

## PERSONAL TRAINING

### WHY PERSONAL TRAIN?

You may be training to lose weight, gain strength, improve your blood pressure, or any other wide range of goals.

Please see our list of personal trainers in this brochure for detailed certifications and specialties.

### RATES

**A 24-hour cancellation policy applies to all Private/Semi Private Training.**

60 minutes	member	non-member
Private	\$75.00	\$83.00
2 People	\$43.50 <i>(each)</i>	\$52.00 <i>(each)</i>
3 People	\$34.50 <i>(each)</i>	\$42.00 <i>(each)</i>
4+ People	\$31.00 <i>(each)</i>	\$38.00 <i>(each)</i>
30 minutes	member	non-member
Private	\$44.00	\$49.00
2 People	\$27.00 <i>(each)</i>	\$32.50 <i>(each)</i>
3 People	\$22.00 <i>(each)</i>	\$26.00 <i>(each)</i>
4+ People	\$18.50 <i>(each)</i>	\$23.00 <i>(each)</i>

### TO SCHEDULE

To schedule private or semi-private personal training, please contact your preferred personal trainer directly.

If you are unsure of which trainer to work with, contact Chelsea Gnida, Director of Fitness & Wellness, at [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net) or 734.665.3738 ext. 180.

### PACKAGES

**Available to Liberty members only. Packages may be purchased through the front desk at 734.665.3738 ext. 110.**

#### 60 minute Packages

Private 4-pack	\$292	<i>(save \$8)</i>
Private 8-pack	\$576	<i>(save \$24)</i>
Private 16-pack	\$1,120	<i>(save \$80)</i>
Private 20-pack	\$1,370	<i>(save \$130)</i>

#### 30 minute Packages

Private 8-pack	\$340	<i>(save \$12)</i>
Private 16-pack	\$656	<i>(save \$48)</i>
Private 20-pack	\$790	<i>(save \$90)</i>

# Personal Training

Revised July 16, 2024



2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://www.libertyathletic.net)

## PERSONAL TRAINING

We take a dynamic approach to personal fitness, offering expert guidance and progressive routines that are customized to your body's needs. Whether you're focused on pre- and post-natal fitness, physical rehabilitation, body building, weight loss, injury prevention, or simply improving the way you look, feel and live, our certified trainers have the skill and experience to accommodate your personal objectives.

## FITNESS DIRECTOR

### Chelsea Gnida | x 129 Director of Fitness & Wellness/ Personal Trainer

chelsea.gnida@libertyathletic.net  
B.S. Sports Performance & Fitness  
ACE CPT, NSCA CSCS

*Strength & Conditioning, Pre/Post Natal,  
Functional Movement, Core Conditioning,  
Peri/Post Menopause Health & Fitness*



## PERSONAL TRAINERS

*Trainers are listed alphabetically by first name.*

### Andrea Workman | x 164 Personal Trainer

andrea.workman@libertyathletic.net  
B.S. Exercise Science,  
M.S. Exercise Physiology  
ACSM CPT

*Strength & Conditioning Training,  
Cardiovascular Training (heart rate  
& endurance), Core Training, Lean Muscle  
Growth/Fat Loss*



### Andrew Kearney | x 179 Personal Trainer

andrew.kearney@libertyathletic.net  
B.S. Ecological Engineering  
NASM CPT

*Strength Training, High Intensity Interval  
Training, Sport Specific Training,  
Muscular Endurance, Youth Training*



**Available for new member personal training.**

## PERSONAL TRAINERS

### Brian Smith | x 175 Personal Trainer

brian.smith@libertyathletic.net  
B.S. Athletic Training  
LAT, NATA ATC, NSCA CSCS,  
MSYSA Level E Coach

*Post Injury & Post Surgical Rehabilitation,  
Sport Specific Conditioning, General Strength  
& Conditioning, Corrective Exercise*



### Jermaine Givens | x 156 Personal Trainer

jermaine.givens@libertyathletic.net  
B.B.A Business Administration  
NASM CPT

*Weight Loss, Strength Training, High Intensity  
Interval Training, Flexibility Training,  
Muscle Endurance Training*



### John Bernos | x 191 Personal Trainer

john.bernos@libertyathletic.net  
B.A. Musical Theatre  
NASM CPT

*Strength & Conditioning, Functional  
Movement, Sports Specific Training,  
Weight Loss*

**Available for new member personal training.**

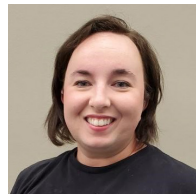


### Marion Chaloux | x 196 Personal Trainer

marion.chaloux@libertyathletic.net  
B.S. Anthropology  
M.S. Human Biology  
NASM CPT  
Kaiser Indoor Cycling Instructor

*Strength training, pre/post natal fitness,  
functional movement, older adults, H.A.E.S.*

**Available for new member personal training.**



## PERSONAL TRAINERS

### Mike Kellner | x 195 Personal Trainer

mike.kellner@libertyathletic.net  
B.S. Exercise Science  
NASM CPT

*Body Recomposition, Functional Training,  
Strength & Conditioning, Bodyweight Training*

**Available for new member personal training.**



### Nanci Abou Hassan | x 187 Personal Trainer

nanci.abouhassan@libertyathletic.net  
B.A. Hospitality Management  
NASM CPT, Certified TRX Suspension  
Trainer, Proficient in three languages  
(Arabic, English and French)

*Balance & Stability, Older Adults, Weight  
Management, Mobility & Flexibility, Corrective  
Exercise, Post Rehabilitation*



### Rich Fernandez | x 151 Personal Trainer

rich.fernandez@libertyathletic.net  
B.S. Candidate Sports Management  
NASM CPT, AFAA CPT,  
Certified TRX Suspension Trainer

*Strength Training, High Intensity Interval  
Training, Sports Specific Training, Youth &  
Family Training, Post Rehabilitation,  
Superslow Protocol*

**Available for new member personal training.**



## REGISTERED DIETITIAN

### Bethany Williston | x 183

bethany.williston@libertyathletic.net  
M.S.,  
Registered Dietitian Nutritionist

*Sports Nutrition, Weight Management,  
Food Allergies and Intolerances,  
Diet During Menopause*

