

# 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

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

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

**Web:** [www.MyGoodLifeFitness.com](http://www.MyGoodLifeFitness.com)

**Email:** [mygoodlifefitness@comcast.net](mailto:mygoodlifefitness@comcast.net)

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



**Donna McKay**

*Certified Personal Trainer  
& Certified Nutrition Coach*

## 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*