

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 | \$69.00 | \$77.00 |
| 2 People | \$40.00 (each) | \$47.00 (each) |
| 3 People | \$31.00 (each) | \$38.00 (each) |
| 4+ People | \$28.00 (each) | \$34.00 (each) |
| Family 3+ | \$86.00 (must be on same membership) | |

| 30 minutes | member | non-member |
|------------|----------------|----------------|
| Private | \$40.00 | \$45.00 |
| 2 People | \$23.00 (each) | \$28.50 (each) |
| 3 People | \$18.00 (each) | \$22.00 (each) |
| 4+ People | \$16.25 (each) | \$19.75 (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 RJ Meske, Director of Fitness & Wellness, at rj.meske@libertyathletic.net or 734.665.3738 ext. 129.

PACKAGES

Available to Liberty members only. Packages may be purchased through the Concierge.
734.665.3738 ext. 134

60 minute Packages

| | | |
|-----------------|---------|--------------|
| Private 4-pack | \$268 | (save \$8) |
| Private 8-pack | \$528 | (save \$24) |
| Private 16-pack | \$1,024 | (save \$80) |
| Private 20-pack | \$1,250 | (save \$130) |

30 minute Packages

| | | |
|-----------------|-------|-------------|
| Private 8-pack | \$308 | (save \$12) |
| Private 16-pack | \$592 | (save \$48) |
| Private 20-pack | \$710 | (save \$90) |

LIBERTY REWARD ZONE

MYZONE® Rewards Program

This program provides fun rewards to MYZONE users who maintain their commitment to regular cardiovascular exercise. Accumulate points (MEP-MYZONE EFFORT POINTS) every time you exercise with your MYZONE belt. As you receive more MEPS, you will achieve different status levels and receive additional rewards:

Status Levels & Rewards

| | |
|---------------|---|
| Iron | 1st month at 1300 MEPS Reward: Guest Pass |
| Bronze | 3 Consecutive months of 1300 MEPS Reward: Tote Bag |
| Silver | 6 consecutive months of 1300 MEPS Reward: Water Bottle |
| Gold | 12 consecutive months of 1300 MEPS Reward: T-Shirt or Tank |

Wall of Fame Status & Awards

(Your name will appear on the hall of fame board located on the fitness floor)

| | |
|---------------------|--|
| Platinum | 24 consecutive months of 1300 MEPS Reward: \$25 Liberty Gift Card |
| Diamond | 36 consecutive months of 1300 MEPS Reward: \$50 Liberty Gift Card |
| Hall of Fame | 48 consecutive months of 1300 MEPS Reward: 60-Minute Personal Training Session or Massage |

The 1300 MEPS is based on the recommended 150 minutes per week of moderate intensity aerobic exercise, 75 minutes of high-intensity exercise or a combination of both.

Put your belt on and start earning rewards! If you are interested in the program but don't have a belt, they are available for purchase at the front desk.

Personal Training
Fall 2019

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Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

DIRECTOR OF FITNESS & WELLNESS

RJ Meske | x 129

Director of Fitness & Wellness

rj.meske@libertyathletic.net

B.A. Political Science

MPH Health Promotion,
Education and Behavior

NSCA CSCS, NASM PES, NASM CES
FMS Level 1, TRX Suspension Training,
USAW Sports Performance Coach

*Functional Movement, Sports Performance, Endurance Sports,
Back Health*



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.

PERSONAL TRAINERS

Trainers are listed alphabetically by first name.

Andrea Workman | x 164

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*



Brent Miller | x 178

brent.miller@libertyathletic.net

B.S. Recreation & Park Management

ACE CPT

*Strength Training, Weight Management,
Toning & Sculpting, Sports Performance*



Chelsea Gnida | x 180

chelsea.gnida@libertyathletic.net

Candidate B.S. Sports Performance
& Fitness

ACE CPT

*Beginner Fitness, Strength Training,
Endurance Runners, Weight Management*



PERSONAL TRAINERS

Brian Smith | x 175

brian.smith@libertyathletic.net

B.S. Athletic Training

LAT, NATA ATC, NSCA CSCS,
MSYSA Level E Coach

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



Jermaine Givens | x 156

jermaine.givens@libertyathletic.net

B.B.A Business Administration

NASM CPT

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



Kate Lambright | x 140

kate.lambright@libertyathletic.net

B.S. Health and Physical Education

NASM CPT, ACE CPT

*Older Adults, Post Rehabilitation,
Balance & Stability, Special Populations*



Nancy Arnold | x 139

nancy.arnold@libertyathletic.net

B.S. Sports Medicine

NATA ATC, NSCA CSCS, NASM CPT

*Post Injury & Post Surgical Rehabilitation,
Bodybuilding & Sports Conditioning, Interval
Training, General Strength & Conditioning*



Patrick Mehan | x 138

patrick.mehan@libertyathletic.net

B.S. Recreation Leadership & Mgmt.

NSCA CSCS

*Sports Specific Training,
Functional Movement, Weight Management,
Youth Training*



PERSONAL TRAINERS

Rich Fernandez | x 151

rich.fernandez@libertyathletic.net

B.S. Candidate Sports Management

NASM CPT, AFAA CPT,

TRX Suspension Training

*Sports Specific Training, High Intensity
Interval Training, Superslow Protocol,
Post Rehabilitation*



Rowdy Glasgow | x 176

rowdy.glasgow@libertyathletic.net

B.S. Sport Performance & Fitness

ACE CPT, ACE Strength & Conditioning
Specialist

*Performance Enhancement &
Athletic Development, Weight Management,
Youth Training*



Ruth Habrecht | x 177

ruth.habrecht@libertyathletic.net

B.F.A. Art Direction & Graphic Design,
A.S. Veterinary Medicine

ACE CPT

*Family Training, Children,
Autoimmune Disease, Seniors*



Susan Cutshaw | x 146

susan.cutshaw@libertyathletic.net

B.S. Kinesiology, M.S. Human Nutrition

ACSM EP-C, NASM CPT

*Weight Management, Autoimmune Issues,
Post Rehabilitation, Pre/Post Natal*

