

Price: \$45/session

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

Staci Braithwaite 928.848.9720

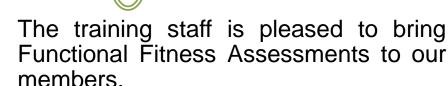
**Cody Ditsler** 951.818.5423

**Marie Morrell** 928.443.3505

Please call trainer to make an appointment.



## FUNCTIONAL FITNESS ASSESSMENT



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.