

Fitness Assessments

with Mark Thorndyke

Find out how you measure up against individuals in your age and gender brackets with our fitness assessment. Help chart your progress, set new goals and become a better you!

Test Includes*

Resting Blood Pressure
Body Fat %
Cardiac Risk Appraisal
Upper & Lower Body Strength
Flexibility
Hip to Waist Ratio

Only \$20

Get a free fitness assessment by participating in the "Make-It-Count" Fitness Challenge!



For more information and to schedule an appointment, call
(949) 859-4348
fitness@cityofmissionviejo.org



MISSION VIEJO

*Participants will receive a personalized results sheet with recommendations on starting and maintaining a personal fitness program.