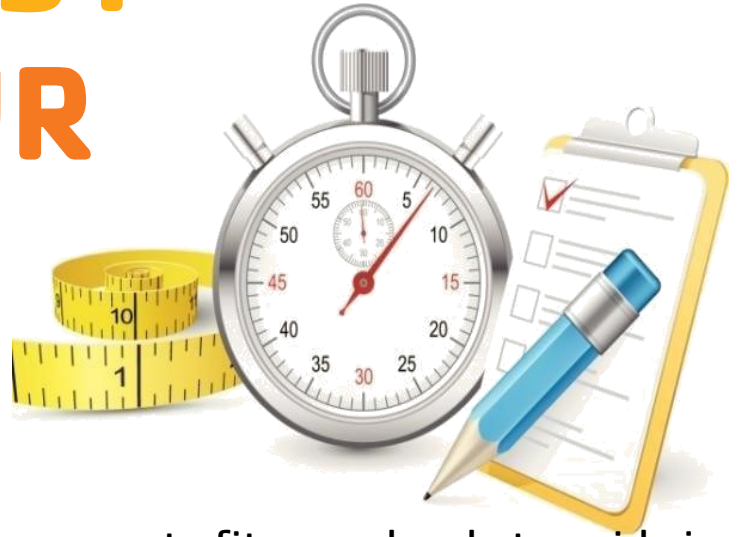




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET THE MOST OUT OF YOUR WORKOUT

## Fitness Assessment WALDO COUNTY YMCA



A private session will assess your current fitness level to aid in development of an exercise program.

- Body Composition Analysis
- Cardiovascular endurance test performed on a bicycle, treadmill or step to measure current aerobic efficiency.
- Muscular strength/endurance of the upper and lower body evaluated using machines and body weight exercises.
- Joint Flexibility evaluated with range of motion stretching exercises.
- Everyone 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.
- Avoid exercising immediately prior to your appointment to ensure accurate results.

**By appointment. Please call 338-4598 & ask to speak  
with our Fitness Department.**

**\$25 Annual Members  
\$40 3 Month & Non Members**