

SEE HOW FIT YOU ARE

WHAT WE WILL MEASURE

[Be prepared to give us your health history]

- HEIGHT
- WEIGHT
- RESTING HEART RATE
- BLOOD PRESSURE

WHAT YOU WILL BE DOING

- CARDIO TESTING
- FLEXIBILITY TESTING
- BODY COMPOSITION
- AND FITNESS LEVELING

You will be given a basic program after completion
Duration: 1 hr



FREE