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City Fitness/Universal Wellness Concepts

12 -Weeks Training Overview

Ryan Clark – Elite Performance Coach & Nutrition Specialist

Ryan Clark is a nationally competitive bodybuilder with over 20 years of elite coaching experience in physique transformation, athletic performance, and precision nutrition. He is a Harvard-certified Nutrition & Wellness Coach and a former Mr. Universe competitor (Birmingham, England – 2016) with over 12 years as a current national-level competitive bodybuilder.

Ryan has coached competitive bodybuilders, Olympic and professional athletes, and high-performing professionals, blending evidence-based training with real-world results. He is the long-time owner of City Fitness Bradenton (12 years) and currently operates City Fitness Sarasota, a private personal-training studio, along with their medical clinic Universal Wellness Concepts.

His coaching philosophy integrates advanced training systems, sustainable nutrition strategies, metabolic optimization, and lifestyle performance. Ryan works closely with his wife, a Doctor of Osteopathic Medicine (DO) who specializes in weight management, hormone optimization, and regenerative therapies including stem cells, allowing his clients to benefit from a truly comprehensive mind-body performance approach.

Ryan is known for building precision meal plans, elite training systems, and high-touch accountability programs that produce measurable fat loss, muscle growth, and long-term health transformation.



Block	Total Sessions	Sessions Week	Expected BF % loss	Expected Lean Muscle Gain	12-Week Prog, Focus	Price \$
Premier Level	60	5x/week	1.5%–4% over 12 weeks <i>(0.5-1.5%/mo.)</i>	3–6 lbs (0.5–2 lbs/mo; up to 3 lbs for new trainees)	Maximal strength, hypertrophy, performance advancement	\$8100
High Performance	48	4 x/week	1.5%-4% over 12 weeks	3–6 lbs	Strength progression, power, muscular development	\$6700
Strength Builder	36	3 x/week	1.2%-3% over 12 weeks	2–4 lbs	Foundational strength, improved movement patterns	\$5220
Foundation Level	24	2 x/week	0.85-2.5 over 12 weeks	1.5-3 lbs	General fitness, consistency building, basic strength	\$3600

*** EXPECTED RESULTS: [1-3% BODY FAT LOSS PER MONTH]
[1-4lbs LEAN MUSCLE GAIN PER MONTH] *****

WHAT YOU GET - GYM MEMBERSHIP INCLUDED
“Can’t manage what you don’t measure”

Training

- Customized Weight Training
- Customized Cardio Routines
- Exercise Database
- Strength Analytics
- New Protocols Every 4 Weeks

Mobility

- Video Movement Analysis
- Customized Routines
- Monthly Evaluations

NUTRITION

- Customized Food List
- Customized Marco Plan
- Customized Meal Plan
- Blood Work/Lab Tests [Extra].

Training

- 60 Minute Onboarding
- Training Reports and Analysis
- Nutrition Reports and Analysis
- Unlimited Access in App Support



CANCELLATION OF A SESSION: If a member needs to cancel a session, they need to contact their trainer or City Fitness Sarasota.

12 hours prior to their training session. If the criteria are not met the member will be charged for that session. Do you have any physical disabilities or injuries that City Fitness Sarasota should be aware of? YES _____ NO _____

If yes, explain in our **Documents CFS002**

Staff Name	_____	Member's Name	_____
Staff Signature	_____	Member's Signature	_____
Date:	_____	Buyer's Signature (if different from member or under 18)	_____

By signing, you acknowledge that you have reviewed the 12 Weeks Program and accept its terms as part of this Agreement.

*These promotional prices apply exclusively... For standard programs, refer to **CFS-006**.*