



## **5 Reasons to get a Fitness Assessment:**

5. It provides you with a lot of great information on your current health and fitness levels.
4. We can give you ideas on how to improve your workouts.
3. We can teach you how to use equipment at the Rec.
2. We can help you create a basic workout schedule/program.
1. It's FREE!

The Rec Center and Rec Plex both have offices that administer free fitness assessments. The fitness assessments include body fat testing, blood pressure screening, heart rate testing, 1 rep max testing, basic cardiac fitness testing, flexibility, and more. To schedule an appointment, call or email the Fitness Assessment Center.

**Email:** [marquettefitness@gmail.com](mailto:marquettefitness@gmail.com)

**Rec Center:** 414-288-5624

**Rec Plex:** 414-288-3303

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