

FITNESS SERVICES

BOOK A BODY COMPOSITION
ASSESSMENT WITH OUR NEW
INBODY SYSTEM.
WWW.MHC.AB.CA/FITNESS

FITNESS EVALUATION

A Physical Fitness Evaluation is a popular method used to assess an individual's current level of fitness. By providing an accurate benchmark of current fitness and by comparing the results to norms helps determine how an individual compares to others of the same age and gender.

The evaluations performed are specific to the needs and goals of the individual.

- ▶ Body Composition (NEW non-invasive InBody System)
- ▶ Flexibility
- ▶ Cardio-respiratory Fitness
- ▶ Muscular Strength and Endurance

Cost

Full Assessment

MHC Employees, Students & Alumni **\$75**
Community **\$100**

Body Composition Only

MHC Employees, Students & Alumni **\$30** or Pre & Post **\$40**
Community **\$40** or Pre & Post **\$60**

EXERCISE PROGRAM DESIGN

Each individual is different and that means each exercise program should be different too. The Be Fit for Life Centre works with each client to create SMART goals (Specific, Measurable, Attainable, Realistic and based on Time Variables) to increase a likelihood for success.

Pick up a **FREE** Fitness Centre Orientation Brochure in the G-Wing Fitness Centre

Personalized Exercise Program

MHC **\$60**, Community **\$80**

Personal training available upon request

For Fitness Evaluation & Exercise Program Design

MHC Employees, Students & Alumni **\$120**
Community **\$160**

URBAN POLING

Walking with poles improves posture, upper, lower body & core strength. Improves and increases walking stride and speed, while de-stressing hips and knees. Come try it out, you'll be surprised by the workout! (Borrow poles from Fitness Centre)



be fit for life
medicine hat



MEDICINE HAT
COLLEGE

SPORT & WELLNESS

Contact Kayla for more information or to book an appointment.

P.403.529.3839

krepas@mhc.ab.ca