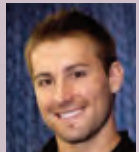




Personal Trainers at The Sports Club of Novi

Personal Training



Kevin Callender
ACE/Queenax
Certified
Tier 2



Ann Werther
ACE/Queenax
Certified,
RYT200 Certified
Tier 1



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



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



Mollie MacEachern
Injury Rehab,
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
Injury Rehab,
ACE/Queenax
Certified
Tier 1



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



Linda Uehlien
ACE Certified
Personal Trainer
Tier 3

Yoga Wall Training



Ann Werther
ACE/Queenax
Certified,
RYT200 Certified
Tier 1

Martial Arts Training

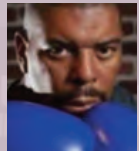


Alfredo Torella
Director of USIMAA
Tier 3



Clare DeLamielleure
ACE Certified
Personal Trainer
Functional Training
Specialist
Tier 3

Boxing Training



Bo Wright
Pro Boxing Trainer
Certified,
Queenax Certified
Tier 3

Kickboxing Training



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

Active Aging Training



Suzanne Schulz
Injury Rehab
ACE/Queenax
Certified
Tier 1



Ann Werther
ACE/Queenax Certified
RYT200 Certified
Tier 1

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-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.126 and speak with our Fitness Coordinator, Cat Bloom.

Rates

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

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

Every format under one roof!