Personal Training

**Initial Fitness Assessment** $25

This is the first step in beginning your fitness program. During the assessment, we will explore your fitness goals, implement various fitness tests, and determine what type of fitness program will best suit you in order to reach your goals! Testing will include initial body measurements (height, weight, BMI, body composition) and various performance tests including strength, endurance, and flexibility. (Performance tests may vary depending on your fitness goals.)

**Package Deals and Session Bundles**

Are you looking for big-time results? Multiple session packages allow you to receive one-on-one instruction and motivation from a certified fitness trainer. Your trainer will adjust and modify your exercise program as your fitness level increases, as well as encourage and motivate you to reach higher levels of fitness, and ultimately see faster results!!! This is the best way to truly develop long-term healthy habits and lifestyle changes.

<table>
<thead>
<tr>
<th>The Single</th>
<th>The Double</th>
<th>The Quad</th>
<th>Session Bundles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session per week - $30/session (1 session = 1 hour)</td>
<td>2 sessions per week - $27/session (1 session = 1 hour)</td>
<td>4 sessions per week - $25/session (1 session = 1 hour)</td>
<td>9 Sessions: $30/session = $261</td>
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<tr>
<td>Choose a payment plan: 8 weeks: $240</td>
<td>Choose a payment plan: 8 weeks: $432</td>
<td>Choose a payment plan: 8 weeks: $800</td>
<td>15 Sessions: $28/session = $420</td>
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<tr>
<td>4 weeks: $120</td>
<td>4 weeks: $216</td>
<td>4 weeks: $400</td>
<td>30 Sessions: $27/session = $810</td>
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*Schedules may be adjusted according to trainer/client availability.

**Partner Training**

Want to work out with a partner? Sign up for any Package Deal or Session Bundle, and cost will be split evenly between you and your partner. All sessions must be performed with the same partner, and a schedule must be provided to outline which times both partners are available in order to better assist in scheduling with the trainer.

*Partners must complete the Initial Fitness Assessment individually prior to the personal training sessions.*
**SPECIAL PACKAGES**

**Intro to Fitness** $50

*Limit one session per person

In this 1.5 hour session, your trainer will combine a brief fitness assessment with a full-body, educational workout. Identify your goals, learn about your health, and develop your knowledge about what exercises work for you.

**Fitness Kick-Start** $125

This package is ideal for those who would like professional assistance in developing an exercise program.

- Initial Fitness Assessment
- 3 Personal Training Sessions

**Lean and Mean Package** $220

*Payment for this package will only be accepted with cash, check, or student account.

Fitness and Nutrition all in one!

- Initial Fitness Assessment
- 5 Personal Training Sessions
- DEXA Scan
- Nutritional Counseling (1 hour session + half hour follow-up visit)

DEXA Scan and Nutritional Counseling will be provided by the Office of Nutrition Services.

**Facility Equipment Orientation** $30

Learn how to use the Rec/IM facilities like a seasoned professional. Let one of our certified fitness professionals train you on how to use any or all of the Rec/IM cardio or free weights. With proper instruction you will minimize your risk of personal injury and maximize your confidence to workout.

**Individual Nutrition Counseling**

Private nutrition counseling sessions are provided by dietetic students and the Registered Dietitian (RD) on staff at the Office of Nutritional Services (ONS).

Individual education topics include, but are NOT limited to: Weight management, healthy eating habits and sports and fitness nutrition.

This service is great for those who have questions about health and nutrition and those who are trying to reach a health goal or would simply like reliable nutrition education that applies to individual lifestyles. For more information, please visit [www.emich.edu/chhc/hs/on](http://www.emich.edu/chhc/hs/on)