

## 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 Chelsea Gnida, Director of Fitness & Wellness, at [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net) or 734.665.3738 ext. 180.

### 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>



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[www.libertyathletic.net](http://www.libertyathletic.net)

## FITNESS MANAGER

**Chelsea Gnida | x 129**  
**Director of Fitness & Wellness**  
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*

