

## About Us

Our mission is to provide a safe, professional, and encouraging environment where individuals with various health issues and limitations feel comfortable improving their overall fitness level, health and well-being. We are a staff of degreed health and fitness professionals who enjoy helping adults become active.

## Our Facility

The Transitions Training Studio is a medically based fitness facility that provides an enjoyable exercise environment for you whether you're transitioning from therapy or looking for a safe place to start.

## For More Information

This brochure contains a brief overview of our classes and services. Detailed information about registration, fees and schedules can be found at: <http://pmr.med.umich.edu/transitions>

*Prices, class times and dates are subject to change without notice. Sorry, we do not take insurance. In some cases you will be required to receive exercise clearance from your physician prior to participation.*

## Transitions Training Studio

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## Transitions Training Studio Health & Fitness Programs



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## Personal Training

Individuals with various health conditions can benefit greatly by working with a qualified personal trainer while pursuing their health and fitness goals. Research demonstrates that exercise is one of the most effective ways to manage health issues such as heart disease, cancer, arthritis, obesity, diabetes and depression.

Our goal is to educate and encourage regular exercise in an effort to prevent further injury or illness while improving the health and fitness of our clients.

Whether you are recovering from surgery, injury, illness, have limited exercise experience or simply need a plan to fit your lifestyle, our various training packages might be right for you!



## Pilates Classes & Private Lessons

Once the secret of dancers and athletes, Pilates is now recommended by physicians, physical therapists and personal trainers. An emphasis on movement quality, posture, and breathing makes Pilates a safe, challenging, and revitalizing workout. Our highly qualified, certified instructor makes every effort to accommodate those with physical limitations through movement modifications while maintaining a safe and effective workout.



## Transitions Studio Membership

A membership to our studio is available to community members, and patients discharged from therapy. We provide a safe and enjoyable environment for you to continue your therapy exercises while also providing the opportunity to enhance your physical well-being by increasing strength, cardiovascular health, flexibility and balance.

The objective is to provide the basic knowledge and skills necessary for individuals to become independent with an exercise program whether they remain at our studio or transition to a health club or recreation facility.



## Functional Fitness for Older Adults

Functional Fitness for Older Adults (FFOA) was designed to help individuals age 62 and older improve their overall function, health and quality of life, while reducing the risk of disease, age related physical decline, falls, and injury.

The FFOA program includes a consultation with a Exercise Specialist, a comprehensive fitness assessment, and supervised group exercise sessions in areas of cardiovascular conditioning, strength training, flexibility and balance.

Participants attend two days per week for eight weeks. Physician clearance is required.



## Weight Management Bariatric (WMB) Conditioning Program

This program is for individuals who are looking to lose excessive weight, anticipating bariatric surgery, or have already undergone surgery. Our objective is to help participants start an exercise program that is safe, fun and effective for weight loss. Emphasis is placed upon strength training and cardiovascular exercise to increase caloric expenditure, reduce muscle loss and enhance resting metabolism.