



CAPABILITY STATEMENT

SCIENCE-DRIVEN FITNESS • LONGEVITY • PERFORMANCE • COMMUNITY WELLNESS

Changing Lives via Exercise

FITNESS THAT MEETS PEOPLE WHERE THEY ARE.

FitSquad International provides professional, mobile and on-site fitness and wellness services for individuals, residential communities, active adults, seniors, athletes and organizations. Our programs combine exercise science, practical coaching and personalized progression to improve strength, mobility, performance and long-term quality of life.

CORE SERVICES

- Personal & concierge training
- Senior fitness, balance & mobility
- Youth sports & soccer performance
- Strength & conditioning
- Small-group & community fitness
- Nutrition and lifestyle guidance

WHO WE SERVE

- Apartment & residential communities
- Senior and active-adult communities
- Country clubs & private clubs
- Private clients & families
- Youth athletes & sports organizations
- Corporate and community wellness

TEAM EXPERIENCE & CREDENTIALS

Our team credentials and experience include: B.S. Exercise Science • 17+ years of fitness and wellness experience • NASM Certified Personal Training • ISSA Strength & Conditioning • ACE Senior Fitness, Fitness Nutrition, Behavior Change & Weight Management • SilverSneakers Classic & Yoga • Youth and soccer performance • Functional movement • Community wellness programming • CPR/AED and safety-focused coaching.

PARTNERSHIP OPTIONS

- Recurring resident/member classes
- Complimentary wellness demonstrations
- Fitness-center activation & orientations
- Concierge personal training
- Senior wellness & fall-risk programs
- Youth performance & soccer sessions

WHY FITSQUAD

- Science-driven, people-focused programming
- Coaching for youth through active aging
- Easy-to-scale mobile and on-site model
- Professional service with practical progressions
- Programs designed for real-life function and longevity

SERVING THE TREASURE COAST: Port St. Lucie • Stuart • Jensen Beach • Palm City • Hobe Sound • Jupiter

ALSO SERVING: Washington, DC • Maryland • Northern Virginia

FitSquad International | RodHill@thefitsolutions.com | [@Fitsquad_int](https://www.instagram.com/Fitsquad_int) | [fitsquadint.com](https://www.fitsquadint.com)