

1 coach + 1 client can add to fitness

Personal trainers can be healthy motivating factor

BY PAMELA A. ZINKOSKY
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Spring is a great time to get fit.

For those who want one-on-one attention and motivation, there are lots of local fitness options.

Two with personal trainers – Fitness Together and Coach Me Fit – specialize in one-on-one training sessions tailored to your goals and fitness level, and offer cardio equipment for solo workouts.

Fitness Together's slogan – "One client, one trainer, one goal." – sums up its niche.

"Our clients are not here for a great workout, they're here for a great result," said Shaun Hadsall, who co-owns Ann Arbor's Fitness Together with Karen Naurato.

Clients purchase a package of training sessions given in a private strength training area. Trainers develop a fitness system based on clients' personal goals.

"[Our clients are] buying a system, not a trainer," said Hadsall. "Synergy is what works. It's combining the right workout, the right nutrition and the information, motivation and support you get from our trainers."

Packages include a written fitness assessment incorporating body measurements, body fat, flexibility, strength and aerobic condition, with a re-assessment every six to eight weeks. An initial nutrition and fitness education session, Bill Phillips' book "Eating for Life" and weekly nutrition discussions supplement the recommended three, hour-long workout sessions per week.

Clients are asked to keep nutri-



ROBERT RAMEY

Coach Me Fit's Jennifer Rowley, far left, and Fitness Together owners Shaun Hadsall and Karen Naurato.

tion logs and do three additional 20-minute exercise sessions per week.

"We try to give [clients] everything they need to succeed when they're not here," said Hadsall. "Our goal is to help them develop long-term lifestyle habits."

Coach Me Fit offers more of a hybrid between personal training and traditional workouts. Clients buy one-on-one training sessions, but they can also attend group circuit classes. Trainers also do house calls and remote training via e-mail.

Owner Lindsay Bogdasarian said her staff tailors hour-long sessions for diverse clients: a 90-year-old who wanted to walk without a cane, an amputee, high school students and a marathon runner. Trainers consider clients' personalities, time schedules, fitness goals, even sleep patterns and stress levels, she said.

Coach Me Fit centers in Saline and Ann Arbor include cardio machines, resistance bands, weights and core conditioning tools such as the BOSU ball.

"We try to do things here that they couldn't do in a gym," said Bogdasarian. For example: two-person stretches, balance exercises that involve throwing balls and strength training that require spotting.

Trainers also provide clients with digital photos showing exercises so they can do them at home.

If you like group exercise classes but want individual attention, try Jazzercise Personal Touch, a training option for the international aerobic and strength training program.

Personal Touch classes involve the same strength exercises employed in regular classes, using weights, resistance bands, steps and exercise balls. The difference

Some personal trainers

Fitness Together

Owners/trainers: Shaun Hadsall and Karen Naurato
Location: 3277 Washtenaw Ave., Suite A, Ann Arbor
Telephone: (734) 973-7412
Cost: \$45 to \$75, depending on the volume purchased.

Coach Me Fit

Owner/trainer:
Lindsay Bogdasarian
Locations: 2300 E. Stadium Blvd., Ann Arbor; 154 S. Industrial Highway in the Gateway Center, Saline
Telephone: (734) 477-9430 or (734) 944-0702
Cost: \$550 for 10 or \$60 per session. Local house calls are \$5 plus regular session prices.

Jazzercise Inc.

Personal Touch instructor:
Suzanne Kessler
Location: Ann Arbor Fitness Center, 1945 S. Industrial Highway, Ann Arbor
Telephone: (734) 973-9314
Cost: \$55 an hour.

is the class size – one to five students.

Suzanne Kessler, Personal Touch instructor at the Ann Arbor Fitness Center, said it's a great option for Jazzercise students who want to get over a fitness plateau or improve their technique.

■ Pamela Zinkosky is a freelance writer.