

My Good Life Fitness Profile

Name: My Good Life Fitness LLC

Founded: 2005 in Southfield MI

Contact Information:

Mail: P.O. Box 760395, Lathrup Village MI 48076

Phone: (248) 388-9388 ; **Fax:** (248) 395-3933

Web: www.MyGoodLifeFitness.com

Email: mygoodlifefitness@comcast.net

Studio Location: 24758 Southfield, Southfield MI 48075

Mission: My Good Life Fitness is a private client-focused workout facility. We are dedicated to helping our members achieve their health and fitness goals through exercise and good nutrition.

Tag Line: *Your Metamorphosis Begins Here; Helping Real People Achieve Real Results*

Logo



Advertising: *Primarily on Referral Basis. Also E-mail, Brochures, Website (in progress)*

Target Members

- ❖ *Business Professionals*
- ❖ *High School and College Athletes*
- ❖ *Seniors*
- ❖ *New Mothers*
- ❖ *Corporations*
- ❖ *Clubs/Groups/Organizations*
- ❖

Other Programs

- ❖ *Fitness Events*
- ❖ *Fitness Workshops*
- ❖ *Wellness Seminars*
- ❖ *Career Fairs*
- ❖ *Strategic Alliances*
- ❖

Services & Products

Personalized programs which include Strength training, Cardio, Abs and Flexibility
Personalized On-line Nutrition planning
Personalize workout sessions
Water, Weight Belts and Gloves
High Quality Nutritional Supplements
Fitness & Nutrition Journals

Equipment

Weight Machines

Free Weights

Treadmills

Stair Master

Upright & Recumbent Bikes

Elliptical Machines

Exercise Balls

Founder

Donna McKay, Certified Personal Trainer, Certified Fitness Nutrition Specialist & GNLD
Wellness Coach