



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GET THE MOST OUT OF YOUR WORKOUT



Fitness Assessment WALDO COUNTY YMCA

A private session of fitness testing and evaluation will allow you to find out what your current fitness levels are. It will aid in the development of your exercise program by establishing baseline status and identifying areas of health/injury risk. Avoid exercising immediately prior to your appointment to assist in getting an accurate heart rate assessment.

ASSESSMENT OPTIONS INCLUDE:

Cardiovascular Endurance:

Tests are performed on either a bicycle, treadmill or step to measure current aerobic efficiency.

Non-Cardiovascular Assessments:

- Body Composition: Circumference measurements are taken at various anatomical sites. A skin-fold caliper is utilized to calculate percentage of body fat.
- Muscular Strength/Endurance: Upper and lower body are evaluated using bench and leg press machines, push-ups and abdominal crunches.
- Joint Flexibility: Specific muscle group testing evaluates the range-of-motion of hamstrings, quadriceps, hip flexors, shoulders, and lower back. All men and women 40 and older will be provided with a medical clearance form that requires a physician's signature prior to physical fitness testing. All evaluations are administered by a certified personal trainer. Sessions are approximately 1 hour in length.

Fees: \$25 Annual Members \$40 3-Month & Non-Members

(please schedule an appointment)

WALDO COUNTY YMCA

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The Waldo County YMCA is a 501(c)(3) Charitable Organization.

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