

Don't Waste Time Working In the Blind
Start Your Training With The Facts!
Get Your Fitness Profile & Set Realistic Goals!

Your Fitness Profile Includes:

Health History Questionnaire
Body Fat %
BMI
Fat Mass / Lean Mass Ratio
Measurements
Resting Metabolic Rate
Blood Pressure
Heart Rate
Target Heart Rate
Nutritional Overview
Flexibility Test
Strength Test
Step Test

FOR MORE DETAILS SEE OUR **NEW** ANYTIME FITNESS
PERSONAL TRAINING DEPARTMENT