

# Healthy Heights Wellness Program

The Middleburg Heights Community Center is offering a Fall version of the **Healthy Heights Wellness Program** including 3 Health Screenings, 2 Personal Trainer Sessions, and a Dietitian Seminar. Some changes include Personal Trainer groups for basic workouts and an intermediate workouts. Personal Trainer sessions will include dynamic workouts in groups of 3-5 people in the Aerobics Room. Also a kick off meeting will be held the week before the start date where interested participants may ask questions about the program.

## **Kickoff Meeting**

Monday September 27th 9:00am-10:00am and 6:00pm-7:00pm

## **Health Screening Dates**

### **Initial Health Screening:**

Monday October 4th 7:30am-9:00am  
Wednesday October 6th 12:30pm-2:00pm  
Thursday October 7th 6:00pm-7:30pm

### **Midway Health Screening**

Monday November 1st 7:30am-9:00am  
Wednesday November 3rd 12:30pm-2:00pm  
Thursday November 4th 6:00pm-7:30pm

### **Final Health Screening**

Thursday November 18th 6:00pm-7:30pm  
Monday November 22nd 7:30am-9:00am

## **Personal Trainer Sessions**

### **Basic Personal Trainer:**

October 9th 9:00am- 2:00pm in hour increments  
November 20th 9:00am-2:00pm in hour increments

### **Intermediate Personal Trainer:**

October 10th 1:30pm-5:30pm in hour increments  
November 21st 1:30pm-5:30pm in hour increments

### **Dietitian Seminar**

Tuesday October 12th 6:00pm-7:00pm  
Wednesday October 13th 9:00am-10:00am



**MIDDLEBURG HEIGHTS  
COMMUNITY CENTER**



Sign-ups for the program begin on August 16th, 2010. The program begins October 4th, 2010 and ends on November 22nd, 2010. Participants must be members of the Community Center. The cost for this program is \$39.00 for new participants and \$30.00 for returning participants. With any questions please contact Casey Blaze at 216-246-0813 or email at [blaze.casey@gmail.com](mailto:blaze.casey@gmail.com).