

Wellness Assessment *Special*

Expires
August 30th

10% OFF
Any Personal
Training Package

Only \$15



Testing Includes:

- Resting Heart Rate
- Blood Pressure
- Body Composition
- Waist to Hip Ratio
- 3 Minute Step Test
- Muscular Strength
- Muscular Endurance
- Balance Test
- Flexibility

- The purpose of our Wellness Assessment is to determine *your* current level of fitness.
- The Fitness Assessment covers all the basic areas of good physical conditioning: cardiovascular, strength, balance, body composition and flexibility.
- After the tests are completed our trainers will give you a summary of how you ranked in each area.
- Wherever you are in your pursuit of physical fitness, this short assessment can help guide you to the next level of fitness.

**Roanoke
Valley**
KIRK FAMILY YMCA