

Fitness Assessment



Evaluates your fitness levels and prepares you to achieve better training results.

Assessment tests:

body composition, weight / height, resting heart rate, blood pressure and more...

Plus brief explanation and proper techniques of how to use cardio and strength training machines and how to set up realistic goals to achieve maximum results.



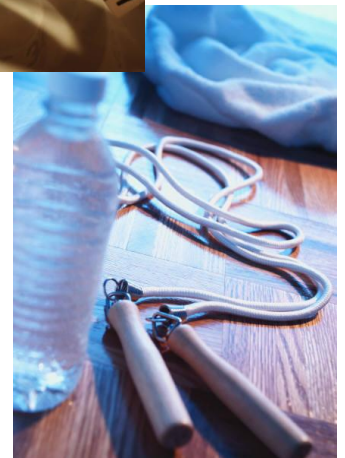
Fees:

E6 and Below: \$12

E7 and Above: \$16

Officers: \$20

DOD and Contractors: \$28



For more information please call 732-532-3275
or Stop by Physical Fitness Center