

FREE FITNESS

ASSESSMENTS

**Monday,
September 26, 2022**

9 AM - 7 PM

Ranch Studio

Meet our newest **Certified
Personal Trainer NED GIROUX!**

*NED WILL BE PERFORMING
FREE FITNESS ASSESSMENTS!*



ASSESSMENTS INCLUDE:

- **Blood Pressure**
- **Bioelectrical Impedance Analysis**
(MEASURES BODY MASS INDEX AND BODY FAT PERCENTAGE)
- **3 Minute Step Test**
(CARDIORESPIRATORY ASSESSMENT)
- **Static Posture Analysis**
- **Dynamic Posture Analysis**
(UTILIZING ONE OR MORE OF THE FOLLOWING):
 1. **Overhead Squat Assessment**
 2. **Pushing Assessment**
 3. **Pulling Assessment**



THE RANCH
FITNESS CENTER & SPA

RANCHOCALA.COM
8385 SW 80th St, Ocala, FL 34481
352-861-8180

**At the conclusion of the assessments,
each participant will be given
a copy of their overall results.**

**To book your assessment,
please call 352-861-8180, Ext. 7686.**