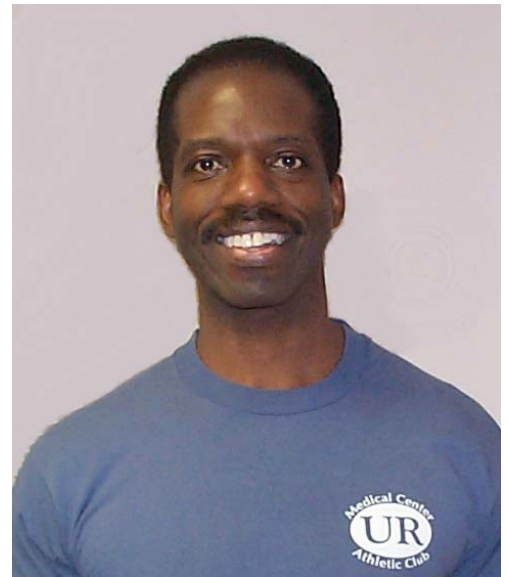


Personal Training

Scheduling

Visit the URMC Fitness & Wellness Center Pro Shop to make your first appointment. After the initial appointment, we accept reservations over the phone at 5-2437.

Michael accepts appointments on weekdays, starting at 10 AM. The last appointment he will accept is 2:30 PM, with additional late sessions on Thursday. Sessions last 30 minutes.



Michael's Bio

Michael Washington is a Cooper Institute Certified Fitness Specialist. In 2005, he earned his Masters Certification and is also certified to assist Older Adults. While he can assist almost anyone, he particularly loves using resistance machines and free weights to enhance strength and

Personal Training Pricing

	Package Cost	Savings
1 Session	\$16	
3 Sessions	\$47	2%
8 Sessions	\$121	5%
12 Sessions	\$176	8%
16 Sessions	\$230	10%
24 Sessions	\$330	14%

Rates effective January 20, 2009