

My Good Life Fitness



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.*

Contact Information

Studio Location: 24758 Southfield, Southfield MI 48075

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Donna McKay

*Certified Personal Trainer
& Certified Nutrition Coach*

Metamorphosis (n): A marked change in appearance, character, condition, function, and often habits...

Services & Products

- Personalized, total body workout programs
- Personalized online nutrition planning
- Small group circuit training
- Water, gloves & weight belts
- High quality nutritional supplements
- Fitness & Nutrition Journals
- HIT Squad Boot camps
- Fitness Events & Workshops
- Wellness Seminars
- Members Only Programs
- Referral programs
- Gift certificates

Available for last minute interviews