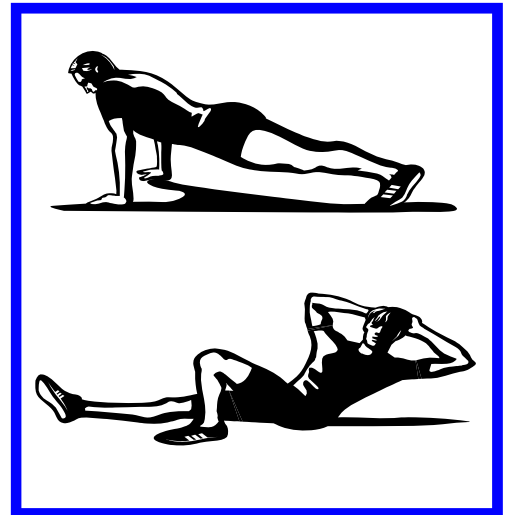


Updated 10/03/2008

Groveport Parks & Recreation Department

Fitness Assessments



WHO: GRC MEMBERS ONLY

FEE: \$10

WHAT: Fill out an Fitness Assessment Request form located at the Fitness Desk. A Fitness Staff Member will contact you about scheduling a time for your assessment. The assessment should take about a half-hour and will be done at the Groveport Recreation Center. You'll be tested for:

- Strength (Push-Up test)
- Endurance (1 Mile Run/Walk)
- Flexibility (Sit and Reach)
- Body Fat Composition (Skinfolds)

Stop by the fitness desk for information.

What will a Fitness Assessment tell me? Our simple fitness assessment will tell you where you are in comparison to the average American in your age group with regards to strength, endurance, flexibility and body composition.

Then what? Our Fitness Staff will be able to provide basic guidelines to help you improve your overall fitness. However, if you need more specific direction, we suggest you consult one of our Personal Trainers. Fact is, once you know where you stand—then it's time to get to work!

The Groveport Parks & Recreation Department accepts cash, check, Visa or Master Card.

Please make checks payable to the
VILLAGE OF GROVEPORT

**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**



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