



Personal Training Offerings

Are you interested in a healthy lifestyle? Individualized instruction from a certified fitness trainer is available. You can purchase Personal Training sessions or a Fitness Consultation. These meetings will be delivered in person or through the Zoom platform.

Rec Orientations

All students are encouraged to take advantage of their FREE 30-minute orientation with a wellness coach or personal trainer to discover how the Rec/IM can help them achieve their goals. This is the first step to getting started with wellness coaching/ personal training.






InBody Scan or Free 30-Minute Orientation Registration

Personal Training (Individual, Group, Hybrid)

A Personal Trainer is assigned to you based on your goals and schedule. Your trainer will discuss fitness goals, implement fitness assessments, and customize a program to optimize your results. The trainer can conduct body composition, muscular strength, endurance, and/or mobility testing according to client needs. Then, the program is modified as your fitness level changes. Your trainer will motivate and hold you accountable to attain your fitness goals and develop long-term healthy habits. Sessions must be used within a year of the purchase date.

Training Packages:

 INDIVIDUAL 1 Participant Student Non-Student	 BUDDY 2 Participants Student Non-Student
1 Session \$30 \$40	1 Session \$50 \$60
3 Sessions \$70 \$115	3 Sessions \$135 \$195
7 Sessions \$175 \$250	7 Sessions \$280 \$430
10 Sessions \$240 \$335	10 Sessions \$360 \$580
 GROUP 3-8 Participants Student Non-Student ** Cost per participant	HYBRID Remote and in-person Student Non-Student
1 Session \$22 \$31	1 Session \$35 \$45
3 Sessions \$60 \$87	3 Sessions \$98 \$125
7 Sessions \$126 \$189	7 Sessions \$210 \$280
10 Sessions \$160 \$250	10 Sessions \$280 \$380



Personal Training Request



Fitness Consultation (in-person or virtual) \$25

A certified fitness trainer will schedule a 30-minute visit to develop an individualized week-long program to meet your fitness goals. A second 30-minute visit will be scheduled upon completion of the program to determine outcomes and give guidance for the future.

Personal Training is available to all EMU faculty, staff, and students. Please contact Morgan Losey if you have any questions at mlosey2@emich.edu.

Body Composition Testing (InBody)

EMU Students: \$10 | Staff/Faculty/Community: \$20

Stop by the Rec/IM and get an individualized body composition profile from our Fitness and Wellness Staff. With a 15-minute session, you will be provided with a body analysis that contains highly accurate body measurements to help you progress toward your fitness and well-being goals.

Your first experience with the InBody Scale will be led by a Rec/IM trainer or coach who will guide you through the process and help you interpret your body analysis. After purchasing your introduction session, a trainer will contact you to schedule an appointment!



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Wellness Coaching

Wellness coaching is not therapy. It's a supportive partnership that helps students bridge the gap between where they are now and their desired future. By focusing on physical, emotional, and mental well-being, wellness coaches help students build healthy habits and achieve their personal goals. Wellness coaching will be offered in groups and 1-1. Sign up for a Rec Orientation to get started on your wellness journey.