



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
Phone: 248-605-0614

Sara Bell lena_emily@yahoo.com
Phone: 248-613-4903

Nutrition Coaching by Sara
Private 60 Minute Session \$60

Julie Richmond 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

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