

## 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.***

<b>60 minutes</b>	<b>member</b>	<b>non-member</b>
Private	\$69.00	\$77.00
2 People	\$40.00 <i>(each)</i>	\$47.00 <i>(each)</i>
3 People	\$31.00 <i>(each)</i>	\$38.00 <i>(each)</i>
4+ People	\$28.00 <i>(each)</i>	\$34.00 <i>(each)</i>
Family 3+	\$86.00 <i>(must be on same membership)</i>	

<b>30 minutes</b>	<b>member</b>	<b>non-member</b>
Private	\$40.00	\$45.00
2 People	\$23.00 <i>(each)</i>	\$28.50 <i>(each)</i>
3 People	\$18.00 <i>(each)</i>	\$22.00 <i>(each)</i>
4+ People	\$16.25 <i>(each)</i>	\$19.75 <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 RJ Meske, Director of Fitness & Wellness, at [rj.meske@libertyathletic.net](mailto: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	<i>(save \$8)</i>
Private 8-pack	\$528	<i>(save \$24)</i>
Private 16-pack	\$1,024	<i>(save \$80)</i>
Private 20-pack	\$1,250	<i>(save \$130)</i>

#### **30 minute Packages**

Private 8-pack	\$308	<i>(save \$12)</i>
Private 16-pack	\$592	<i>(save \$48)</i>
Private 20-pack	\$710	<i>(save \$90)</i>

# Personal Training

Spring 2021

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Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://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*



### Arianne Espiritu | x 178

arianne.espiritu@libertyathletic.net

B.S. Allied Health Sciences

ACSM CPT

*Beginner Fitness, Strength Training, Weight  
Management, Lean Muscle Growth/Fat Loss*



### 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*



### Chelsea Gnida | x 180

chelsea.gnida@libertyathletic.net

B.S. Sports Performance & Fitness

ACE CPT, NSCA CSCS

*Beginner Fitness, Endurance Runners,  
Weight Management, Pre/Post Natal*



## PERSONAL TRAINERS

### 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*



### 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*



## 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*

