

Fitness Assessment

Comprehensive Fitness Assessment

A fitness assessment is a great way to evaluate your current fitness level, provide personal baseline data, and learn about your strengths and weaknesses. This type of assessment is useful regardless of what your fitness goals are. Whether you want to lose weight, gain muscle mass, train for a competition, or simply improve your quality of life, you will benefit from this assessment. Our fitness and lifestyle assessment includes a medical history, heart rate, blood pressure, body composition, postural assessment, and cardio, strength and flexibility testing. Based on the results from your fitness assessment, our trainers will develop guidelines for your future workouts, comprising of target heart rates, recommended exercises for strengthening, and flexibility programs.

*Fitness assessments are performed by Kim and Jesse.

Cost - \$70.00 (90 minutes)

Specialized Assessment (for Special Populations, Athletes, or Anyone)

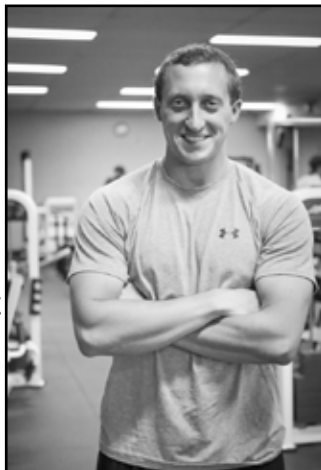
This tailored assessment involves additional and advanced testing after you have completed a "Comprehensive Fitness Assessment". For the athlete that wants to assess their current fitness levels to determine areas for improvement, for the older adult who wants to test their static and dynamic balance, or for the person just completing cardiac rehabilitation, this assessment can be tailored for anyone. The assessment will vary based on the individual but can be comprised of manual muscle testing, balance testing, functional movement screening, power testing, 1RM testing, agility, submaximal aerobic testing, and/or maximal anaerobic testing. Further exercise prescription can be recommended based on these results.

Cost - \$30.00 (45 minutes)



Kim Klockars

Bachelor of Science Degree
in Human Kinetics
Registered Kinesiologist
Certified Exercise Physiologist



Jesse Robazza

Bachelor of Physical and
Health Education
Master Degree in Human
Kinetics

2 x 3 Training

Are you a member and are looking to update your program or enhance your gym experience? Grab a buddy and register for three training sessions for the two of you for only \$50 each! Three sessions will allow the trainer to help you develop a full body conditioning program to accomplish your goals!

Not a member yet? Don't worry, our regular 3 session fees of \$85.68 each apply.



Work out with a friend!