



Performance Improvement for *Everyone!*



www.thefitnessclinic.com
www.golf-fitness-program.com
www.summitpdi.com



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The Fitness Clinic® is a research based wellness and fitness facility. We want to save you time and money while we help you improve your performance in all areas of your life. That is why we provide our clients with scientifically proven fitness programs that address their individual physical and mental needs. We will work as a team to help you develop a continuous improvement philosophy that will drive you to improve your life.

At **The Fitness Clinic®** we will help you reach your goals. It does not matter what phase of your life you are in we will help you design and implement a performance improvement plan that fits your needs as well as your busy schedule. Whether you are an amateur athlete trying to be your best, a professional trying to take it to the next level, or anyone in between we can help you consistently perform at an optimum level.

- Performance Improvement and Personal Development
- Flexibility and Injury Prevention Programs
- Scientifically Designed Fitness Training utilizing OPT™ (Optimum Performance Training™) model by NASM™ (National Academy of Sports Medicine™)
- Sport Specific Training Programs
- Personal Training at Our Gym or Your Home
- Full Service Private Gym—No Crowds
- IMDHA™ (International Medical & Dental Health Association™) Certified Hypnotherapy to Improve Health, Performance, and Quality of Life
- Medx Factory Trained Back Rehab Programs
- Post-Rehabilitation and Postural Correction Programs
- Traditional Chinese Martial Arts Ranking by the ISCA (International Shuai-Chiao Association™)
 - Shuai-Chiao (Chinese Wrestling)
 - Chang Style Tai Chi Chuan
 - Specialty Programs—Muscle Restructuring, Iron Palm, & Iron Body
 - Qi-Gung, Meditation, and Bone Marrow Washing



Member



“The only limitations one has, are set in his or her own mind”