



# Novi Athletic Club Personal Trainers

*Be Safe, Get Fit, Stay Healthy!*



**Suzanne Schulz - Tier 1**  
ACE Certified Personal Trainer and Health Coach, Functiona Aging Specialist, Rock Steady Coach, Suspension Trainer



**Ann Werther - Tier 1**  
ACE Certified Personal Trainer and Senior Fitness Specialist, Rock Steady Coach, RYT200 Yoga, Yoga Wall, Suspension Trainer



**Cat Cloutier - Tier 1**  
ACE Certified Personal Trainer, Orthopedic Exercise Specialist, Functional Training Specialist, FMT Kinesiology Taping Practitioner, Suspension Trainer, KickBoxing Coach (TKD Black Belt)



**Betsy Wasiniak - Tier 1**  
M.S. in Exercise Physiology, Certified Health & Wellness Coach, CETI Cancer Exercise Specialist, Suspension Trainer



**Brian Tass - Tier 1**  
M.S. in Physical Education and Motor Development, B.S. Kinesiology and Exercise Science, NASM Certified Personal Trainer (Performance Enhancement Specialization) RYT200 Yoga

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 Cloutier.**



**Kevin Callender - Tier 2**  
M.S. in Health Science with minor in Exercise Science, ACE Certified Personal Trainer, Suspension Trainer

## Personal Training Benefits

- **Get the support** you need to stay committed to your health!
- **Stay motivated.** Nothing motivates like making real progress. Our Trainers will help you reach your fitness goals!
- **Stay engaged** with the widest range of training disciplines in the area.
- Learn how to **effectively and safely** use fitness and performance equipment.
- Novi Athletic Club trainers are professionals who maintain **certifications from nationally accredited institutions.**



**Mollie MacEachern - Tier 2**  
B.S. in Health Science, ACE Certified Personal Trainer and Nutrition Specialist, Suspension Trainer



**Bo Wright - Tier 2**  
Certified Professional Boxing Trainer, Suspension Trainer, Road Runners Coach



**Linda Uehlien - Tier 3**  
ACE Certified Personal Trainer and Fitness Nutrition Specialist, Tabata Bootcamp, Suspension Trainer



**Clare DeLamielleure - Tier 3**  
B.S. Health Science and Nutrition, ACE Certified Personal Trainer and Functional Training Specialist

## Rates

	½ Hour	Hour
<b>Tier 1</b>		
Fitness Member	\$44	\$74
Program Member	\$48	\$79
<b>Tier 2</b>		
Fitness Member	\$42	\$70
Program Member	\$46	\$75
<b>Tier 3</b>		
Fitness Member	\$41	\$67
Program Member	\$45	\$72



42500 Nick Lidstrom Drive Novi, MI 48375 ■ 248.735.8850 ■ [tscnovi.com](http://tscnovi.com)