

FITNESS ASSESSMENT



Come out and get a fitness assessment done with one of our certified personal trainers here at the RecPlex.

FOR JUST \$15 YOU CAN FIND OUT YOUR:

- **body fat percentage**
- **cardiorespiratory endurance and**
- **muscular strength**
- **flexibility**
- **muscular endurance**

Fitness assessments are beneficial to all fitness levels!

For more information, contact NSU RecPlex,
(954) 262-7301 or recwell@nova.edu.

RecPlex