



# FUNCTIONAL FITNESS ASSESSMENT

**Price:  
\$45/session**

**Payment for  
an  
assessment  
may be made  
at the Front  
Desk.**

**Staci  
Braithwaite  
928.848.9720**

**Cody Ditsler  
951.818.5423**

**Marie Morrell  
928.443.3505**

***Please call  
trainer to  
make an  
appointment.***

  
THE CLUB AT  
PRESCOTT LAKES



The training staff is pleased to bring Functional Fitness Assessments to our members.

These assessments are designed to help Members understand their current level of fitness and are results oriented, based on normative data current in the industry. Basic biometric testing will be performed including 7 components of fitness. At the completion of the session you can expect to better understand your areas of strength and where you need improvement. Assessments take about 1 hour to complete and the cost may be applied to a Personal Training Package if purchased within 1 month of the assessment.

*For more details or information contact Marie at 443-3505.*