



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

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



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



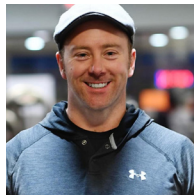
John Cook

Credentials:

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

Contact Info:

johncookcscs@gmail.com
586-873-0286



Maureen Horvath

Credentials:

- NASM Certified Personal Trainer
- NASM Nutrition Coach
- High School Cross Country Coach
- BS in Exercise Science-Cardiac Rehab/Corporate Fitness

Contact Info:

coachmaureen18@gmail.com
248-895-0039



Demorne Deaver

- ACE Certified Personal Trainer
- ACE Certified in Functional Movement
- American Heart Association - Heartsaver® First Aid CPR AED
- TRX® Certified Trainer
- JumpSport® Certified Trampoline Trainer
- Kettlebell Concepts Certified Trainer

Contact Info:

demornedeaver@gmail.com
347-362-8608



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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Meet Our Personal Trainers (continued)

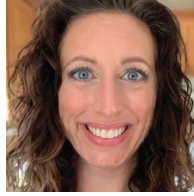
Heather Panczyk

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



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



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



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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
NSCA is a registered trademark of National Strength and Conditioning Association
American Heart Association and Heartsaver are registered trademarks of American Heart Association, Inc.

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JumpSport is a registered trademark of JumpSport, Inc.
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