

GAC PERSONAL TRAINING

WHY YOU NEED A PERSONAL TRAINER:

1. Supervision
2. Innovation of workouts
3. Maximize your performance
4. Accountability
5. Injury Post-Rehabilitation
6. Sports-specific training
7. Motivation
8. Individualized instruction
9. Consistency
10. Amplify your current state of fitness



Genesys Athletic Club offers individualized exercise training aimed to help you reach your goals. Certified personal trainers will push you to your limits and hold you accountable for more effective workouts. Get that extra boost of motivation you need for the new year while learning how to safely and effectively train to become the person you want to be.

Please fill out a client profile and health history form, located at the Service Desk. For more information about Personal Training contact Fitness Director Jen Colombo at (810) 606-7526 or email @ Jennifer.colombo@ascension.org



Want to receive the latest information about upcoming programs? Sign up for the GAC Insider, an email newsletter for GAC members.

eepurl.com/MK3t

GENESYS
ATHLETIC CLUB

PERSONAL TRAINING

Updated: SEPT 2018

	Member		Non-member	
	<i>Ind.</i>	<i>Dual</i>	<i>Ind.</i>	<i>Dual</i>
Jen Colombo 810.606.7526	\$85	\$64	\$100	\$75
Caitlin Cherney-ATC 231.206.7727	\$65	\$49	\$80	\$60
Dylan Elizondo 810.341.3017	\$50	\$38	\$65	\$49
Connor Everhart 810.922.0797	\$60	\$45	\$75	\$57
Dan Guoin 810.606.7627	\$85	\$64	\$100	\$75
Charis Haschig 907.315.2598	\$55	\$42	\$70	\$53
Kris Hilliard 810.606.7569	\$70	\$53	\$85	\$64
Marc Lehnert 810.606.7631	\$75	\$56	\$90	\$68
Michelle Ender 248.752.6614	\$60	\$45	\$75	\$57
Dusty Meyers 810.610.9242	\$75	\$56	\$90	\$68
Bret Panter 951-663-9039	\$70	\$53	\$90	\$68
Amanda Slieff 810.955.4415	\$75	\$56	\$90	\$68
Edwin Skipper 810.606.7579	\$75	\$56	\$90	\$68
Aric Sperling 810.498.8558	\$70	\$53	\$85	\$64
Josh Williams 810.691.4442	\$75	\$56	\$90	\$68
Angee Ludwa-Physical Therapist 248.760.2019	\$70	\$53	\$90	\$68
	½ hour	1 hour	½ hour	1 hour
Christina Schumann- Registered Dietitian 248.390.6663	\$35	\$70	\$50	\$90

POLICIES

Payment: All training sessions will be billed automatically to the member's account unless otherwise indicated. All non-members must pay in advance for scheduled sessions.

Cancellation: All cancellations require 24 hours notice by either party. In the event that 24 hours notice is not given by the client, the client will be charged for the full amount of the scheduled appointment. If it is necessary for the trainer to cancel inside of the 24 hours, the client will be given one free session of training.

Promptness: In the event that a client is late, the trainer will wait for one half of the amount of the time of the scheduled appointment. After this period of time, the trainer is free from obligation and the client will be charged the full amount of the scheduled appointment.