

FITNESS ASSESSMENT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT IS YOUR FITNESS LEVEL?

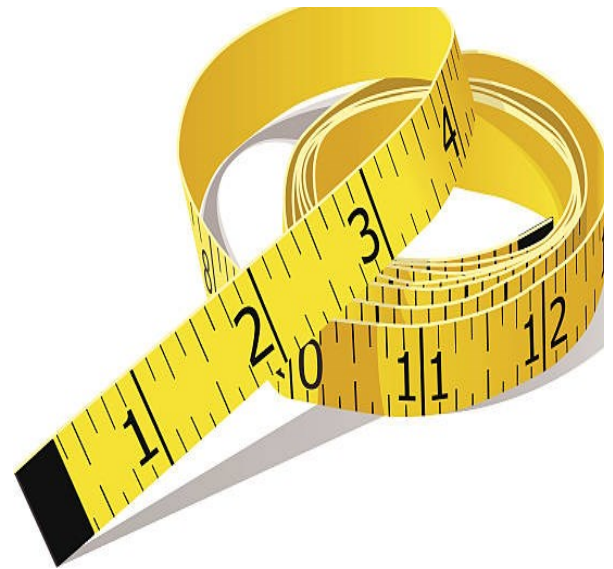
Schedule a Fitness Assessment TODAY and see how cardiovascular efficient, strong and flexible you are. This assessment includes taking the measurements below and creating a plan with a Personal Trainer on how to maintain or improve your fitness.

Measurements include:

- ⇒ Body Composition/Percent Body Fat
- ⇒ Muscular Strength
- ⇒ Muscular Endurance
- ⇒ Flexibility and Joint Mobility
- ⇒ Balance

Members Only

\$25



To schedule, contact Emily Fischer, Fitness Director
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Take Control of Your Fitness!

Learn where you are and how to get where you want to be!