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Applied Fitness Solutions Facebook

I've just begun attending Applied Fitness Solutions and I was going to wait until I had a bit more visits under my belt to review, however, this is such a wonderful workout place that I know my opinion of it will just keep getting better. I like the regimented fitness structure as well as the concern shown towards me about the issues I felt were pressing.

Applied Fitness Solutions-Ann Arbor - Home | Facebook

Applied Fitness Solutions-Plymouth - 40700 Ann Arbor Rd E, Plymouth, Michigan 48170 - Rated 4.9 based on 98 Reviews "Why should someone come to this gym?..."

Applied Fitness Solutions-Plymouth - Home | Facebook

This is the video we showed at the Applied Fitness Solutions-Ann Arbor Applied Fitness Solutions-Plymouth and Applied Fitness Solutions-Rochester Hills Holiday party. We graciously thank all of our awesome clients who helped put this together.

Applied Fitness Solutions-Rochester Hills - Home | Facebook

Located in Metro-Detroit Applied Fitness Solutions provides personal fitness coaching alongside fun group workouts. No other gym provides this.

Applied Fitness Solutions - Personal Fitness Coaching Like ...

Applied Fitness Solutions is a revolutionary hybrid training facility where the structure, individualization, and accountability of having a one on one personal... trainer is paired with fun and motivating group exercise classes. Each AFS client is assigned to a certified fitness practitioner who implements a comprehensive fitness and nutritional program for the client.

Applied Fitness Solutions-Ann Arbor - About | Facebook

Applied Fitness. 15 likes. This fitness facility involves weight management, personal training, stretch therapy, massage, and more.

Applied Fitness - Home | Facebook

Keith Dotson is on Facebook. Join Facebook to connect with Keith Dotson and others you may know. Facebook gives people the power to share and makes the... Jump to. Sections of this page. Accessibility Help. ... Support Detroit Transit, Applied Fitness Solutions-Plymouth, ...

Keith Dotson | Facebook

Join Facebook to connect with Bob Caldwell and others you may know. Facebook gives people the power to share and makes the... Jump to. Sections of this page. ... Michigan Sailing Club, Applied Fitness Solutions-Ann Arbor, AHAG BMW Gelsenkirchen & Marl, RuffStuff Specialties, Enjuku Racing, Great Lakes Commission, ...

Bob Caldwell | Facebook

Applied Fitness Solutions is a revolutionary hybrid training facility where the structure, individualization, and accountability of having a one on one personal trainer is paired with fun and motivating group exercise classes. Each AFS client is assigned to a certified fitness practitioner who implements a comprehensive fitness and nutritional ...

Applied Fitness Solutions - 17 Photos - Gyms - 4710 S ...

Applied Fitness Solutions-Ann Arbor - 4710 S State Rd, Ann Arbor, Michigan 48108 - Rated 4.9 based on 129 Reviews "I've just begun attending Applied..."

Applied Fitness Solutions-Ann Arbor - Home | Facebook

Applied Fitness Solutions. Assigned your very own personal fitness coach who will guide you through every aspect of your program and check in on you even when you're not at the gym; Attend safe and effective group exercise classes throughout the week that are specifically designed with your goals in mind

Personal Fitness Coach - Applied Fitness Solutions

Applied Fitness Solutions started in Ann Arbor, Michigan in 2008 as a small personal training and group exercise studio. Over the years we've developed innovative ways to provide guidance to our clients for a much lower cost than hiring a personal trainer. We've now expanded from Ann Arbor, to a Plymouth location in 2015 and our brand new ...

Applied Fitness Solutions - Gyms - 1136 S Rochester Rd ...

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Applied Fitness Solutions

Applied Fitness Solutions weight loss classes are designed to get you moving in a safe and dynamic environment. Let us find a solution that fits you. Your own personal fitness coach is included! Applied Fitness Solutions weight loss classes are designed to get you moving in a safe and dynamic environment. ... Fitness Solution Customized ...

Weight Loss Classes - Applied Fitness Solutions

Keep up to date with the latest at Applied Fitness Solutions. Read about our success stories and learn more about our community events.

AFS Blog | Keep Up To Date With Applied Fitness Solutions

Check out our large variety of classes at all three of our gym locations! Our diverse schedule allows everyone to find time for their health and fitness.

Schedule For All Gym Locations - Applied Fitness Solutions

Applied Fitness Solutions-Plymouth - 40700 Ann Arbor Rd E, Plymouth, Michigan 48170 - Rated 4.9 based on 98 Reviews "Why should someone come to this gym?...

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You've got your coach, now choose your classes! NOT SURE WHICH OF OUR CLASSES IS RIGHT FOR YOU? If you've taken our digital consultation, you know which of the three focus areas you need (weight loss, fitness or strength).. If not, take it now, or contact us for an in-person consultation. It's free and 100% confidential.

Pricing and Membership At AFS - Applied Fitness Solutions

Applied Fitness Solutions started in Ann Arbor, MI in 2007. We had a tiny 3,000 sq. foot facility hidden in a storage complex complete with cement floors and very little equipment. Luckily, we also had an idea!

About | Applied Fitness Solution

Applied Fitness Solutions is a hybrid training facility where the individualization and accountability of having a one-on-one personal trainer is paired with fun, motivating group exercise classes. Clients are assigned a certified fitness practitioner who implements comprehensive fitness and nutritional programs, providing the benefits of ...

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