



## Novi Athletic Club Personal Trainers

**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](mailto:tscnovi.com) or call **248.735.8850, ext.126** and speak with our Fitness Coordinator, Kim Taylor-Papp.



### 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.**



#### 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

### Rates

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