

# Get Stronger, Perform Better with a Personal Trainer!

## Personal Training



**Kevin Callender**  
ACE/Queenax  
Certified  
Tier 2



**Ann Werther**  
ACE/Queenax  
Certified,  
RYT200 Certified  
Tier 2



**Betsy Wasiniak**  
M.S. Exercise  
Physiology,  
Certified Wellness  
Coach Tier 2



**Mollie MacEachern**  
Injury Rehab,  
ACE/Queenax  
Certified  
Tier 2



**Suzanne Schulz**  
Injury Rehab,  
ACE/Queenax  
Certified  
Tier 1



**Sarah Hake**  
B.S. Biomedical  
Sciences,  
Certified Personal  
Trainer  
Tier 3



**Brian Tass**  
B.S. Kinesiology &  
Exercise Science,  
ASM Certified  
Tier 3

**Email the trainer of your choice at [tscnovi.com](http://tscnovi.com) or call 248.735.8850, ext.126 and speak with our Fitness Coordinator, Cat Bloom.**

## Boxing Training



**Bo Wright**  
Pro Boxing Trainer  
Certified,  
Queenax Certified  
Tier 3

## Kickboxing Training



**Cat Bloom, ACE/**  
Functional Fitness/  
Queenax Certified,  
Black Belt  
Tier 2

## Martial Arts Training



**Alfredo Torella**  
Director of  
USIMAA  
Tier 3

## Active Aging Training



**Suzanne Schulz**  
Injury Rehab,  
ACE/Queenax  
Certified  
Tier 1



**Ann Werther**  
ACE/Queenax  
Certified,  
RYT200 Certified  
Tier 2

## Pilates Training



**Lisa Verdejo**  
Nutrition Health  
Coach,  
Stott Pilates  
Certified, Tier 1

## Yoga Wall Training



**Ann Werther**  
ACE/Queenax  
Certified,  
RYT200 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.
- **Reach your fitness goals!** Working with our Certified Trainers will significantly improve your results.
- 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 of the line equipment.
- Our professionals will help you safely test your limits in the gym.

### RATES

<b>TIER 1</b>	<b>1/2 hour</b>	<b>1 hour</b>
Fitness Member	\$44	\$74
Program Member	\$48	\$79
<b>TIER 2</b>	<b>1/2 hour</b>	<b>1 hour</b>
Fitness Member	\$42	\$70
Program Member	\$46	\$75
<b>TIER 3</b>	<b>1/2 hour</b>	<b>1 hour</b>
Fitness Member	\$41	\$67
Program Member	\$45	\$72