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>
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<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>
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<td>Choose a payment plan:</td>
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<td>8 weeks: $240</td>
<td>8 weeks: $432</td>
<td>8 weeks: $800</td>
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<td>4 weeks: $120</td>
<td>4 weeks: $216</td>
<td>4 weeks: $400</td>
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**Session Bundles**

| 9 Sessions: | $30/session = $261 |
| 15 Sessions: | $28/session = $420 |
| 30 Sessions: | $27/session = $810 |

*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

**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)

(EXTRA)

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

**Facility Equipment Orientation** $15

Learn how to use the Rec/IM facilities like a seasoned professional. Spend an hour with one of our certified fitness professionals, who will train you on how to use any or all of the Rec/IM equipment and/or machines. With proper instruction you will minimize your risk of personal injury and maximize your confidence to workout.

**ONS Nutritional Consultation** $10 – Students; $15 – Staff/Faculty/Community

Visit our affiliate, the Office of Nutritional Services (ONS), for a one-hour nutritional counseling session and one thirty-minute follow-up appointment. This is a perfect pair for your Personal Training goals! To purchase your consultations, or for more information, contact ONS at: 734.487.6572. The ONS is located at 160 Rackham Hall. www.emich.edu/chhs/hs/ons