



kinetika MOT Fitness Assessment

All day on the 10th of every month

Fitness assessments are an excellent tool to help you monitor the progress in your exercise programme.

We can identify areas for improvement and tailor your exercise programme to help you achieve your goals.

Fitness Assessment includes:

- ✓ Weight
- ✓ Hip to waist ratio
- ✓ Resting heart rate
- ✓ Muscular strength & endurance
- ✓ Flexibility
- ✓ Aerobic endurance
- ✓ Refresh your programme
- ✓ Advise on different training methods
- ✓ Programme updates
- ✓ Add new exercises
- ✓ Personal Training advise

No appointments are needed on this day, just speak to one of our fitness instructors.