



## Policies

### 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:

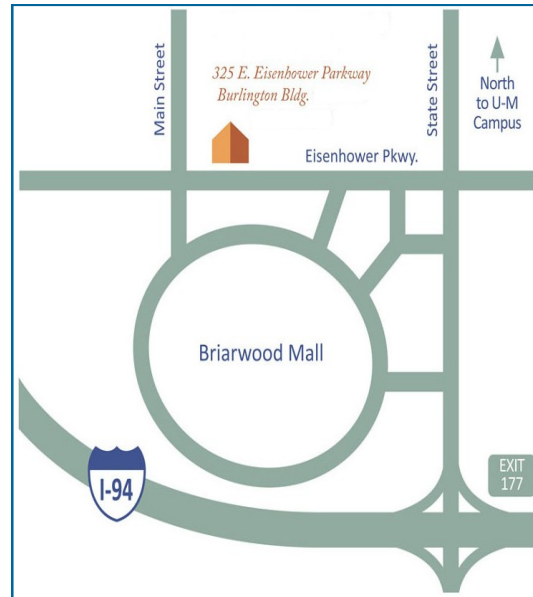
Our priority is to assist you in achieving your health & fitness goals. In an effort to accomplish this, we ask that you keep your scheduled appointments. If you need to cancel, the customary 24 hour notice is required. Same-day cancellations will result in the entire fee being retained.

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 these circumstances.

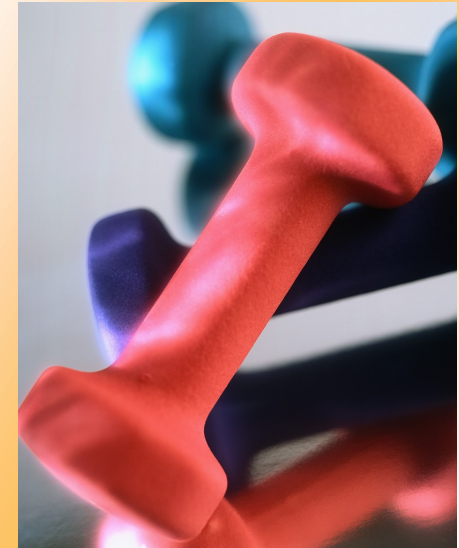
## Map



UMHS  
Department of Physical Medicine & Rehabilitation  
Transitions Training Studio  
325 East Eisenhower  
Garden Level, Suite 12  
Ann Arbor, MI 48108  
734-232-1262 or 763-4990  
[pmrtransitions.med.umich.edu](http://pmrtransitions.med.umich.edu)

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## Personal Training Services



University of Michigan  
Health System

Department of Physical  
Medicine and Rehabilitation

## Personal Training at PM&R

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

More, now then ever the medical community is encouraging exercise in an effort to manage the many disabling conditions associated with inactivity. People with various health issues 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 way 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 & tone
- Improved blood pressure & cholesterol levels
- Improved flexibility & joint mobility
- Increased bone density
- Enhanced weight loss
- Improved self-esteem, energy and much, much more!

### Where do I start?

#### STEP 1

Review and select one of our packages listed below.

If you are interested in assessing your current fitness level and tracking your progress over time we suggest you select 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 on what is best for you.

#### STEP 2

Call or e-mail us to schedule an appointment or to discuss your options with our staff. Please leave a message if you get our voicemail. We will call you right back.

Phone: 734-232-1262

Email: [pmrtransitions.med.umich.edu](mailto:pmrtransitions.med.umich.edu)

### Introductory Packages

#### Package A - SAVE \$63!!

##### Includes:

- Fitness Assessment: Review health history, resting heart rate, blood pressure, cardio-vascular endurance, flexibility, skinfold measurements and strength testing. (1 hour)
- 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)

Total value: \$238 **Your Cost: \$175**

*We accept check, VISA, Discover & MasterCard*

#### Package B - SAVE \$38!!

##### Includes:

- Pre-Exercise Consult: Review health history, establish goals and outline an exercise program. (1/2 hour)

- 2 individual training sessions (1hr each)

Total value: \$138 **Your Cost: \$100**

##### Personal Training Packages:

###### 1/2 hour private

2 sessions (save \$2)	\$58.00
4 sessions (save \$4)	\$116.00
6 sessions (save \$10)	\$170.00
12 sessions (save \$20)	\$340.00

###### 1 hour private\*

2 sessions (save \$2)	\$108.00
4 sessions (save \$8)	\$212.00
6 sessions (save \$18)	\$312.00
12 sessions (save \$60)	\$600.00

###### 1 hour semi-private (includes 2 people)\*

2 sessions	\$136.00
4 sessions	\$270.00
6 sessions	\$400.00
12 sessions	\$780.00

### Additional Services

1 Hr. Exercise Consult	\$55.00
1 Hr. Training Session	\$55.00
1/2 Hr. Training Session	\$30.00
1 Hr. Semi-private session*	\$70.00
Fitness Assessment	\$100.00
Body Fat Testing (Bod Pod):	\$90.00

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