



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.

Personal Training (in-person or virtual)

A Personal Trainer will be assigned to you based on your fitness goals. Your trainer will discuss fitness goals with you, implement fitness assessments, and determine what type of program will best support you in accomplishing positive outcomes. Assessments will determine level of strength, endurance, and flexibility. Your trainer will adjust and modify your exercise program as your fitness level changes and motivate you to attain your fitness goals and develop long-term healthy habits. Sessions must be used within four months of purchase date.

Session Bundles:

5 Sessions: \$30/session (\$150) **10 Sessions:** \$27/session (\$270)

Fitness Consultation (in-person or virtual) \$40

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. Sessions must be used within 4 weeks of purchase date.

Eagle Nutrition Services (ENS)

EMU Students: \$15 | Staff/Faculty/Community: \$25

Visit our campus partner for a one-hour nutritional counseling session and one 30-minute follow up appointment. This is a great way to assist you in achieving your personal training goals. For more information, contact ENS at 734.487.6572. ENS is located at 160 Rackham. Click [here](#) for more ENS offerings.

Personal Training is available to all EMU faculty, staff and students. **During the 2021 winter semester, a Rec/IM membership is not required for participation in virtual personal training.** Please contact Eric Antolak if you have any questions at ellantolak@emich.edu