

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 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

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