

# Personal Training

**Brooke Stumpf - ACE**

**Private - \$81 • Semi-private - \$46 • Clinic - \$35**

Over the course of her career, which started in 1989, Brooke has gathered extensive experience training athletes of all ages and fitness levels with diverse goals. Her clients enjoy training in small groups as well as privately, and are trained in how to use every piece equipment in the gym, in their homes, and even using only their own bodyweight to become functionally and aerobically fit, and strong at the core. Also very skilled in working with those that have limitations that prevent traditional fitness training such as past or current injuries, physical challenges brought on by Parkinson's and MS, and clients that have had joint replacement surgery, Brooke enjoys the challenge of helping everyone become stronger and healthier and enjoy themselves while doing it!

**Hope Warren - ACE**

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Hope is a graduate of Michigan State University with a M.A. in Exercise Physiology. She has 24 years combined experience in the corporate fitness industry, as well as, in personal training. Hope can design a weight training program to fit a variety of needs and she has experience working with both teens and adults. Hope's knowledge, passion for fitness and motivation will help you to reach your goals.

**Please cancel within 24 hours to avoid being charged for your session.**

**All discount packages have a 6 month expiration date.**

**\*A Program Membership is required for Personal Training.**

**The Sports Club**  
of West Bloomfield

*There is really no place like it.*

6343 Farmington Road  
West Bloomfield, MI 48332  
248.626.9880 • thesportsclubs.com



No other club can match The Sports Club of West Bloomfield when it comes to the quality, experience and knowledge of our Personal Trainers. They come from varying backgrounds in fitness and wellness, specializing in areas that other clubs can't offer. All trainers are full time, career professionals with an average of 10 years employment at The Sports Club of West Bloomfield.

**Our trainers hold certifications with the most respected and highly regarded organizations in the Personal Training field.**

The Sports Club of West Bloomfield's unique space enables your trainer to use every part of the fitness room for a fun and challenging workout that will always be different, session to session. Our double flight of stairs and running track are perfect for interval workouts, the battle ropes, kettlebells, heavy bag and medicine balls will keep your

muscles confused! If doing a full body circuit on weight machines is more your style, we have enough cardio machines and weight equipment to keep you from waiting in line to use the equipment you want.

**Take a moment to read our trainers profiles, does someone stand out to you? Who do you think could help you reach your goals? Please contact Eileen Kruse with any questions, 248-626-9880, ext. 113 or email [ekruse.ek@gmail.com](mailto:ekruse.ek@gmail.com) Eileen is available to help you choose and connect with a trainer.**

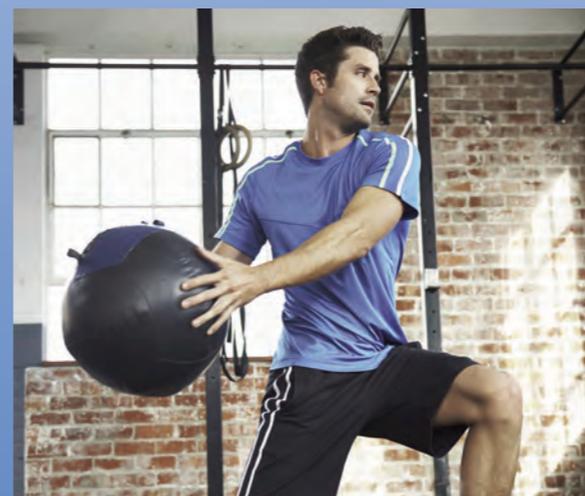
## Personal Trainer Profiles



**Eileen Kruse, Fitness and Group Exercise Director**

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

As Group Exercise and Fitness Director, Eileen has been helping clients and members reach their potential, achieve a goal and feel better for over 30 years. During that time, fitness fads have come, and some of them thankfully, are gone. Her years of experience give Eileen the ability to offer the most sound, safe and functional environment for all of our members. If you have any questions or need guidance regarding the Group Exercise and/or Yoga schedules, or you need help picking out a trainer, Eileen is ready to help. You can contact her at [ekruse.ek@gmail.com](mailto:ekruse.ek@gmail.com) or call the club, 248-626-9880, ext. 113.



**Ryan Arndt - AFAA**

**Private - \$60 • Semi-private - \$34 • Clinic - \$27**

Ryan specializes in Athletic Strength and Conditioning, Physique/Bodybuilding training and is also holds a certification thru AFAA as a Nutrition for Sports Performance Specialist.

Ryan played hockey for U of M-Dearborn, all four years he attended and all of those years the team finished in the top 20 in the nation. In the 2014/2015 season he served as the strength trainer for the team While working at the club he has worked with male and female college athletes.

Aside from playing the highest levels of hockey since childhood, Ryan participates in boxing and promotes self defense for males and females.

Ryan, with trainer Christie Cusenza, co-developed the Reach Lifestyle Program Trainer, a 30 day lifestyle management approach to help participants "reach" their goals. They are currently on their third session.

**Jim Berk - AFAA**

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Jim stresses slow, controlled movements with resistance, and stretching as the best way toward building muscle and strength. His sessions include Yoga and Pilates type movements for maximum results. His goal is to teach his clients the wonderful benefits of exercise for a lifetime of health and vitality.

# Personal Trainer Profiles

## Granit Caushaj - ACE

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

While in college, Granit played NCAA Division 1 soccer for Marshall University and graduated with a degree in Exercise Physiology focusing on Adult Fitness. Granit also played professional soccer in United States and Czech Republic Europe. He currently coaches youth soccer with Michigan Wolves-Hawks soccer club. Granit has worked with several nationally ranked junior tennis players in southeastern Michigan.

Granit's sessions specialize in Speed, Agility and Quickness, and Functional Training for every athlete. He has helped many of our senior members, focusing on balance and core strength, coordination and injury prevention, giving them the ability to get active and stay active.

Some of the tools that Granit uses to help you reach your goals are free weights, BOSU's, TRX, Kettlebells and Battle Ropes. His goal is to help clients make lifestyle adjustments through nutrition and exercise. Granit's personal commitment to fitness as well as his experience with professional sports and education makes him the perfect choice to help you meet your fitness goals.

## Nate Collins - AFAA, ACE

**Private - \$60 • Semi-private - \$34 • Clinic - \$27**

Nate played years of college football, two at Wayne State University and two at the College of the Desert California, where he started at Running Back/Wing. After college he started his arena football career, playing for five years. Nate has a great passion for helping today's athletes and adults looking to reach their ultimate fitness potential. These are some of the exceptional qualities and attributes that Nate brings to The Sports Club of West Bloomfield.

## Christie Cusenza - ACSM

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Christie has the ability to work with a wide spectrum of ages and fitness levels to help people become comfortable with their training and also achieve their desired fitness level. She focuses on form and technique to make workouts more efficient so that desired results are achieved quickly. She is careful to take into account the whole person so that workouts will specifically be tailored to each individual's various needs.

Christie is also co-developer of the Reach Lifestyle Program Trainer, an in depth program focusing on nutrition, physical activity and lifestyle management.

## Devra Goldberg

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

Devra uses weights, resistance training, plyometrics, and various aerobic methods to help herself as well as her clients recover from injury and achieve their goals. If you're just starting out or looking to step up your existing workout, Devra's enthusiasm and knowledge will motivate you to look and feel the way you've always wanted.

## Jeff Grossbauer - ACE

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

Jeff has a B.S. in Human Biology from the University of Michigan. Jeff enjoys the challenge of tailoring programs for each person, from the athlete to those that are physically limited. He stresses strength, flexibility, balance and aerobic fitness as a means of improving physical performance. Jeff's programs are designed for all ages with a premium placed on injury prevention.

## Sanda Hartway - ACE

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Sanda enjoys working with those new to "working out" and those looking for a change to their routines. Experience as a Group Exercise Instructor helps Sandra break up the regular gym routines with physio-balls, tubes, bands and other apparatus. Sandra is also a certified Massage Therapist, offering appointments at The Sports Club of West Bloomfield. With this particular training, Sandra can look at the structural imbalances, injuries, and current activities to design a program best suited for you.

## Sandy Herczeg - AFAA, NCBTMB

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

Not only is Sandy a Personal Trainer and Group Exercise Instructor, she is also a licensed massage therapist at The Sports Club. Her knowledge of anatomy and kinesiology, muscle function and physiology gives her an advantage while meeting the needs of all of her clients, whatever they may be.

Sandy has helped clients, teenagers to seniors, achieve their goals and manage their lifestyles. Men and women weight training, an emphasis on core strength, flexibility and balance and injury prevention are a only a few of the focus areas you can expect in her sessions. Sandy's unique style of motivation will help you become stronger, healthier and you'll have fun in the process.

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## Nicole Herdoiza - MPT, AFAA

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Nicole has over 20 years of experience in the fitness industry. She holds a masters degree in physical therapy and promotes injury prevention and functional exercise. She enjoys working with clients of all ages and varying degrees of experience. Nicole can implement a fitness plan for you, whether you are a beginner, looking to change up your routine, or are returning to the gym post rehab.

## Paul Margolis - AFAA

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

Paul is a Stephen F. Austin State University graduate, and played for the Houston Aeros Junior "A" hockey team. Paul works with people of all ages from young athletes to senior citizens, tailoring programs to help them meet their individual goals. His clients have improved agility, speed, flexibility, and strength by using plyometrics and functional fitness techniques. Paul's main goal as a personal trainer are to refine workouts for continued body response, prevention of injuries and to make getting in shape fun.

## Michael Piper - ACE

**Private - \$77 • Semi-private - \$56**

Michael holds a Master of Science in Biology in addition to being a personal trainer he also has a certification through the Aquatic Exercise Association. Michael works with a wide range of individuals of varying ages and physical abilities; all who want to live a healthier and physically active lifestyle. He designs fitness programs specific to the individual including core, strength, flexibility, and cardio training to increase the individual's overall fitness. These programs can be conducted in the water if requested by the individual. Michael has received certificates in senior fitness programs, fitness coaching, and TRX Suspension training.

## Margaret Siegel - ACE

**Private - \$75 • Semi-private - \$41 • Clinic - \$30**

Margaret is a certified Muscle Activation Techniques Specialist, and is certified in Systematic Touch Training. Margaret feels her calling is to help those with biomechanical differences and her training in hands on techniques helps to relieve pain and overcome muscle dysfunction.

Her clients receive a customized program to improve muscle function which can help reduce the risk of injury, speed up recovery from injury and help with overall biomechanical function. Margaret enjoys working with clients of all ages and fitness levels. She is co-creator of The Sports Club of West Bloomfield Triathlon Training and Junior Athletic Training Programs. Margaret has trained many local student athletes that have participated in Tennis, Baseball, Volleyball and Soccer. She is also Assistant Manager at Level Multisport in Birmingham where she helps area Runners and Triathletes choose the right gear and guide them to success in their races.

## Lisa Soverinsky - AFAA

**Private - \$67 • Semi-private - \$38 • Clinic - \$29**

Lisa believes in a cross training approach to total fitness that includes running, biking, and resistance training. Lisa will develop a program that continually challenges your body through both traditional and alternative methods. With her knowledge and passion for fitness she will establish a cardio a eating program to compliment your resistance training in order to achieve your fitness goals.

## Eric Stocz - AFAA

**Private - \$81 • Semi-private - \$46 • Clinic - \$35**

Eric holds his bachelors degree in Education. He has played in the National Football League for four years (Houston Oilers, Detroit Lions, Buffalo Bills), and was recently named Michigan's greatest athlete. Eric enjoys working with serious individuals looking to improve their skills through resistance and cardiorespiratory training. He is involved with area student athletes, using plyometric training, weightlifting, speed, and agility drills to achieve a competitive edge.

**To schedule your orientation, training session, or inquire about package discounts email Fitness Director, Eileen Kruse at [ekruse.ek@gmail.com](mailto:ekruse.ek@gmail.com) or call 248-626-9880, ext. 113.**