

ASSESSMENT PACKAGES



# TARGET

YOUR SUCCESS

305-237-2838 | [mdc.edu/kendallfitness](http://mdc.edu/kendallfitness)

# ASSESSMENT PACKAGES

Join the Fitness and Wellness Center and take advantage of these assessment packages.\*



## MDC WELL

Improve your overall well-being with a customized program designed just for you. We'll help you track your progress and identify risk factors.

## M.E.S.T. ASSESSMENT

Evaluate your strength capacity by targeting your lean body mass (LBM). This is a great assessment for participants of a strength training program.

## POWGILITY

Train "outside the box" for optimal speed and power development. This assessment is perfect for athletes participating in a sport-specific conditioning program.

## OXY CARDIO FIT ASSESSMENT

Designed to test your cardiovascular fitness, the Oxy Cardio Fit Assessment will estimate your maximal oxygen capacity. This assessment is great for those of any fitness level.

## WHY TEST?

- To **assess** your current fitness and health levels.
- To **identify** your training needs.
- To **select** training regimens.
- To **motivate** you toward your goal.
- **To evaluate the success of your program.**



\* Must be a paid, current member to receive the complimentary assessment packages. Allow approximately thirty minutes for each.