



# HealthQuest Fitness

## FMS, Gym and Personal Training

### Functional Movement Screen (FMS)

Private appointment \$25

*Discharged patients receive a free personal training session after FMS*

### Personal Training

Pricing options vary depending on personal goals and commitment. Please contact one of our Certified Trainers for more info:

**Kati Weston** [kwestontraining@gmail.com](mailto:kwestontraining@gmail.com)  
Phone: 248-605-0614

**Sara Bell** [lena\\_emily@yahoo.com](mailto:lena_emily@yahoo.com)  
Phone: 248-613-4903

**Nutrition Coaching by Sara**  
Private 60 Minute Session \$60

**Julie Richmond** [jarichmo1@gmail.com](mailto:jarichmo1@gmail.com)  
Phone: 248-736-6146

### Gym Memberships

\$30 flat rate, month to month  
no commitments

\$20/month when paid up front for a full year.

No refunds.

No other fees ever!

## *Fitness Classes*

*Available In-Studio, on Zoom, plus recordings!*

**Email for more info: [cyndyandmichellefitness@gmail.com](mailto:cyndyandmichellefitness@gmail.com)**

*Discharged patients receive a free week of fitness classes after completing an FMS!*

### New Class Member Special

1-Month Unlimited Classes: \$50

### Devoted Class Member Deal

1-Month Unlimited Classes: \$85

### 8 Class Pack

\$9.00/Class (1-month expiration)

### 4 Class Pack

\$12.00/Class (1-month expiration)

### Drop-In Class \$15

## *Specialties*

### MELT Method

Weekly classes for those with MELT experience

### Private Classes

MELT 60 Minute Session \$60

Pilates 60 Minute Session \$60

### Class Fit (Intro to fitness classes)

3 private 30 Minute Sessions \$90