

13 BEST PERSONAL TRAINERS IN SOUTHEAST MICHIGAN



Looking for a change to your workout routine in 2017, but have no idea how to find personal trainers? Check out these pros in Macomb, Oakland, Washtenaw and Wayne counties.

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December 16, 2016



Whether you're a workout maniac or just starting out, there's no one-size-fits-all workout or secret pill to get the results you want. To get those, you need an exercise routine all your own – and, to get that, you need a personal trainer. There's no need to hit the computer and research for hours to find the right one, because Metro Parent has already done that. On this list, you'll find some of the best personal trainers working right here in southeast Michigan in Macomb, Oakland, Washtenaw and Wayne counties. Review their certifications, focus and philosophy here, and find the right fit to help get you fit. *Note: Trainers are listed alphabetically by last name. Order does not reflect ranking.*



Nick Cabauatan

- Where he works: Professional Fitness Training, Inc.; trains clients at Anytime Fitness in Canton, at corporate fitness facilities, with sports teams and in clients' homes.
- Contact him: 734-674-3638, www.fitcoachnick.com
- Years training: Over 13 years
- Specialty: Weight management (loss or gain). "Having a broad clientele from all different walks of life has helped me develop the ability to work with clients of all ages and fitness levels," he says.
- Degree/Certification: Bachelor of Science Magna Cum Laude from Eastern Michigan University with a major in physical education (strength and conditioning focus); minor in health education.
- Fave equipment/exercise: Favorite piece of equipment is the TRX suspension trainer. The Plank – "the best part of the day" is how it's known to my clients," he says – is his favorite exercise.
- Cost: \$10 and up depending on form of training (classes, 1:1, in-home visits, etc. are offered; call for details).
- Approach: "I promote lifelong wellness and health related fitness through individually designed programs for my clients," Cabauatan says. "I like to make working out fun for my clients so they look forward to our sessions. When working with sports teams I make it a point to incorporate exercises that emphasize team building and not just working out."