

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 (Effective 2/20/23)

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 (each)	\$52.00 (each)
3 People	\$34.50 (each)	\$42.00 (each)
4+ People	\$31.00 (each)	\$38.00 (each)

30 minutes	member	non-member
Private	\$44.00	\$49.00
2 People	\$27.00 (each)	\$32.50 (each)
3 People	\$22.00 (each)	\$26.00 (each)
4+ People	\$18.50 (each)	\$23.00 (each)

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 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	(save \$8)
Private 8-pack	\$576	(save \$24)
Private 16-pack	\$1,120	(save \$80)
Private 20-pack	\$1,370	(save \$130)

30 minute Packages

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

Personal Training

2023/2024

Revised August 14, 2023



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
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 & MANAGER

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*

Andrew Kearney | x 179
**Fitness Manager/
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*

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*

PERSONAL TRAINERS

Trainers are listed alphabetically by first name.

Ahmaad Latfolla | x 192
Personal Trainer
ahmaad.latfolla@libertyathletic.net
B.S. Pharmaceutical Science
NASM CPT



*Strength Training/Powerlifting, High Intensity
Interval Training, Sport Specific Training,
Weight Loss/Bodybuilding*

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*

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*

PERSONAL TRAINERS

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*

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*