Personal Trainers at The Sports Club of Novi

Personal Training & Queenax Training

Kevin Callender
ACE/Queenax Certified
Tier 2

Sarah Hall
WITS/Queenax Certified
Tier 2

Ann Werther
ACE/Queenax Ceritfied
Tier 2

Mollie MacEachern
ACE/Queenax Ceritfied
Tier 2

Suzanne Schulz
ACE/Queenax Certified
Tier 1

Yoga Wall Training

Ann Werther
ACE/Queenax Certified
Tier 2
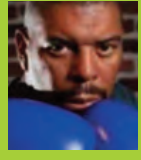
Martial Arts Training

Alfredo Torella
Director of USIMAA
Tier 3

Pilates Training

Lisa Verdejo
Stott Pilates Certified
Tier 1

Boxing Training

Bo Wright
Pro Boxing Trainer Certified
Tier 3

Kickboxing Training

Cat Bloom, ACE/Queenax Certified
1st Degree Black Belt
Tier 2

Personal Training & Body Building

Dan Strudgeon
NASM Certified
Tier 3

Personal Training

Betsy Wasiniak
M.S. Exercise Physiology
Tier 2

Brian Tass
NASM Certified
Tier 3

Tri-Athlete Training

Suzanne Schulz
ACE/Queenax Certified
Tier 1

Mollie MacEachern
ACE/Queenax Ceritfied
Tier 2

Injury Rehab

Mollie MacEachern
ACE/Queenax Ceritfied
Tier 2

Suzanne Schulz
ACE/Queenax Certified
Tier 1

Active Aging Training

Suzanne Schulz
Functional Aging Specialist
Tier 1

Ann Werther
ACE/Queenax Ceritfied
Tier 2

Personal Training Benefits at The Sports Club of Novi

- Motivation and commitment is guaranteed during these visits to The Sports Club of Novi
- Reaching your fitness goals will increase significantly when guided by Certified Trainers
- You will never get bored as the staff offers the widest range of personal training disciplines of any club in the area.
- You will walk away knowing how to fully utilize the very latest top-line equipment.
- Our professionals will help you safely test your limits in the gym.

Email the trainer of your choice at tscnovi.com or call 248.735.8850 ext.105 and speak to Linda DeNeen.

Rates

Tier 1	½ Hour	Hour
Fitness Member	$43	$72
Program Member	$47	$77
Tier 2	**½ Hour**	**Hour**
Fitness Member	$41	$68
Program Member	$45	$73
Tier 3	**½ Hour**	**Hour**
Fitness Member	$40	$65
Program Member	$44	$70

Every format under one roof!

**42500 Nick Lidstom Drive® Novi, MI 48375
248.735.8850 ■ tscnovi.com**