Scheduling Policy
Thank you for your interest in our Personal Training Program. Please note that services are limited by the number of clients enrolled at any one time and will be offered on a first come, first serve basis.

Cancellation Policy
Our priority is to assist you in achieving your health and fitness goals. In an effort to accomplish this, we ask that you keep your scheduled appointments. If you need to cancel, the customary 24 hour notice is required. Same-day cancellations will result in the entire fee being retained. Should you arrive more than 20 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

Refunds & Credit Policy
In the case of severe injury or emergency, full or partial refunds may be issued. A doctor’s note must accompany a written request for refund. Credit may be given for all participants who wish to return to personal training at a later date due to these circumstances.

Prices are subject to change at any time without notice.

Transitions Training Studio
325 East Eisenhower Parkway
Garden Level, Suite 12
Ann Arbor, MI 48108
734-232-1262
PMR-Transitions@med.umich.edu
pmr.med.umich.edu/transition

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Personal Training Services

In an effort to provide comprehensive care for our patients and the community, the Department of Physical Medicine and Rehabilitation (PM&R) offers personal training at its “TRANSITIONS” Training Studio!

More, now than ever, the medical community is encouraging exercise to manage the many disabling health conditions associated with inactivity. People with various conditions can benefit greatly by working with a qualified personal trainer as they pursue their health and activity goals. Whether you’re an individual recovering from surgery, injury, illness, have limited exercise experience, lack motivation, or simply need a plan to fit your lifestyle, our various packages might be right for you! Our priority is to educate and encourage regular exercise in an effort to prevent further injury or illness and to improve the general health and fitness of our clients. It has been demonstrated repeatedly in research that exercise is one of the most effective ways to manage a number of health issues including heart disease, cancer, arthritis, obesity and chronic pain.

By exercising regularly, you can also experience many of the following benefits:

- Increased muscular strength, endurance and tone
- Improved blood pressure and cholesterol levels
- Improved flexibility and joint mobility
- Increased bone density
- Decrease pain associated with a sedentary lifestyle
- Enhanced weight loss

Introductory Packages

Package A includes:

- **Free 30-minute exercise consult**
- **Fitness Assessment (1 hour)**: Review health history, resting heart rate, blood pressure, cardiovascular endurance, flexibility, skinfold measurements and strength testing.
- **Pre-Exercise Consult (1/2 hour)**: Review results of the Fitness Assessment and establish individual goals and program.
- **2 individual training sessions (1 hour each)**

**Cost: $200**

Package B includes:

- **Free 30-minute exercise consult**
- **Pre-Exercise Orientation (1/2 hour)**: Review health history, establish goals and outline your exercise program.
- **2 individual training sessions (1 hour each)**

**Cost: $100**

Personal Training Packages

- **1/2 hour private**
  - 2 sessions $68
  - 4 sessions $130
  - 6 sessions $190
  - 12 sessions $375

- **1 hour private**
  - 2 sessions $115
  - 4 sessions $226
  - 6 sessions $330
  - 12 sessions $650

* May not be divided into 1/2 hour sessions.

Additional Services

- **Body Fat Testing (BODPOD)** $80
- **1 hour Training Session** $60
- **1/2 hour Training Session** $35
- **Fitness Assessment** $90

Where do I start?

**STEP 1**

Call or e-mail us to schedule a free 30-minute consultation. Please leave a message if you get our voicemail. We will call you right back.

**STEP 2**

If you’re interested in assessing your current fitness level and tracking your progress over time we suggest package A.

If you’re not interested in a fitness assessment and only wish to receive personal training then package B might be right for you! You may want to consult with one of our trainers to help you decide what is best for you.

Phone: 734-232-1262
Email: PMR-transitions@med.umich.edu

*We accept check, VISA, Discover and MasterCard*