

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 <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>	

30 minutes	member	non-member
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 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
Summer 2022

revised May 23, 2022



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

FITNESS MANAGER

Chelsea Gnida | x 180

Fitness Manager

chelsea.gnida@libertyathletic.net

B.S. Sports Performance & Fitness

ACE CPT, NSCA CSCS

*Strength and Conditioning, Core Training,
Pre/Post Natal, Endurance Runners*



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*



Andrew Kearney | x 179

andrew.kearney@libertyathletic.net

B.S. Ecological Engineering

NASM CPT

*Strength & Conditioning, High Intensity
Interval Training, Sport Specific Training,
Muscular Endurance, Functional
Movement*



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*



Krista Dixon | x 188

krista.dixon@libertyathletic.net

B.S. Nutrition/Dietetics & Food Science

MPH Candidate Health Education

NASM CPT, Registered Dietitian

*Weight Management, Nutrition, Beginner
Fitness, Strength Training*



PERSONAL TRAINERS

Nanci Abou Hassan | x 187

nanci.abouhassan@libertyathletic.net

B.A. Hospitality Management

NASM CPT, Certified TRX Suspension
Trainer, Proficient in three languages
(Arabic, English and French)

*Weight Management, Mobility & Flexibility,
Older Adults, Corrective Exercise*



Rich Fernandez | x 151

rich.fernandez@libertyathletic.net

B.S. Candidate Sports Management

NASM CPT, AFAA CPT,

Certified TRX Suspension Trainer

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



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*

