

How do I get started?

Contact Jessica Viertlboeck, Personal Training & Fitness supervisor.

Phone: (810) 424-5275
Email: jvi@umflint.edu

We offer flexibility in scheduling and can tailor a personal training program to meet your needs.

Personal Trainers



Jessica Viertlboeck, M.A.

Assistant Director for Fitness
NASM Certified Personal Trainer
NETA Group Fitness Instructor
CrossFit Level 1 Trainer

Jessica is a graduate of Ohio Wesleyan University with a Bachelor of Arts degree in Physical Education and from Central Michigan University she earned a Master's degree in Sport Administration. She has coached varsity athletics and taught Health Science classes at six different universities. She is a certified personal trainer (NASM) and group fitness instructor (NETA). Whether you're trying to get in shape, lose a few pounds, or increase muscle mass, Jessica can help you achieve your goals through discipline, motivation, coaching and perseverance.



Chris Clolinger, M.A.

Assistant Director for Facilities Management
ACE Certified Personal Trainer

Chris is a graduate of Miami University with a Bachelor of Science in Health & Sport Studies (Exercise Science) and from UM-Flint he earned a Masters of Arts degree in Education. He is adjunct lecturer for the UM-Flint department of Public Health & Health Sciences and has instructed courses in Weight Training, Swimming Skills & Conditioning and Personal Health. Chris' experience in establishing conditioning programs while motivating for success can help you accomplish your individual fitness goals.

Personal Trainers continued



Tina Eisenbeis, M.Ed.

AFAA Group Fitness Instructor Certification
AFAA Personal Trainer Certification
Zumba™ Fitness, LLC • Basic 1 & 2 Licensed
CrossFit Level 1 Trainer
TRX® Group Suspension Training Course (L1)

Tina is a graduate Ferris State University where she earned a Master's degree in Education. She has been in the fitness industry since 1998 as an instructor, personal trainer, and body builder. She is an adjunct lecturer for Public Health & Health Science and courses in weight training and aerobics conditioning. Tina attracts many loyal participants in her group fitness classes and is well-known for her enthusiasm, high energy & hard-core workouts.

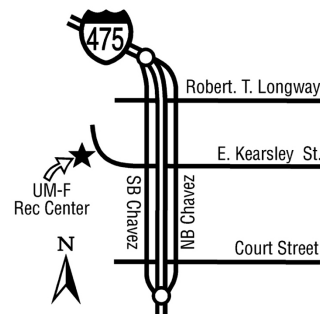


Mary Delgado

AFAA Group Exercise
NASM Personal Trainer
Zumba™ Fitness, LLC • Licensed

Mary has been teaching group fitness classes since 2010 and has been a personal trainer since 2015. She completed her first full marathon in September 2016 and has been a Crim 10-mile participant since 2008.

Rec Center Location



University of Michigan-Flint
Recreation Center
401 Mill Street (mapping)
303 E. Kearsley Street
Flint, Michigan 48502-1950



Official Training Center
for the CrimFit Adult Training Program



RECREATION CENTER

Personal Fitness and Training Opportunities



How much training do I need?

It depends on your fitness goals! The fully-equipped UM-Flint Recreation Center offers a variety of fitness opportunities, including an Equipment Orientation, a Fitness Assessment and a Personal Training option for one, two and three or more individuals.



Equipment Orientation

Free to Recreation Center members and UM-Flint students by appointment. Don't let the Cybex, free weights or cardio equipment intimidate you! This equipment can be very beneficial in improving levels of fitness and health. Allow approximately 45-minutes for the orientation session. Visit FlintRec.com

For individual questions in the Cybex & Free Weight areas, a trained attendant is always on duty!

Fitness Assessment

A Fitness Assessment can be very helpful to you and your personal trainer by identifying key goals for health and fitness improvement.

The assessment will evaluate and/or measure:

- Resting Blood Pressure and Heart Rate
- Body Composition
- Cardiovascular Endurance
- Flexibility
- Muscular Strength and Endurance

Assessment results are discussed in a private, follow-up consultation session. Health & fitness goals are established and a comprehensive program is developed to assist you in achieving your goals. Whether you are just beginning your exercise program or a seasoned athlete, the fitness assessment provides valuable information you can use to measure & chart your progress.

UM-Flint Students - \$25*
 Rec Center Members - \$45*
 Non-Members - \$55

**Includes a re-test after six months.*

Body Composition Assessment ONLY

UM-Flint Students & Rec Center Members - \$8
 Non-Members - \$15

Assessment/Training Package

This program expands on our Fitness Assessment by adding short-term personal training. You receive the fitness assessment, consultation and program development, along with two one-hour personal training sessions.

UM-Flint Students - \$80
 Rec Center Members - \$100
 Non-Members - \$110



Personal Training

Get in shape or step up your conditioning with a personal trainer!

PERSONAL TRAINING FOR ONE (1) INDIVIDUAL

Number 1-hour Sessions	Cost per Session	Total	SAVINGS
1	\$40	\$40	
2	\$38	\$76	SAVE \$4
3	\$36	\$108	SAVE \$12
4	\$34	\$136	SAVE \$24
5	\$32	\$160	SAVE \$40
6	\$30	\$180	SAVE \$60

PERSONAL TRAINING FOR TWO (2) INDIVIDUALS

Number 1-hour Sessions	Cost per Session	Total	SAVINGS
1	\$30	\$60	SAVE \$20
2	\$28	\$112	SAVE \$24
3	\$26	\$156	SAVE \$28
4	\$24	\$192	SAVE \$32
5	\$22	\$220	SAVE \$36
6	\$20	\$240	SAVE \$40

PERSONAL TRAINING FOR THREE (3) INDIVIDUALS

Number 1-hour Sessions	Cost per Session	Total	SAVINGS
1	\$25	\$75	SAVE \$30
2	\$23	\$138	SAVE \$34
3	\$21	\$189	SAVE \$38
4	\$19	\$228	SAVE \$42
5	\$17	\$255	SAVE \$46
6	\$15	\$270	SAVE \$50