

This is a great tool to give you a baseline of your fitness level. Available for members / nonmembers, the assessment includes flexibility, strength and endurance testing. It also includes blood pressure and pulse check, along with circumference measurements. Lastly, through a noninvasive procedure, we will test your lean mass percentage, fat mass percentage, BMI, and total body water. Must be done pre-workout, so be sure to call ahead for an appointment. Short sleeves and shorts preferred for testing.

Members: \$5

Non-Members: \$10