



Personal Trainers at The Sports Club of Novi

Personal Training & Queenax Training



Kevin Callender
ACE/Queenax
Certified
Tier 2



Sarah Hall
WITS/Queenax
Certified
Tier 2



Ann Werther
ACE/Queenax
Certified
Tier 2



Mollie MacEachern
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
ACE/Queenax
Certified
Tier 1

Yoga Wall Training



Belinda Kabodian
Tier 2



Ann Werther
ACE/Queenax
Certified
Tier 2

Pilates Training



Lisa Verdejo
Stott Pilates
Certified Tier 1

Boxing Training



Bo Wright
Pro Boxing Trainer
Certified
Tier 3

Kickboxing Training



**Cat Bloom, ACE/
Queenax Certified**
1st Degree
Black Belt
Tier 2

Personal Training & Body Building



Dan Strudgeon
NASM Certified
Tier 3



Personal Training



Betsy Wasiniak
M.S. Exercise
Physiology
Tier 2



Brian Tass
NASM Certified
Tier 3

Tri-Athlete Training



Suzanne Schulz
ACE/Queenax
Certified
Tier 1



Mollie MacEachern
ACE/Queenax
Certified
Tier 2

Injury Rehab



Mollie MacEachern
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
ACE/Queenax
Certified
Tier 1

Active Aging Training



Suzanne Schulz
Functional Aging
Specialist
Tier 1



Ann Werther
ACE/Queenax
Certified
Tier 2

Personal Training Benefits at The Sports Club of Novi

- Motivation and commitment is guaranteed during these visits to The Sports Club of Novi
- Reaching your fitness goals will increase significantly when guided by Certified Trainers
- You will never get bored as the staff offers the widest range of personal training disciplines of any club in the area.
- You will walk away knowing how to fully utilize the very latest top-line equipment.
- Our professionals will help you safely test your limits in the gym.

Email the trainer of your choice at tscnovi.com or call 248.735.8850 ext.105 and speak to Linda DeNeen.

Rates

Tier	Member Type	1/2 Hour	Hour
Tier 1	Fitness Member	\$43	\$72
	Program Member	\$47	\$77
Tier 2	Fitness Member	\$41	\$68
	Program Member	\$45	\$73
Tier 3	Fitness Member	\$40	\$65
	Program Member	\$44	\$70

Every format under one roof!

42500 Nick Lidstrom Drive® Novi, MI 48375
248.735.8850 ■ tscnovi.com