



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 and ask to speak with our Fitness Department.

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