Our Objective

Our objective is to help you start an exercise program in a safe and effective manner, help you gain muscle and lose fat whether you choose to exercise at home, join a gym or continue at our facility. The program emphasizes a mix of strength training and short bouts of cardiovascular work to increase and maintain muscle while speeding up your metabolism.

Our staff provide a supportive and fun exercise environment to help you reach your weight loss and fitness goals!

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 the program at a later date due to these circumstances.

Prices are subject to change without notice.
WMB Conditioning Program

More, now than ever, medical and health professionals are encouraging exercise for overweight patients in an effort to reverse the health and functional risks associated with obesity. If you’re looking to lose significant weight or you are preparing for bariatric surgery or have had surgery, you can benefit greatly by starting an exercise program under the supervision of a qualified Exercise Specialist. Whether you’re an individual with little to no exercise experience, lack motivation or simply need continuous support and encouragement, our WMB Conditioning Program may be right for you!

Here’s what one of our clients had to say after completing the program:

“The Conditioning Program simply worked for me. It promoted change to what had become so ordinary and redundant. Reaching my goal didn’t seem so unrealistic or unachievable. In fact, the staff held me accountable and encouraged me to complete the course and accomplish goals that I had not reached in my lifetime.”

- WMB Conditioning Program Participant

Other Program Benefits

In addition to the physical benefits of participation in the program, you may experience other benefits including:

- Improved mood and quality of life
- Enhanced body image
- Improved sense of control
- Improved sleep
- Increased energy and stamina
- Reduced stress

Cost

WMB Conditioning Program: $199

We do not bill insurance for this program. If you have a flexible spending account from your employer you might want to ask if this would be covered.

WMB Maintenance Program: $125 for 8 weeks

Graduates may continue exercising in our WMB Maintenance Program. You may also become a member of our facility and attend during our open studio hours. See our staff for details.

Program Content

- Exercise consultation with a degreed Exercise Specialist to assist you in establishing goals, review your health history and answer any of the questions you may have prior to starting the program.
- 8 weeks of supervised exercise sessions with on-going instruction in strength, cardiovascular, flexibility, balance and functional exercises. New participants are accepted at any time.

Studio hours for program:

- Monday - Thursday
  - 7:00 am - 9:30 am
  - 11:30 am - 1:00 pm
  - 2:30 pm - 7:00 pm
- Friday
  - 7:00 am - 6:00 pm
- Saturday
  - 8:00 am - 1:00 pm

- Fitness assessments will be performed before and after the 8-week program to evaluate your progress.
- Orientation to state-of-the-art exercise equipment and techniques for the gym to ensure that you have the best tools and opportunity to learn.
- Continuous support from your instructors and lots of FUN working with others towards your goals!

Exercise Clearance

Exercise clearance is required from your physician. Have your physician fax a letter of exercise clearance to the Transitions Training Studio at 734-763-3715 or visit our website to print one off to take to your physician.

For more information contact us:

(734) 232 - 1196
Email: pmr-transitions@med.umich.edu
http://pmr.med.umich.edu/transitions