shipping costs.
What are you waiting for?

VISIT OUR STORE AT

PWCONLINESTORE.COM



ONLINE STORE AND MORE:

At Personalized Wellness Center, we've got everything you need to look and feel like a champion. We have PWC apparel for both men and women as well as snacks and supplements to help you build the body of your dreams!

Did you know that muscles need protein to grow and recover? The best time for optimal protein absorption is within one hour immediately after a workout. Protein shakes are a great way to get that protein in your body so that you can get it all at the right time. Also ask our customer service staff about the amazing smoothies we make to help fuel your recovery.

We know you don't want to bring money into the club. Be sure to ask how to bill your purchases to your account. In addition to that, PWC also offers many "extras." Every morning we provide complimentary coffee and tea, for our members.



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MEMBER INFORMATION

PWC is Akron's premier fitness club and training facility for men and women, 18 years and older. We have an immaculate facility with a re-configured, user-friendly floor plan. All new equipment, a new cardio theatre, aerobics studio, and banked indoor track are just a few of the impressive features we offer our members. Tired of cramped locker rooms and overcrowded workout areas? Our spacious 26,000 square foot facility and state-of-the-art equipment accommodate members comfortably, even during peak hours. You'll also receive outstanding personal service each time you visit our health club. We strive to get to know you personally and provide everything you need to reach your fitness goals.

CORPORATE MEMBERSHIPS:

PWC has several corporate membership options which provide employers the opportunity to offer memberships to employees as well as provide on-site weight loss and wellness programs. For information please see the membership manager or associate.

IMPORTANT INFORMATION:

The following rules and regulations are designed to help you safely use and enjoy the equipment and services of our facility. All members are required to follow these rules. Please review and familiarize yourself with them. You may feel free to speak with the club manager if you have questions. Note: From time to time we may find it necessary to amend or add to these rules and regulations. You agree that you will abide by these amended rules from the time they are published.

MEMBER CHECK-IN/ MEMBERSHIP CARDS:

Members must check in at the front desk upon entering the club. Membership cards must be scanned by the card reader to note your attendance. Membership cards are to be used solely by the members to whom the cards were initially issued. Cards may not be assigned or loaned. Members must be in good standing to use the club.

ANYTIME ACCESS 24/7:

PWC is a 24/7 access facility for its members. Outside the designated customer service hours, members may use their membership ID card to unlock the door at the entrance at the top of the stairs. It is important to remember that the door MUST shut behind every member as you enter. DO NOT HOLD the door open for another person.

AGE REQUIREMENTS:

Members or guests must be at least 18 years of age to use the facility. Children in the baby-sitting room must be accompanied by a parent when outside of the room, and are not permitted to be in the workout spaces or locker facilities.

BABY-SITTING:

Baby-sitting is available at pre-set hours. See the posted times that this service is available. Parents or guardians must remain in the club at all times and children will be released only to the parent or guardian who accompanied the child to the baby-sitting room. Attendants do not feed or change children. We may deny a child's admittance due to a child's illness, misbehavior, or any other reason that we believe is appropriate. Please review and observe the rules posted in the baby-sitting room.

BABY-SITTING HOURS:

Monday & Thursday ————— 4:00 pm – 7:00 pm Saturday ——— 8:00 am – 11:00 pm
Sunday ————— No Baby-sitting

FACILITY HOURS

Member Access is now open 24 hours a day, 7 days a week, 365 days a year!

Customer Service and Sales Hours: **Weekdays:** 6:00 am - 7:00 pm - **Weekends:** 8:00 am - Noon

LOCKER ROOM:

Lockers are available for daily use by members and guests, only. It is strongly recommended that you not bring valuables into the club and that you bring a combination lock or padlock to secure your locker while using the facilities. Do not leave valuables unprotected. We are not responsible for lost or stolen articles. Locks cannot be left overnight on lockers. When this occurs, the locks will be removed and any personal articles in the locker may be placed in the "lost and found." We accept no responsibility for articles left in the club, or in a locker. No glass containers are permitted in the locker rooms.

WORKOUT ATTIRE AND RULES:

Athletic shoes are required in exercise areas. Proper workout clothing should be worn (cutoffs, half-shirts, curlers, swimsuits, etc. are prohibited). Jackets, gym bags, or other personal items should be placed in the locker room, and should not be carried into the workout areas. Shirts bearing offensive language or pictures may not be worn. We reserve the right to deny use of the facility to any person whose attire is not, in our sole judgment, appropriate for the club. When you or your guests are in the facility, please conduct yourselves in a quiet and well-mannered fashion. Do not cause any disturbances or interfere with the safe use or enjoyment of the club by other members and guests. Members may not conduct, purchase or subscribe to any commercial business or activity on club premises or solicit other members or guests for any reason without **PWC's** express prior written consent. Smoking and chewing of gum are prohibited in the facility. The use of any type of tobacco products within the club, including smokeless tobacco, is prohibited. Alcoholic beverages are strictly prohibited from being on the premises, even if they are in sealed containers. Please re-rack your weights after use. Use of portable speakers is prohibited.

EXERCISE EQUIPMENT:

Exercise equipment is to be used only in the manner intended by the manufacturer and authorized by the club. Please follow all instructions and signs carefully. Do not move or modify any equipment. Avoid "slamming" of weights to the floor at the end of an exercise. When you are finished using a piece of equipment, wipe it down with your towel, a pre-moistened towelette located throughout the Club, or spray and wipe it down with a paper towel from the nearby dispenser. Please re-rack the weights when you are done using them. If you are unsure how to use a particular piece of equipment, contact a club representative immediately. If you believe any piece of equipment is malfunctioning, please notify club management immediately. Always inspect equipment prior to use. **DO NOT USE** equipment if, upon visual examination, any fasteners appear loose, any cables are frayed, off track, or if anything else appears to be broken.



WEIGHT ROOM RULES

- Re-Rack weights when finished
- Wipe down equipment after use
- Shirts and shoes are required
- Portable speakers are prohibited
- Non PWC trainers prohibited
- No monopolizing equipment
- Allow others to work in between sets

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\$199
FAST START
PROGRAM

I LOVE IT!

1 FREE ASSESSMENT

2 GROUP FITNESS CLASSES

COUPONS FOR YOU

PWC
5% OFF
OF ANY
PERSONAL
TRAINING PROGRAM

PWC
Fit
2 FREE
FIT CLASSES

PWC
10% OFF
ADVOCARE
NUTRITION PROGRAM
(24 DAY CHALLENGE)

Personal Trainer Food™
Great Taste, Small Waist™
\$10 OFF
YOUR FIRST PURCHASE
WHAT HAVE YOU GOT TO LOSE?

PWC
FREE
FITNESS OR
NUTRITION
ASSESSMENT

NovaCare®
REHABILITATION
FREE
ASSESSMENT
*NO REFERRAL NECESSARY!

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★ CALL OR STOP IN FOR DETAILS. SOME EXCLUSIONS APPLY.