

DMC Wellness Center Services

Fitness Assessment:

The assessment includes a cardiovascular test, muscular strength and endurance test, an adipose tissue density test, and flexibility test. The assessment establishes baseline information on where your present fitness level is, and assists the DMC trainer in developing an appropriate exercise prescription for the pass holder. To schedule an assessment, contact the front desk @ 313-943-2350 or 313-943-5479.

Fitness Orientation:

The orientation serves two purposes. First and foremost, is to ensure that the pass holder is comfortable, and understands how to use the equipment safely and effectively. Second, the orientation also allows a DMC trainer to develop and review an exercise prescription for the pass holder.

Fee for Service Programs:

Personal Training Fees

½ hour session- \$23

1 hour session- \$45

Nutrition Consultation

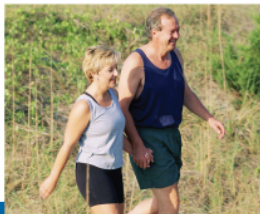
1 hour session and follow-up- \$100

Massage Therapy

1 hour massage- \$50

Under 1 hour- \$1 a minute (ex. 30 minute massage-\$30)

Official Healthcare Services Provider



DMC Wellness Center

313-745-9881
313-745-9748