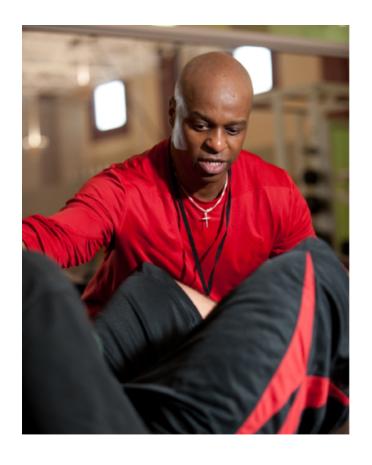
Personal Training

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



Ascension Genesys Health Club provides the highest standard of personalized service, knowledge, and training to help you reach specialized fitness goals.

Ascension Genesys Health Club fitness department pairs each individual and/or small group with a degreed, certified expert in health & wellness. Our certified personal trainers work with clients to develop exercise programs that meet specific goals, body types, and time restrictions. Our aim is to set clients on a lasting path to success and positive lifestyle change.

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





Personal Training

PERSONAL TRAINING				
Updated: October 2020	Member		Non-Member	
	Ind.	Multi(2-5)	Ind.	Multi(2-5)
Jen Colombo (810) 606-7526	\$85	Starting @ \$68	\$100	Starting @\$75
Dylan Elizondo (810) 341-3017	\$50	Starting @ \$40	\$65	Starting @\$49
Connor Everhart (810) 922-0797	\$60	Starting @ \$48	\$75	Starting @\$57
Dan Guoin (248) 421-7471	\$85	Starting @ \$68	\$100	Starting @ \$75
Charis Haschig (907) 315-2598	\$55	Starting @ \$44	\$70	Starting @ \$53
Kris Hilliard (313) 920-2876	\$70	Starting @ \$56	\$85	Starting @ \$64
Marc Lehnert (810) 660-3750	\$75	Starting @ \$60	\$90	Starting @ \$68
Dusty Meyers (810 610-9242	\$75	Starting @ \$60	\$90	Starting @ \$68
Amanda Slieff (810) 955-4415	\$75	Starting @ \$60	\$90	Starting @ \$68
Edwin 'Skip' Skipper (810) 223-3460	\$75	Starting @ \$60	\$90	Starting @ \$68
Josh Williams (810) 691-4442	\$75	Starting @ \$60	\$90	Starting @ \$68

Masks must be worn at all times @ AGHC.

POLICIES

Payment: All training sessions will be billed automatically to the member's account unless otherwise indicated. All nonmembers 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.

Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

