



Alan Edwards



Cristy Smaidy



Darren Fabris



Kelly Khaled



Scott Czopek



THE FAIRLANE CLUB

5000 Fairlane Woods Drive
Dearborn, MI. 48126
(313) 336-4400

www.fairlaneclub.com



Jeffrey Hopkins

Let the Fairlane Club's Certified Personal Trainers Help Achieve Your Fitness Goals!

Our professional staff of personal trainers will work with you to design a fitness program that meets your specific needs. Our trainers combine their formal education in the health & fitness fields with years of applied experience to create a workout regimen that will give you the results you desire. They incorporate multiple disciplines including:

- Weight Loss
- Body Building & Toning
- Post Cardio & Injury Rehabilitation
- Performance Enhancement for Athletes
- Nutrition
- Pilates
- Golf Training
- Strength Training

The Fairlane Club personal trainers work with individuals of all ages & fitness levels. Our FitKids Program, designed specifically for members aged 12-16, teaches fitness and proper exercise techniques.

Recent research has shown that people who utilize certified personal trainers are more effective in achieving their maximum fitness results. **Make the investment in your most important asset – YOU!**

For More Information, Contact Estefania Furr, Athletic Director (313) 982-1757

Let Our Personal Training Staff help 'REDEFINE YOU!'

Personal Training Rates

Members Only

1 Hour	\$52
½ Hour	\$32

Semi Private

2 People (1 Hour)	\$35
3 or 4 People (1 Hour)	\$25

Package Rates

8 Sessions (Save 10%)	\$375
16 Sessions (Save 15%)	\$700

FitKids Program

8-10 Sessions	\$240
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Complimentary Training Session Available

for New Members &

Members New to Personal Training!



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Comprehensive Fitness Program

Our Comprehensive Fitness Program encompasses a complete analysis of your current fitness level by a professional fitness & nutrition consultant. Based on the results of your evaluation, our specialist will develop a fitness program customized for you. Our program will include all components necessary for a healthy lifestyle including:

- Nutrition
- Strength Training
- Cardiovascular Fitness
- Flexibility

This program is appropriate for all ages & fitness levels. Our members yield better results by looking at the body and mind as a whole. Let our training specialist help you achieve your goals and help you lead the healthiest lifestyle possible!

For More Information, Please Contact Darren Fabris

(313) 336-4400, Voicemail 505

Comprehensive Fitness Program Rates

Members Only

1 Hour	\$100
½ Hour	\$60

Semi Private (2 People)

1 Hour	\$150
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Package Rates

12 Sessions (Save 25%)	\$900
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Complimentary Training Session Available for New Members & Members New to Personal Training!