



**47139 Gratiot Ave.  
Chesterfield, MI 48051  
(586)709-2194**



***Mission Statement:** To fulfill students' fitness goals in a safe and effective way. We will treat every client with respect and dignity and not let outside factors conflict in our ability to train successfully*

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, our expert team of certified personal trainers and strength and conditioning coaches are committed to providing the right "game-plan" for you to reach your goals.

We offer 1-1 personal fitness training, semi-private and partner training and small group personal training. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. Choose a Team Fit personal trainer that can help you today with your health and fitness training.

Team Fit now offers Small Group Personal Training. Are you looking to save money? Are you looking for a partner to train but cannot find one? Small Group Personal Training has the similar benefits of 1-1 personal training at a fraction of the cost. Small Group Personal Training is in groups of up to 5 people at predetermined times and days with one of our expert trainers. With Small Group Personal

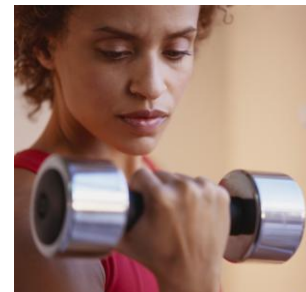
Training you get the same great training as a 1-1 training session at a discount rate. With Small Group Personal Training you can train with up to 4 partners and never have to worry about your rates changing!

Team Fit offers the highest level of personal training and small group training in the area. Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, our expert team of certified personal trainers and strength and conditioning coaches are committed to providing the right "game-plan" for you to reach your goals.

We offer 1-1 personal fitness training, semi-private and partner training and small group classes. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. Our certified trainers can help you today with your health and fitness training

Clients come to us for a myriad of reasons:

- Weight loss
- Improve energy
- Increase metabolism
- Accountability
- Motivation
- Program Design
- Flexibility
- Sports Performance
- Results!!!



Our experienced fitness instructors have specific education, backgrounds, weight loss and nutrition, and lifestyle management to evaluate and assess your body for muscular imbalances and design personalized programs to fit your needs, thus maximizing your results in a safe and effective manner. Your personal trainer will provide you with the knowledge, motivation, and confidence to attain your goals, change your body, and transform your life. References are available upon request.



Regardless of your goals, our committed, friendly and devoted team is here to transform them into a reality. Along with personal training, nutrition plays a critical role in getting your results. We can educate you on what foods to eat, how much to eat and when, how to grocery shop and eating to improve your energy. Additionally, we offer a select few nutritional items at our center to help optimize recovery, promote fat loss and energy.



**1-1 TRAINING:** Our sessions are very dynamic and diverse. Some of the unique, characteristics include:

State-of-the art equipment & technology

Over 30,000 lbs of free weights

Resistance bands, medicine balls, boxing bags, TRX Suspension Trainers®, BOSU® Balls

slide boards, balance discs and a variety of other agility equipment to maximally challenge you to be your best.

locker rooms

child care (contact us regarding hours)

Clean, pristine and motivating environment in an extremely friendly and energizing atmosphere.

**SMALL GROUP TRAINING:** Are you looking to save money? Are you looking for a partner to train but cannot find one? Small Group Personal Training has the similar benefits of 1-1 personal training at a fraction of the cost. Small Group Personal Training is in groups of up to 5 people at predetermined times and days with one of our expert trainers. With Small Group Personal Training you get the same great training as a 1-1 training session at a discount rate. With Small Group Personal Training you can train with up to 4 partners and never have to worry about your rates changing!

**NUTRITION/SUPPLEMENT:** Along with personal training, nutrition plays a critical role in getting your results. We can suggest you on what foods to eat, how much to eat and when, how to grocery shop and eating to improve your energy. Additionally, we sell a select few nutritional items at our center to help optimize recovery, promote fat loss and energy.



This includes our "Optimal Recovery & Regeneration Packet," which offers:

- Nutrition education
- Recipes for healthy meals
- Grocery Shopping Lists
- Recovery & Regeneration Tips

**DANCE:** For individuals who seek to improve in dance technique through ballet, strength and flexibility training. Also for individuals looking to learn or improve jazz, ballet or hip hop techniques. Choreography also available. Perfect for auditions or pre-competition training.

**GROUP DANCE TECHNIQUE:** Dance technique classes focus on ballet and jazz fundamentals to improve leap and turn skills, as well as strength and flexibility. Contact Alexis directly at (586) 212-5256 for fees and availability.

## **PRICE LIST FOR PERSONAL/SMALL GROUP TRAINING**

| <b>DURATION</b> | <b>COSTS/SESSION</b> |
|-----------------|----------------------|
| 30 MINS         | \$35.00              |
| 45 MINS         | \$50.00              |
| 60 MINS         | \$55.00              |

### **PACKAGE DEALS!**

**(3 or more sessions)**

|         |         |
|---------|---------|
| 30 MINS | \$30.00 |
| 45 MINS | \$45.00 |
| 60 MINS | \$50.00 |

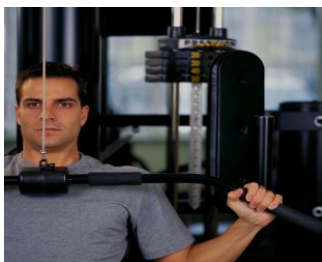
### **SMALL GROUP TRAINING**

**Sold in packages of 3 or more sessions only.**

|         |         |                                  |
|---------|---------|----------------------------------|
| 30 MINS | \$35.00 | *each additional person add \$10 |
| 45 MINS | \$50.00 | *each additional person add \$10 |
| 60 MINS | \$55.00 | *each additional person add \$15 |

### **PLEASE NOTE:**

**If client is not a hosting gym member, a \$10.00 daily fee is required in addition to the above service fees. Training at hosting gyms include Xtreme Fitness, ConCorde Swim & Health Center, Eastside Tennis and Fitness.**



**REMEMBER, YOUR HEALTH IS NOT EVERYTHING, BUT EVERYTHING IS NOTHING WITHOUT YOUR HEALTH!**

**Call today to set up a FREE pre-training screening!**

*(586) 709-2194 [www.teamfitcorp.com](http://www.teamfitcorp.com)*