

Wellness SEMINARS



Physical Screenings



Physical Screenings at Choice Health & Fitness
Tuesday February 19th | 6:30 PM | COMMUNITY ROOM

Choice Health & Fitness Personal Trainers will be available for the following physical screening and to answer training questions you may have.

- Resting Heart Rate
- Resting Blood Pressure
- Flexibility
- Body Composition
- Body Mass Index
- Functional Movement Screening
- Physical Assessment

FREE TO MEMBERS! (\$5/NON-MEMBERS)

Space is Limited! Please register at the front desk