

Overview

- Train under the personal direction of Jason Steeves, Functional Movement Systems (FMS) certified and over 10 years of experience in functional fitness training
- All participants will be subject to the functional movement assessment and placed in the appropriate program based on results
- All programs include a personalized exercise plan and schedule

Fitness Training Programs

- **Beginner** - Little to no exercise experience
 - 12 Week Program Includes:
 - 2 Functional Movement Assessments
 - 12 hours of individualized training (includes lifestyle coaching; daily habit improvements and stress relief)
- **Amateur** - Exercise experience or worked with a trainer before
 - 6 Week Program Includes:
 - 2 Functional Movement Assessments
 - 6 hours of individualized training
 - 12 Week Program Includes:
 - 2 Functional Movement Assessments
 - 10 hours of individualized training
- **Professional** - Competitive Athlete
 - Program Includes:
 - Initial appointment to assess needs/goals
 - Functional Movement Assessment
 - Development of program plan and schedule for athlete to accomplish goals
 - Time/frequency/intensity of plan will vary by individual

Corrective Exercise Programs

- Beneficial for:
 - Injury Prevention (functional weaknesses)
 - Injury Recovery (breaks, sprains, tears, replacement surgery, etc.)
 - Arthritis or Joint Pain
 - Stroke Recovery
 - Muscular or Skeletal Dysfunction
- Program Includes:
 - Functional Movement Assessment - Determine if you need to begin with a corrective exercise program to improve functional weaknesses before starting a fitness training program
 - Develop personalized Corrective Exercise Program based on individual needs and schedule for training sessions
 - Will continue regular appointments until FMS score improves to 14+
 - When FMS minimum is achieved, you are ready to begin a fitness training program