

# Visions | of | Fitness

## **FITNESS AND NUTRITION CAMP** **FAN CAMP**

### **What is FAN CAMP?**

Fitness and Nutrition CAMP aka "FAN CAMP" is a health and fitness life-style program broken up into monthly sessions that include exercise, nutrition, and accountability components. Campers meet two or three days per week for challenging, result oriented, 60 minute workouts that include cardio, strength training and flexibility. Additionally, Campers receive nutritional guidelines. All levels (beginners, intermediate and advanced) are encouraged to join as exercises are modified to accommodate all fitness levels.

### **About Coach Angel**

Angel Cook, founder of Visions of Fitness LLC is a Licensed and Certified Nutritionist, a Certified Personal Trainer, Group Exercise Instructor, and a Master Trainer. Angel graduated with honors from The University of Michigan and holds a BA in Psychology, two Associates degrees (Science and Arts), and certifications as a Licensed Nutritionist (American Health Science University) and a Personal Trainer (National Personal Trainer Institute). Angel started Visions of Fitness and FAN CAMP in 2006 and her expertise in fitness and nutrition has earned her the respect of the fitness community as Angel was interviewed by Vital Health magazine (Michigan's #1 Health Magazine) in April 2008 and Strut Magazine in September 2008, for her dynamic and unique Grocery Shopping Seminar/Tours.

Angel has countless testimonies from hundreds of clients that have lost significant weight and inches, have increased energy, strength and stamina and have whole heartedly embraced healthy perspectives on eating and physical activity. FAN CAMPS have also successfully operated in corporate settings. Former FAN CAMP Corporate Clients include:

- DTE Energy Headquarters (Downtown Detroit)
- DTE Energy – Warren Service Center
- DTE Energy – Allen Road
- Citadel of Praise (Detroit)
- Walking N The Light (Wayne MI)
- Christ Temple Apostolic Church (Westland)
- Samuel B. Ware Community Center (Westland)World Deliverance Temple (Dearborn Heights)

Angel is truly passionate about helping you fulfill your personal Vision of Fitness as she overcame her own personal struggle with obesity by successfully losing over 120 pounds.

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## **Where is FAN CAMP held?**

FAN CAMP address: 24399 TELEGRAPH ROAD, SOUTHFIELD, MI. 48033 (On Telegraph between 9 and 10 Mile - closer to 10 Mile. There's an Avis/Budget sign on Telegraph and the "Michigan Business Systems" building (sitting back off Telegraph) that houses Avis/Budget. The parking entrance is the strip to the left of that building. Pull in, drive to back and park along the fence or in the gravel back part of the lot. Enter through the side door of the building.

## **What are the days and times of FAN CAMP?**

There is an AM FAN CAMP and a PM FAN CAMP. FAN CAMP AM (6AM - 7AM) meets Mondays, Wednesdays and Fridays. FAN CAMP PM (6PM - 7PM) meets Monday, Tuesdays and Thursdays.

## **What is the cost**

\$90/month for 2 days a week.

\$120/month for 3 days per week

\$15/drop-ins

Monthly unlimited FAN CAMP (\$150/month)

## **What equipment is needed?**

All the equipment (except for optional workout gloves) is provided for you; however, you have the option of bringing the following:



Your own personal stepper with at least 2 risers – 4 risers preferred.

Thick Mat, pair of light weights (5lbs for beginners, 8lbs for those that have recent workout experience), and a pair of heavier weights (8lbs, 10lbs, 12lbs, 15lbs, 20lbs,) depending on your fitness level. Workout gloves.



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## **FAN CAMP FAQ'S**

### **Q. How do I sign up for FAN CAMP?**

A. If you're ready to FAN CAMP with us, please email [MYFANCAMP@gmail.com](mailto:MYFANCAMP@gmail.com) with the following information:

- You're commitment level: 3 days/week, 2 days/week , Drop-ins or Unlimited
- Your best email address (if different than the one you use to send the email) to send you FAN CAMP forms.
- Your phone number

Once your email is received, we will connect and you'll be FAN CAMPING in no time!

### **Q. If I commit to two days per week, will I need to stick with the same two days?**

A. No, you can mix and match whichever two days work for you that particular week. However, please let me know the 2 days that you will commit to the most often so I can get a somewhat reasonable count of how many Campers to expect at each session.

### **Q. I want to commit each month, but I'll be out of town for some of the Camp days. What options do I have as far as payment is concerned?**

A. The most cost-effective option would be to add up the total number of Camp days you will be in class and then calculate whether drop in payments at \$15 per session or paying the full monthly amount (which breaks down to \$10 per session) is the most cost-effective.

- Example Lisa wants to sign up for two days per week (\$90 a month) but will miss 2 Camp days and make 7 Camp days.
- Option 1- Drop-in: \$15 a session times 7 sessions = \$105.  
Option 2- Full months = \$90.
- In this case, it is more cost-effective for Lisa to pay the full monthly amount, saving her \$15.

### **Q. If I sign up for 2 days a week and miss a class, can I attend 3 days a different week to make up for the class I missed.**

A. Absolutely! As long as there are available days within that same month, you are encouraged to make up your missed session.

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**Q. Can I participate via Zoom and what is the cost?**

A. Yes, you can absolutely FAN CAMP with us via ZOOM. FAN CAMP ZOOM is the same price as FAN CAMP in person. \$15/drop in, \$90 for 2 days/week per month. \$120 for 3 days/week per month, \$150 Unlimited FAN CAMP sessions/month.

**Q. How do I access the meeting ID and password to connect via Zoom?**

A. Once you've made your payment, you will be emailed the access code to FAN CAMP with us. If you have trouble logging in, please email us at [MyFanCamp@gmail.com](mailto:MyFanCamp@gmail.com) or call 248-876-4069.

**Q. Are there any refunds for Camper missed classes?**

A. There are no refunds for Camper missed classes; however, you are encouraged to make up any missed days within the same month.

**Q. Can I try FAN CAMP before making a commitment?**

A. Absolutely! You can try FAN CAMP at the drop-in rate of \$15 and if you decide to join our FAN CAMP Family, your \$15 will go towards your monthly payment.

**Q. Can I join after a session has started?**

A. Absolutely! You may join FAN CAMP at any time during the month and your cost will be prorated for the remainder of the sessions.

**Q. Will I be given a meal plan?**

A. Since FAN CAMP stands for Fitness and Nutrition, you will definitely be given a FAN CAMP meal plan that has successfully helped hundreds of Campers on their journey! However, for those that need a specific meal plan tailored to his or her own individual nutritional needs, please refer to our nutritional consultation packages. Please note customized consultation packages are a separate cost from FAN CAMP.

**Q. When and how often do we make our payment?**

A. Payments are made at the beginning of each month of FAN CAMP. If you join after the monthly session has started, your rate will be prorated for the balance of the month.

**Q. What forms of payment are acceptable?**

A. Payments are accepted in person via credit card, debit card, cash or check (payable to "Visions of Fitness") or online via credit card or debit card.

**Q. Are their plans to expand FAN CAMP to other locations?**

A. Yes, as the demand continues to increase, we are looking at East and Westside locations.

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## Q, What are the directions and parking instructions for FAN CAMP?

- A. It's easy to overshoot our location (24399 Telegraph road between 9 & 10 mile Road), so please look for the Avis Budget Sign on Telegraph and the "Michigan Business Systems building (sitting back off Telegraph that houses Avis/Budget). The parking entrance is the strip to the left of the building. Pull in that entrance, drive to the back and park in the back anywhere along the fence. Enter through the door on the side of the building.

