



# 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

Stacey Graustein  
928.899.3989

Deborah Kingery  
928.379.1259

Marie Morrell  
928.443.3505

*Please call trainer  
to make an  
appointment.*

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.*