

Fitness **Appraisal**

YCT Health Risk & Physical Fitness Age Program

Covid – 19 Precautions Observed

To Schedule (Option 3): Click on link below to email 3 choices of dates/times!

Location

City of Prescott
HR Conference Room
216 South Marina St,
Suite 103
Prescott AZ

Appt. Date/Times (on the hour start times)

October

November

am pm

am pm

am pm

M 19: 7- 11
T 20: 12- 4
W 21: 7- 11
Th 22: 12- 4
F 23: 7- 11
M 26: 12- 4
T 27: 7- 11
W 28: 12- 4
Th 29: 7- 11
F 30: 12- 4

M 2: 7 - 11
T 3: 12 - 4
W 4: 7 - 11
Th 5: 12 - 4
F 6: 7 - 11
M 9: 12 - 4
T 10: 7 - 11
W 11: 12- 4
TH 12: 7-11
F 13: 12- 4

M 16: 7- 11
T 17: 12- 4
W 18: 7- 11
Th 19: 12- 4
F 20: 7- 11
M 23: 12- 4
T 24: 7- 11

[CLICK HERE](#) to schedule!

We will conduct the following tests to determine your Health Age & 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

Chris Krogedal | Fitness Appraisal LLC | (928) 899-0705 | chris@fitnessappraisal.net