Set your goals. Meet your goals.
Succeed!

Individual and doubles training packages to fit your needs. Your certified personal trainer works with you to help you achieve your personal fitness goals. New half-hour packages available.

**Fitness Assessment…$60**
Includes body composition, BMI, step test, resting heart rate, push up and sit up tests; one training session. 1.5 hrs.

**Individual…60 mins**
$210 (4 sessions) / $382 (8 sessions)
Includes fitness assessment. First session is 1.5 hrs.

**Individual…30 mins**
$45 (1 session) / $150 (4 sessions)

**Doubles…60 mins**
$120/person (4 sessions)
$232/person (8 sessions)
Train with a friend or partner.

Register online at kines.umich.edu/umove or in the U-Move Fitness office located in the Central Campus Recreation Building, Rm 3064.
734.764.1342 • u-move@umich.edu