



Personal Training to Fit Your Needs!

Individual Personal Training

Number of Sessions	30 Minutes	60 Minutes
1	\$37	\$65
4	\$140	\$248
8	\$272	\$480
1 non-member session*	\$49	\$85

Partner Personal Training (Per Member)

Number of Sessions	30 Minutes	60 Minutes
1	\$25	\$30
4	\$96	\$114
8	\$184	\$220
1 non-member session*	\$33	\$40

Post-Rehab Aquatic Personal Training

Have you recently been discharged from physical therapy and/or cardiac rehab and looking for help in continuing your exercises? We use water to manage pain, maintain and increase flexibility and mobility and build muscle, and offer conservative instruction for post-physical therapy clients with hip and back surgeries, cancer survivors, arthritis sufferers, multiple sclerosis, muscular dystrophy, neuropathy, brain injuries and more.

For more information, contact Sarah Fraipont at 843-597-7408.

Number of Sessions	30 Minutes	60 Minutes
1	\$40	\$72
4	\$152	\$274
8	\$296	\$536
1 non-member session*	\$52	\$96

*Three session per year limit for non-member personal training.

Available in-person, virtual or through the Corewell Health - Health and Wellness app.

Cancellation of an appointment less than 24 hours in advance is subject to be charged for the session.

Meet Our Personal Trainers

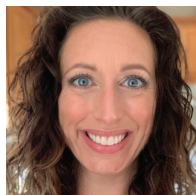
Heather Panczyk

Credentials:

- Former Certified Athletic Trainer
- ISSA® Personal Trainer
- 200-Hour Yoga Teacher
- Whole Life Healing Center Life Coach

Contact Info:

heather.panczyk@hfit.com | 248-379-8428



Monika Schmidt

Credentials:

- ISSA Personal Trainer
- Licensed Zumba Instructor, Zumba® Toning, Aqua Zumba®, STRONG® CIRCL Mobility™

Contact Info:

monikaerwin@wowway.com | 248-835-4220



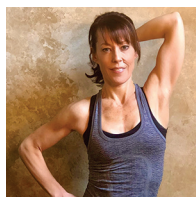
Anda Youngman

Credentials:

- ACE® Personal Trainer
- ACE Functional Training Specialist
- ACE Fitness Nutrition Specialist
- Licensed Zumba® Instructor
- Licensed Spinning® Instructor

Contact Info:

anda.youngman@gmail.com | 248-765-5856



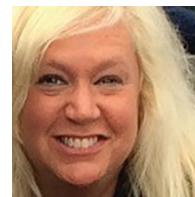
Sarah Fraipont

Credentials:

- Life Coach BS. MS.
- Aquatic Trainer
- AEA® Arthritis Foundation Trainer

Contact Info:

sarahbody2323@gmail.com | 843-597-7408



Colin Parks

Credentials:

- ACSM® Personal Trainer
- Former Collegiate Football Player

Contact Info:

cep11@albion.edu | 313-585-9158



James Tomlinson

Credentials:

- NASM® Personal Trainer
- NASM Speed, Agility and Quickness
- NASM Senior Fitness Specialist (SFS)
- AFAA® Spinning Instructor

Contact Info:

tomlinsonj82@yahoo.com | 313-753-0170



Megan Behnke

ACE Certifications:

- Group Fitness Instructor
- Health Coach
- Fitness Nutrition Specialist
- Senior Fitness Specialist
- Kickboxing

ACSM Certifications

- Personal Trainer
- Kettlebell

Licensed POUND® Pro Trainer

Licensed Tabata Bootcamp® Instructor

Contact Info:

mlbanky@aol.com | 810-853-1299



Linda Pramshafer

Credentials:

- NASM Corrective Exercise Specialist
- ACE Personal Trainer
- AFAA Primary Group Fitness
- AFAA Yoga & Pilates
- AFFA Barre Fusion
- Licensed StretchLab® Flexologist
- NASM Women's Fitness Specialist
- Specialty: LES MILLS BODYPUMP™, PiYo® and Turbo Kick®

Contact Info:

mlpramshafer@gmail.com | 954-778-0516



ISSA is a registered trademark of ISSA, LLC.

ACE is a registered trademark of American Council on Exercise

Spinning is a registered trademark of Mad Dogg Athletics, Inc.

Zumba, Zumba Toning, Aqua Zumba, Strong and CIRCL Mobility are registered trademarks of Zumba Fitness, LLC.

ACSM is a registered trademark of AMERICAN COLLEGE OF SPORTS MEDICINE, INC.

POUND is a registered trademark of Pound Rockout Workout, LLC

Tabata Bootcamp is a registered trademark of SAVVIER FITNESS LLC

AEA is a registered trademark of World Aquatic Coalition, Inc.

NASM is a registered trademark of ASSESSMENT TECHNOLOGIES INSTITUTE, L.L.C.

AFAA is a registered trademark of AEROBICS AND FITNESS ASSOCIATION OF AMERICA

StretchLab is a registered trademark of Stretch Lab Franchise, LLC

LES MILLS BODYPUMP is a trademark of Les Mills International Limited

PiYo and Turbo Kick are registered trademark of Beachbody, LLC