



**Staci
Braithwaite**
928.848.9720

Cody Ditsler
951.818.5423

Marie Morrell
928.443.3505

Cost: \$45/session
Payment for an
assessment may
be made at the
Front Desk.

Please call to
make an
appointment


THE CLUB AT
PRESCOTT LAKES

FUNCTIONAL FITNESS ASSESSMENT

The training staff is pleased to bring Functional Fitness Assessments to our members.

These assessments are designed to help Members understand their current level of fitness and are results oriented, based on normative data current in the industry. Basic biometric testing will be performed including 7 components of fitness. At the completion of the session you can expect to better understand your areas of strength and where you need improvement. Assessments take about 1 hour to complete and the cost may be applied to a Personal Training Package if purchased within 1 month of the assessment.

For more details or information contact Marie at 443-3505.