

# Personal Training at the GAC 2008 Personal Training Rates

*Updated Oct 08*

One-on-One Training:	Member	Non-Member
Jen Colombo-Fitness Director	\$75	\$85
Ann Batchelor	\$50	\$60
Chrissy Chmil	\$60	\$70
Sharon Davenport	\$60	\$70
Dan Edwards	\$50	\$60
Dan Guoin	\$65	\$75
Kris Hillard	\$60	\$70
Noell Hickey	\$50	\$60
Josh Lee	\$60	\$70
Amy Lenzion	\$60	\$70
Kim Makimaa	\$55	\$65
Erin Shaughnessy	\$50	\$60
Edwin Skipper	\$60	\$70
Sandy Starking	\$65	\$75

### Nutritional Counseling:

Ann Batchelor-1/2 hour	\$35	\$45
Ann Batchelor-1 <sup>st</sup> visit (1 ¼ hours)	\$70	\$80
Ann Batchelor-1 hour	\$60	\$70

### Dual Training (per person Fee):

Jen Colombo-Fitness Director	\$56	\$64
Ann Batchelor	\$38	\$45
Chrissy Chmil	\$45	\$53
Sharon Davenport	\$45	\$53
Dan Edwards	\$38	\$45
Dan Guoin	\$42	\$65
Kris Hillard	\$45	\$53
Noell Hickey	\$38	\$45
Josh Lee	\$45	\$53
Amy Lenzion	\$45	\$53
Kim Makimaa	\$42	\$49
Erin Shaughnessy	\$38	\$45
Edwin Skipper	\$45	\$53
Sandy Starking	\$49	\$56

### Personal Training 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 Policy:

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:

It is important to arrive on time for a scheduled appointment. 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.

For a fitness orientation or complimentary personal training consultation, contact Michelle Nimmo or Membership Services @ 810-606-7519. For a personal training appointment, contact Jen Colombo, our Fitness Director @ 810-606-7526.