

## 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 <i>(each)</i>	\$52.00 <i>(each)</i>
3 People	\$34.50 <i>(each)</i>	\$42.00 <i>(each)</i>
4+ People	\$31.00 <i>(each)</i>	\$38.00 <i>(each)</i>
30 minutes	member	non-member
Private	\$44.00	\$49.00
2 People	\$27.00 <i>(each)</i>	\$32.50 <i>(each)</i>
3 People	\$22.00 <i>(each)</i>	\$26.00 <i>(each)</i>
4+ People	\$18.50 <i>(each)</i>	\$23.00 <i>(each)</i>

### 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](mailto: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	<i>(save \$8)</i>
Private 8-pack	\$576	<i>(save \$24)</i>
Private 16-pack	\$1,120	<i>(save \$80)</i>
Private 20-pack	\$1,370	<i>(save \$130)</i>

#### 30 minute Packages

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

# Personal Training

Revised June 17, 2024



2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://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

### 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*



## 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*



### Andrew Kearney | x 179 Personal Trainer

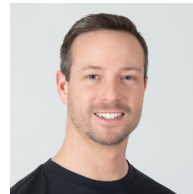
andrew.kearney@libertyathletic.net

B.S. Ecological Engineering

NASM CPT

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

**Available for new member personal training.**



### 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*



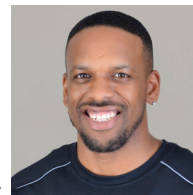
### Jermaine Givens | x 156 Personal Trainer

jermaine.givens@libertyathletic.net

B.B.A Business Administration

NASM CPT

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



## PERSONAL TRAINERS

### 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.**



### 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 Abou Hassan | x 187 Personal Trainer

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*



### Rich Fernandez | x 151 Personal Trainer

rich.fernandez@libertyathletic.net

B.S. Candidate Sports Management

NASM CPT, AFAA CPT,

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.**

