

# Gold Medal Mindset®

## Health & Wellness Program

Looking to get fit? Lose weight for pool season? PR in your next race?  
Join us for a comprehensive health & wellness program!

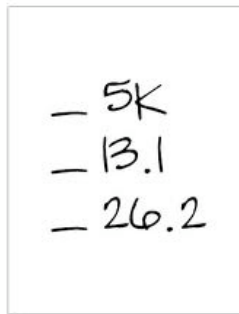
### Why join?

- Group activities & team atmosphere inspires & motivates
- Organized by an experienced Olympian who is dedicated to YOUR personal fitness goals & offers professional advice
- Weekly training sessions
- Water bottle and finisher's medal
- Opportunities for social activities and road races (5K, 10K or Half Marathon)



### Other details:

- Summer session kicks off Sunday, June 3 and runs through Sunday, August 26
- Program includes weekly training including group runs, boot camps & fitness activities
- 12 week program ~~\$180~~ – being offered to Hilliard Grand residents for only \$60!



**We welcome people of  
all ages and fitness levels!**

### Interested?

- Attend one of our informational meetings
  - Sunday, May 20 3-4PM @ Hilliard Grand Clubhouse
  - Sunday, May 27 3-4PM @ Hilliard Grand Clubhouse
- Join our first group run/walk on Wednesday, May 30 6:30PM (meet @ clubhouse)
- Email Teresa – [teresa.gellenbeck@gmail.com](mailto:teresa.gellenbeck@gmail.com)
- LIKE us on FaceBook – Gold Medal Mindset Health & Wellness Program  
<http://www.facebook.com/GoldMedalMindsetHealthWellnessProgram>