



Novi Athletic Club Personal Trainers

Be Safe, Get Fit, Stay Healthy!



Suzanne Schulz - Tier 1
ACE Certified Personal Trainer and Health Coach, Functional 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



Jimi Varner - Tier 1
ACE-Certified Personal Trainer, Lifestyle & Weight Management Consultant and Precision Nutrition Coach



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



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

Email the trainer of your choice at tscnovi.com or call **248.735.8850, ext.126** and speak with our Fitness Coordinator, Kim Taylor Papp.



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



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



Clare DeLamielleure - Tier 2
B.S. Health Science and Nutrition, ACE Certified Personal Trainer and Functional Training Specialist



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

Fitness is not a destination, it's a way of life. Our personal trainers help transform lives one body at a time.

Rates

	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