



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEGIN

FITNESS EVALUATIONS AT THE Y

FULL FITNESS EVALUATION **\$25**

In this 30-minute evaluation, you'll get your body fat tested, test your strength in overhead squat, push & pull, YMCA sit-up test, step test, and an explanation of muscles and foam rolling.

BODY COMPOSITION ONLY **\$5**

Only want to know your body fat percentage? No problem! This quick 5-minute assessment will help you understand where you are at.

TAILORED WORKOUT PLAN **\$60**

Looking to mix-up your exercise routine, but not sure where to start? Meet with a personal trainer for 30-minutes to discuss goals. The trainer will build a custom plan for you, then schedule a second 30-minute meeting to deliver the exercise plan, demo the exercises, and answer any questions.



statelineymca.org/begin