PERSONAL TRAINING

WHY PERSONAL TRAIN?

You may be training to lose weight, gain strength, improve your blood pressure, or any other wide range of goals.

Please see our list of personal trainers in this brochure for detailed certifications and specialties.

RATES

A 24-hour cancellation policy applies to all Private/ Semi Private Training.

60 minutes	member	non-member
Private	\$75.00	\$83.00
2 People	\$43.50 (each)	\$52.00 (each)
3 People	\$34.50 (each)	\$42.00 (each)
4 ⁺ People	\$31.00 (each)	\$38.00 (each)
30 minutes	member	non-member
30 minutes Private	member \$44.00	non-member \$49.00
Private	\$44.00	\$49.00

TO SCHEDULE

To schedule private or semi-private personal training, please contact your preferred personal trainer directly.

If you are unsure of which trainer to work with, contact Chelsea Gnida, Director of Fitness & Wellness, at chelsea. gnida@libertyathletic.net or 734.665.3738 ext. 180.

PACKAGES

Available to Liberty members only. Packages may be purchased through the front desk at 734.665.3738 ext. 110.

60 minute Packages

Private 4-pack	\$292	(save \$8)
Private 8-pack	\$576	(save \$24)
Private 16-pack	\$1,120	(save \$80)
Private 20-pack	\$1.370	(save \$130)

30 minute Packages

Private 8-pack	\$340	(save \$12)
Private 16-pack	\$656	(save \$48)
Private 20-pack	\$790	(save \$90)

Personal Training

Revised May 2, 2024



2975 W. Liberty Rd., Ann Arbor, MI 48103 Phone 734.665.3738 • Fax 734.665.6353 www.libertyathletic.net

PERSONAL TRAINING

We take a dynamic approach to personal fitness, offering expert guidance and progressive routines that are customized to your body's needs. Whether you're focused on pre- and post-natal fitness, physical rehabilitation, body building, weight loss, injury prevention, or simply improving the way you look, feel and live, our certified trainers have the skill and experience to accommodate your personal objectives.

FITNESS DIRECTOR & MANAGER

Chelsea Gnida | x 129 **Director of Fitness & Wellness/ Personal Trainer**

chelsea.gnida@libertyathletic.net **B.S. Sports Performance & Fitness**

ACE CPT. NSCA CSCS

Strength & Conditioning, Pre/Post Natal. Functional Movement, Core Conditioning, Peri/Post Menopause Health & Fitness



Strength Training, High Intensity Interval Training, Sport Specific Training, Muscular Endurance, Youth Training

NASM CPT

Available for new member personal training.

REGISTERED DIETITIAN

Bethany Williston | x 183 bethany.williston@libertyathletic.net

M.S.,

Registered Dietitian Nutritionist

Sports Nutrition, Weight Management, Food Allergies and Intolerances, Diet During Menopause



PERSONAL TRAINERS

Trainers are listed alphabetically by first name.

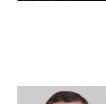
Andrea Workman | x 164 **Personal Trainer**

andrea.workman@libertyathletic.net

B.S. Exercise Science, M.S. Exercise Physiology

ACSM CPT

Strength & Conditioning Training, Cardiovascular Training (heart rate & endurance), Core Training, Lean Muscle Growth/Fat Loss



Brian Smith | x 175 **Personal Trainer**

brian.smith@libertyathletic.net

B.S. Athletic Training

LAT. NATA ATC. NSCA CSCS. MSYSA Level E Coach

Post Injury & Post Surgical Rehabilitation, Sport Specific Conditioning, General Strength & Conditioning, Corrective Exercise



Jermaine Givens | x 156 Personal Trainer

jermaine.givens@libertyathletic.net

B.B.A Business Administration

NASM CPT

Weight Loss, Strength Training, High Intensity Interval Training, Flexibility Training, Muscle Endurance Training



John Bernos | x 191 **Personal Trainer**

john.bernos@libertyathletic.net

B.A. Musical Theatre

NASM CPT

Strength & Conditioning, Functional Movement, Sports Specific Training, Weight Loss

Available for new member personal training.



PERSONAL TRAINERS

Mike Kellner | x 195 **Personal Trainer**

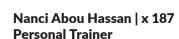
mike.kellner@libertyathletic.net

B.S. Exercise Science

NASM CPT

Body Recomposition, Functional Training, Strength & Conditioning, Bodyweight Training

Available for new member personal training.



nanci.abouhassan@libertyathletic.net

B.A. Hospitality Management

NASM CPT, Certified TRX Suspension Trainer, Proficient in three languages (Arabic, English and French)

Balance & Stability, Older Adults, Weight Management, Mobility & Flexibility, Corrective Exercise, Post Rehabilitation

Available for new member personal training.



NASM CPT, AFAA CPT,

rich.fernandez@libertyathletic.net B.S. Candidate Sports Management

Certified TRX Suspension Trainer

Strength Training, High Intensity Interval Training, Sports Specific Training, Youth & Family Training, Post Rehabilitation, Superslow Protocol

Available for new member personal training.







