



ID Fitness Management, LLC

“Identify the Problem, Identify the Goal, Identify the Plan”

The mission of ID Fitness Management, LLC is to effectively partner with clients to identify their fitness objectives and achieve them through an innovative and progressive plan.

Packages:

10 Individual Training Sessions: \$375.00

This includes:

- All exercise equipment use
- Physical Ability Test
- A detailed client specific fitness plan
- Weekly or bi-weekly progress measurement tracking
- Baseline nutrition suggestions and options based on desired results

6 Individual Training Sessions: \$275.00

This includes: All items included in the 10 Session Package

Client Specific Fitness Plan: \$100

This package is geared towards Booker Dozier Recreation Center members who don't necessarily want a personal trainer but desire a structured workout plan or guide.

This includes:

- Baseline Vitals
- Physical Ability Test
- Suggested Max Heart Rate Tracking
- Suggested frequency and duration
- Daily exercise plan designed to meet the identified goal
- One guided workout with your trainer and designer
- Baseline nutrition suggestions and options based on desired results
- Follow up measurements and progression tracking. Plan alterations if needed.

Individual Training Session: \$50 p/hour

This is an hourly rate without the purchase of a designed package. These individual sessions are geared towards individuals who desire an intense progressive workout to test their limits. Workouts will be 60-75 minutes in length.

For more information, please contact

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