

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 November 13, 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.

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*



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*



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*



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*

