

# 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](mailto:Jennifer.Colombo@ascension.org)

 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](https://www.facebook.com/AGHCfit) and also stay in the loop by visiting us online at [www.AscensionGenesysHealthClub.com!](http://www.AscensionGenesysHealthClub.com!)

# Personal Training

PERSONAL TRAINING				
<i>Updated: October 2020</i>	Member		Non-Member	
	<i>Ind.</i>	<i>Multi(2-5)</i>	<i>Ind.</i>	<i>Multi(2-5)</i>
<b>Jen Colombo</b> (810) 606-7526	\$85	Starting @ \$68	\$100	Starting @ \$75
<b>Dan Guoin</b> (248) 421-7471	\$85	Starting @ \$68	\$100	Starting @ \$75
<b>Charis Haschig</b> (907) 315-2598	\$55	Starting @ \$44	\$70	Starting @ \$53
<b>Kris Hilliard</b> (313) 920-2876	\$70	Starting @ \$56	\$85	Starting @ \$64
<b>Marc Lehnert</b> (810) 660-3750	\$75	Starting @ \$60	\$90	Starting @ \$68
<b>Dusty Meyers</b> (810) 610-9242	\$75	Starting @ \$60	\$90	Starting @ \$68
<b>Amanda Slieff</b> (810) 955-4415	\$75	Starting @ \$60	\$90	Starting @ \$68
<b>Edwin 'Skip' Skipper</b> (810) 223-3460	\$75	Starting @ \$60	\$90	Starting @ \$68
<b>Josh Williams</b> (810) 691-4442	\$75	Starting @ \$60	\$90	Starting @ \$68
<b>Charles Miller</b> (810) 853-0331	\$60	Starting @ \$48	\$75	Starting @ \$56
<b>Masks must be worn at all times @ AGHC.</b>				

## 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.