



# 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
- NASM® Personal Trainer
- 200-Hour Yoga Teacher
- Whole Life Healing Center Life Coach
- Fitness Program Coordinator
- AFFA® Group Fitness Instructor

### 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™
- Transformation Specialist

### 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@hfit.com  
248-765-5856



## 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



## Colin Parks

### Credentials:

- ACSM® Personal Trainer
- Former Collegiate Football Player

### Contact Info:

cep11@albion.edu  
313-585-9158



## Sarah Fraipont

### Credentials:

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

### Contact Info:

sarah.fraipont@hfit.com  
843-597-7408



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# Meet Our Personal Trainers (continued)

## 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



## John Cook

### Credentials:

- NSCA® Certified Personal Trainer
- American Heart Association® - Basic Life Support (BLS)

### Contact Info:

johncookcscs@gmail.com  
586-873-0286



## Shanna Kozub

### Credentials:

- ACE Personal Trainer
- NASM Personal Trainer
- Rock Steady Boxing Certified Trainer
- Cardiac Rehab Degree

### Contact Info:

shannakozub@gmail.com  
734-347-2044



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