



Get Fit, Stay Healthy, Be Active!

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

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.



## Suzanne Schulz - Tier 1

B.S. in Exercise Science. M.S. ACE Certified Personal Trainer and Health Coach, Functional Aging Specialist, Rock Steady Boxing Coach, Suspension Trainer



Mollie MacEachern - Tier 2

B.S. in Health Science, ACE Certified Personal Trainer and Nutrition Specialist, Suspension Trainer



Linda Uehlien - Tier 3

ACE Certified Personal Trainer and Fitness Nutrition Specialist, Tabata Bootcamp, Suspension Trainer



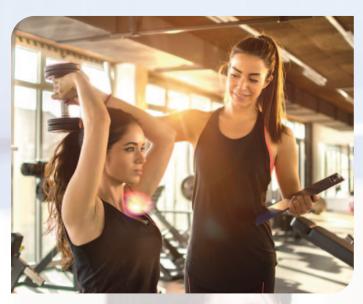
**Ann Werther - Tier 1** 

ACE Certified Personal Trainer and Senior Fitness Specialist, Rock Steady Coach, RYT200 Yoga, Yoga Wall, Suspension Trainer



**Betsy Wasiniak - Tier 1** 

M.S. in Exercise Physiology, Certified Health & Wellness Coach, CETI Cancer Exercise 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.

	Rates	
Tier 1	½ Hour	Hour
Fitness Member	\$48	\$80
Sports Member	\$52	\$84
Nonmember	\$62	\$92
Tier 2	½ Hour	Hour
Fitness Member	\$46	\$76
Sports Member	\$50	\$80
Nonmember	\$58	\$88
Tier 3	½ Hour	Hour
Fitness Member	\$44	\$74
Sports Member	\$48	\$78
Nonmember	\$56	\$86