



PTS offers services for individuals with special dietary or lifestyle needs. Sports Performance Training is also available.

Start your personalized experience:

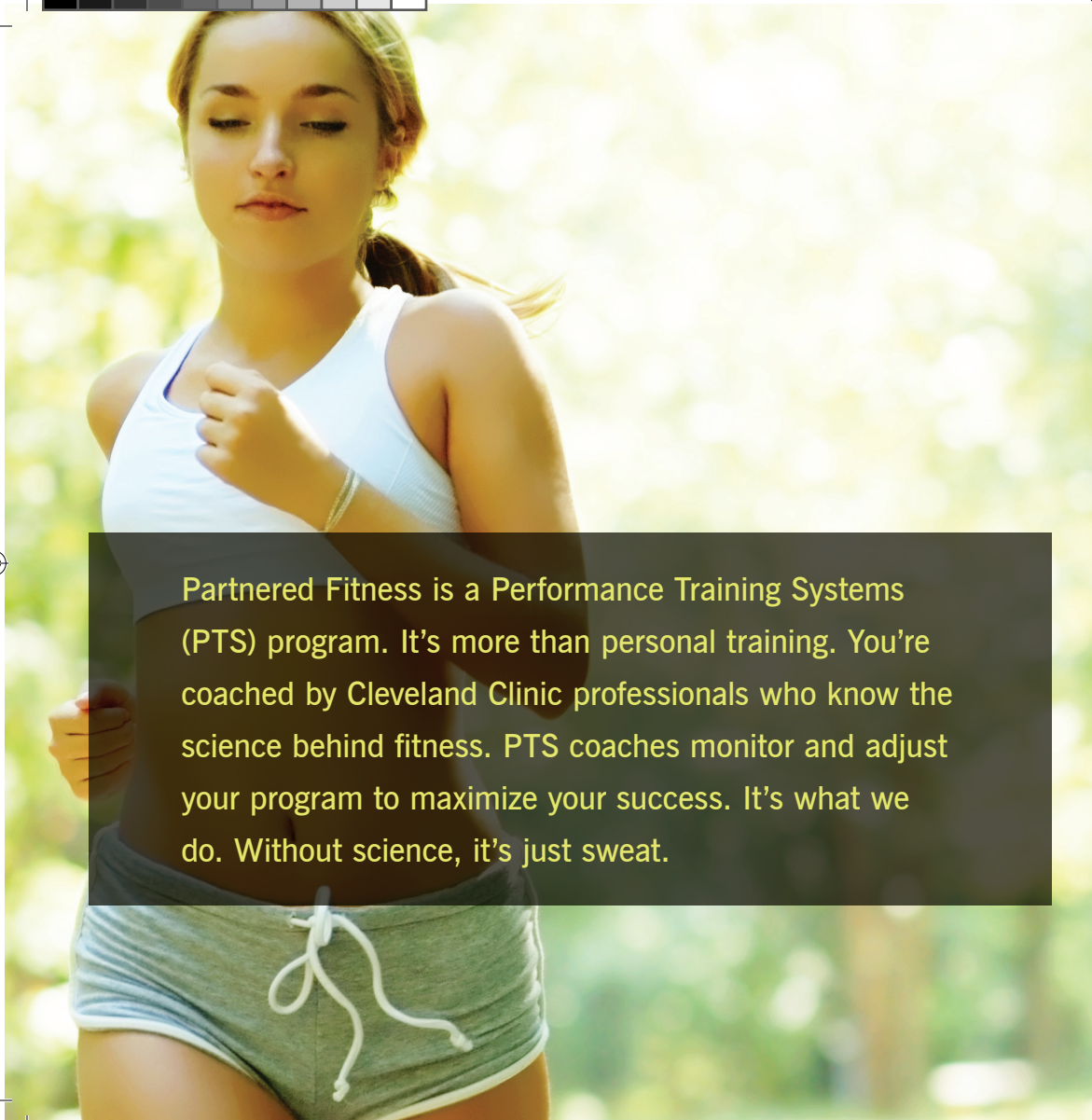
216.518.3494 | [PTS@ccf.org](mailto:PTS@ccf.org) | [clevelandclinic.org/pts](http://clevelandclinic.org/pts)

# Complete your membership.

Partner with Performance Training Systems (PTS)

[clevelandclinic.org/pts](http://clevelandclinic.org/pts)

11-SHL-033



Partnered Fitness is a Performance Training Systems (PTS) program. It's more than personal training. You're coached by Cleveland Clinic professionals who know the science behind fitness. PTS coaches monitor and adjust your program to maximize your success. It's what we do. Without science, it's just sweat.

## Why Partnered Fitness?

- Start with a private, in-person fitness assessment following the American College of Sports Medicine guidelines.
- Receive guidance backed by evidence-based methods.
- Work out at a location that is convenient for you around equipment you know.
- Access your online workout program and training log 24/7.
- Analyze your nutrient profile to better balance your diet and activity.
- Consult weekly with your PTS coach on the phone.
- Train with your recreation center's exercise instructor one hour each month.
- Invest in your fitness. Call for pricing options.

Contact a PTS coach at  
216.518.3494 or [PTS@ccf.org](mailto:PTS@ccf.org).

