



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEGIN

## FITNESS EVALUATIONS AT THE Y

### **FULL FITNESS EVALUATION** **\$25**

In this 30-minute evaluation, you'll get your body fat tested, test your strength in overhead squat, push & pull, YMCA sit-up test, step test, and an explanation of muscles and foam rolling.

### **BODY COMPOSITION ONLY** **\$5**

Only want to know your body-fat percentage? No problem! This quick 5-minute assessment will help you understand where you are at.

### **TAILORED WORKOUT PLAN** **\$54**

Looking to mix-up your exercise routine, but not sure where to start? Meet with a personal trainer for 30-minutes to discuss goals. The trainer will build a custom plan for you, then schedule a second 30-minute meeting to deliver the exercise plan, demo the exercises, and answer any questions.



[statelineymca.org/begin](https://statelineymca.org/begin)