

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	\$79.00	\$87.00
2 People	\$45.50 <i>(each)</i>	\$54.75 <i>(each)</i>
3 People	\$36.00 <i>(each)</i>	\$44.25 <i>(each)</i>
4+ People	\$32.25 <i>(each)</i>	\$40.00 <i>(each)</i>

30 minutes	member	non-member
Private	\$47.00	\$52.00
2 People	\$28.75 <i>(each)</i>	\$34.50 <i>(each)</i>
3 People	\$23.50 <i>(each)</i>	\$27.75 <i>(each)</i>
4+ People	\$19.75 <i>(each)</i>	\$24.50 <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 fitness@libertyathletic.net.

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	\$308	<i>(save \$8)</i>
Private 8-pack	\$608	<i>(save \$24)</i>
Private 16-pack	\$1,184	<i>(save \$80)</i>
Private 20-pack	\$1,450	<i>(save \$130)</i>

30 minute Packages

Private 8-pack	\$364	<i>(save \$12)</i>
Private 16-pack	\$704	<i>(save \$48)</i>
Private 20-pack	\$850	<i>(save \$90)</i>

NUTRITION COACHING

Liberty Athletic Club offers nutrition coaching with Liberty's RDN, Bethany Williston. Bethany specializes in sports nutrition, weight management, food allergies and intolerances, and diet during menopause. Her focus is on making small diet alterations that have a big impact on overall health. She accomplishes this by evaluating clients current diet, suggesting improvements, and working with the client to formulate a diet plan they can successfully follow to achieve their goals.

Choose Nutrition Consulting if you have questions about:

- Losing weight
- Fueling student-athletes
- Avoiding foods that cause discomfort and/or allergic reactions
- Using nutrition to decrease the effects of menopause
- Learning how to balance work, exercise, and a healthy diet
- Lowering the percentage of body fat
- Assessing your children's diet
- How to prepare healthier meals and snacks
- Choosing a diet that is better for the environment
- Dealing with increased weight that comes from a slower metabolism and aging
- Using diet to improve health issues like pre diabetes, diabetes, high blood pressure, high cholesterol, osteoporosis, heart disease, stroke, and obesity

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 Training

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

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

Nanci Abou Hassan | x 129 Director of Fitness & Wellness/ Personal Trainer

nanci.abouhassan@libertyathletic.net

B.A. Hospitality Management

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

Balance & Stability, Older Adults, Weight
Management, Mobility & Flexibility, Corrective
Exercise, Post Rehabilitation

Available for new member personal training.



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



Dani Steinbacher | x 199

Personal Trainer

dani.steinbacher@libertyathletic.net

B.S. Health and Wellness

A.S. Physical Therapy

FiTOUT CPT, Cycling Instructor,
Licensed PTA (Physical Therapy Assistant)

Endurance Athletics, Injury Rehabilitation &
Prevention, Nutrition/Weight Management,
Functional Strength & Stability

Available for new member personal training.



Emma Dirkse | x 195 Personal Trainer

emma.dirkse@libertyathletic.net

B.S. Candidate Exercise/Movement
Science

NASM CPT

Muscle Hypertrophy, Strength Training,
Mobility & Flexibility, Core Training, Muscular
Endurance, Powerlifting, Pre/Post Natal

Available for new member personal training.



Howard Tsai | x 174 Personal Trainer

howard.tsai@libertyathletic.net

M.S. Anthropology
Ph.D. Anthropology

ISSA CPT, PPSC (Pain-Free Performance),
PPSC Kettlebell, PPSC Knee

Strength Training, Muscle Building/Toning,
Pain Management, Post-Rehab

Available for new member personal training.



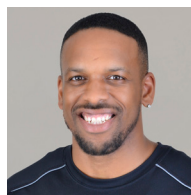
Jermaine Givens | x 156 Personal Trainer

jermaine.givens@libertyathletic.net

B.B.A Business Administration

NASM CPT

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



Marion Chaloux | x 196

Personal Trainer

marion.chaloux@libertyathletic.net

B.S. Anthropology

M.S. Human Biology

NASM CPT

Kaiser Indoor Cycling Instructor

Strength Training, Pre/Post Natal Fitness,
Functional Movement, Older Adults, H.A.E.S.

Available for new member personal training.



Ome Udo | x 198 Personal Trainer

ome.darnell@libertyathletic.net

B.S. Psychology

M.S. Candidate Clinical Mental Health
Therapist

NASM CPT, Certified Functional Kettle
Trainer, TRX Trainer, USAW Coach, RMT
Club Trainer

Fluidity (mobility, stability, flexibility), Weight
Management, Strength & Conditioning, Pain
Free Performance

Available for new member personal training.



Rich Fernandez | x 151 Personal Trainer

rich.fernandez@libertyathletic.net

NASM CPT, AFAA CPT,

Certified TRX Suspension Trainer

Strength Training, High Intensity Interval
Training, Sports Specific Training, Youth &
Family Training, Post Rehabilitation,
Superslow Protocol

Available for new member personal training.



Rowdy Wilson | x 200

rowdy.wilson@libertyathletic.net

B.S. Sport Performance & Fitness

ACE CPT, ACE Strength & Conditioning
Specialist

Performance Enhancement &
Athletic Development, Weight Management,
Youth Training

Available for new member personal training.

