



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE CAN HELP YOU BE YOUR BEST!

## Fitness Assessment

You can't reach your goals without knowing where to start. We are here to help! A Fitness Assessment is the first step on your road to achieving the results you want.

The Fitness Assessment includes:

- Body Composition Analysis
- Blood Pressure
- 3 Minute Step Test
- Muscular Endurance Test
- Muscular Strength Test
- Flexibility Test

**Cost: \$25**

**Schedule your Fitness Assessment at the Fitness Desk**

### Sumter Family YMCA

510 Miller Road  
Sumter, SC 29150  
803.773.1404

[www.YMCASumter.org](http://www.YMCASumter.org)

[www.facebook.com/SumterYmca](https://www.facebook.com/SumterYmca) 



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.