

Baseline Fitness Testing

at The Alaska Club

- Assess your current fitness level by meeting with a trained professional that will administer a variety of tests, before you begin training or enter into a new stage of training, to establish a baseline. (test time approximately 50–60 minutes).
- Follow-up in six weeks with the same test to monitor the changes in your fitness level so you stay on track with your health improvement.
- Sub-maximal cardiovascular endurance, muscular strength, muscular endurance, vertical jump and flexibility components will be measured so the quantity of your physical condition can be assessed.
- Quality of movement will be assessed with additional mobility and stability assessments that may indicate imbalances or areas needing attention.
- Test results, as well as comparison to norms, are available so you can track the progress in your fitness program.

	Member	Nonmember
Baseline + 1 Follow-up*	\$70	\$90
Baseline + 4 Follow-ups**	\$150	\$200



The Alaska Club Midtown
630 East Tudor Road
562-2460 ext. 1123

NOTE: Cancellations must be received 12 hours in advance by calling 562-2460, ext. 1123 to avoid a \$10 “No Show” fee.

*Expires 3 months from date of purchase.

**Expires 18 months from date of purchase.