

Health & Fitness Programs

About Us

The University of Michigan Department of Physical Medicine and Rehabilitation (PM&R) provides a variety of classes and services promoting health and fitness for both our patients and the general public. We offer more than 20 medically based exercise classes and programs taught by degreed and/or certified professionals to assist participants achieve the following benefits:

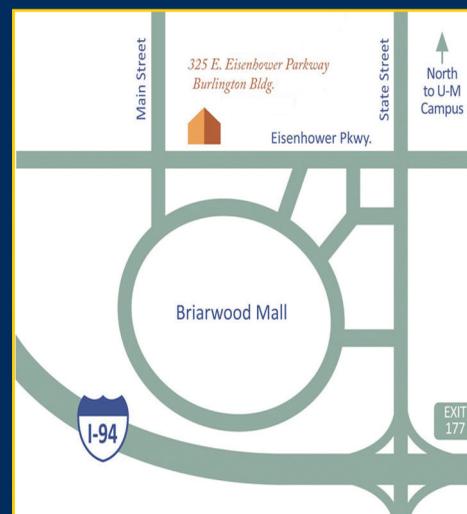
- Improved body composition and weight control
- Decreased stress and depression
- Increased muscle strength and endurance
- Improved cardiovascular fitness
- Reduced risk of heart disease, diabetes, cancer and osteoporosis
- Lower blood pressure
- Healthier bones, muscles and joints
- Increased flexibility
- Improved balance and agility

Our Facilities

The Transitions Studio and Pilates and Movement Studio are both medically based fitness studios that provide an enjoyable exercise environment for you whether you're transitioning from therapy or looking for a safe environment to start.

Equipment includes:

- StarTrac and Vision treadmills
- Upright and recumbent bikes
- Ellipticals and Stairmaster
- Nustep recumbent steppers
- FreeMotion and Magnum strength machines
- STOTT Pilates® reformers and barrels
- STOTT Pilates® Cadillac table
- BioCored™ suspension system
- Dumbbells, small and large therapy balls, kettlebells, bands, TRX suspension, BOSU trainers and balance equipment



325 East Eisenhower Parkway
Garden Level, Suite 12
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Transitions Training Studio Pilates & Movement Studio

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Our Services

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!

Transitions Studio Membership

A membership to our studio is available to current class participants and discharged patients. 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 clinic or transition to a health club or recreation facility.



Functional Fitness for Older Adults Class

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 our exercise specialist, a fitness assessment, exercise equipment orientation, supervised group exercise in areas of strength training, cardiovascular conditioning, flexibility and balance. Participants attend two days per week for eight weeks. Physician clearance is required.

Pilates Classes & Private Lessons

Pilates is a very effective way to shape up, slim down, and feel great. 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 instructors make every effort to accommodate those with physical limitations through movement modifications while maintaining a safe and effective workout.

Yoga Classes

Our yoga classes were developed specifically to introduce the fundamentals and discipline of basic yoga postures to individuals with little to no yoga experience, or who have recently finished physical therapy, or are getting back to exercise. Using Hatha yoga as its foundation, the class introduces some of the most beneficial poses and movements while providing a safe and effective exercise experience promoting healthy spinal mobility, strength, balance, flexibility and relaxation.

Weight Management Bariatric (WMB) Conditioning Program

This program is intended 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 further muscle loss and enhance resting metabolism.

BioCored Suspension Training

BioCored is a form of exercise that utilizes suspension movements and controlled instability to improve your biomechanics, gait, structural issues and muscle inhibition while also enhancing functional movement through mind and body integration. BioCored equipment is a system of bungees and slings that are suspended from a freestanding or fixed mount. The bungees allow for larger ranges of movement and variation in resistance without significant stress on joints.

For More Information

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

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.

Visit us at pmr.med.umich.edu/transition