

# YCT HEALTH RISK & PHYSICAL FITNESS AGE PROGRAM

COVID-19 PRECAUTIONS OBSERVED



THE BELOW TESTS WILL BE CONDUCTED TO DETERMINE YOUR HEALTH & FITNESS AGE. HOW OLD ARE YOU REALLY???

- ⇒ BLOOD PRESSURE, HEART RATE AND O2% SATURATION
- ⇒ BODY COMPOSITION ANALYSIS-SKINFOLD METHOD
- ⇒ RESPIRATORY ANALYSIS
- ⇒ HEALTH AGE SCORE
- ⇒ AEROBIC FITNESS - SUB-MAX. EKG EXERCISE TREADMILL TEST (TO DETERMINE CARDIO FITNESS)
- ⇒ FLEXIBILITY ASSESSMENT
- ⇒ CORE STRENGTH/ENDURANCE – TIMED PLANK HOLD
- ⇒ MAXIMUM PUSH-UPS
- ⇒ PHYSICAL FITNESS AGE SCORE
- ⇒ COMPUTER REPORTS AND CONSULTATION



**PRESCOTT LOCATION:** YAVAPAI COLLEGE—1100 E. SHELDON ST. PRESCOTT, BUILDING 2 (ROOM 127)

**VERDE LOCATION:** YAVAPAI COLLEGE– 601 W BLACK HILLS DR. CLARKDALE, BUILDING 1 (ROOM 137)

**TIME:** 1 HOUR APPOINTMENT TIME (ON THE HOUR START TIMES)

**DATE:** CHOOSE YOUR TOP 3 DAYS/TIMES FROM THE CALENDARS AND [CLICK HERE](#) TO SCHEDULE!

## November 2021

Mon	Tue	Wed	Thu	Fri
		17 7AM-5PM	18 7AM-5PM	19 7AM-5PM
<b>PRESCOTT LOCATION</b>				
22 7AM-5PM	23 7AM-5PM			
<b>PRESCOTT LOCATION</b>				
29 9AM-4PM	30 8AM-3PM			
<b>VERDE LOCATION</b>				

## December 2021

Mon	Tue	Wed	Thu	Fri
		1 7AM-5PM	2 7AM-5PM	3 7AM-5PM
<b>PRESCOTT LOCATION</b>				
6 7AM-5PM	7 7AM-5PM	8 7AM-5PM	9 7AM-5PM	10 7AM-5PM
<b>PRESCOTT LOCATION</b>				
13 7AM-5PM	14 7AM-5PM	15 7AM-5PM	16 7AM-5PM	17 7AM-5PM
<b>PRESCOTT LOCATION</b>				