



# Balance Testing

April 1st - 20th  
FIT@PRC

- Walk up event - no appointment necessary
- Test takes around 3 minutes
- Uses MFT Challenge Disc Digital
- During open hours 6am - 7pm



Balance is essential for preventing injuries and performing daily tasks efficiently. It improves posture, enhances coordination and strengthens core muscles. Balance is crucial for athletic performance, enabling precise movement control and agility.

F.I.T. @ PRC

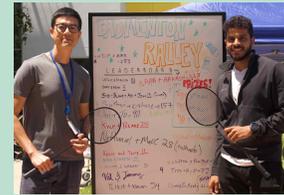


# Badminton Rally Challenge

April 15th & 16th  
FIT@PRC

Grab a partner and racket up. How many consecutive volleys can your team make? First place team wins Amazon gift cards!

- April 15 & 16th, 11:30am to 2 pm
- On lawn in front of the cafe
- Rackets, nets, and birdies provided
- Amazon Gift Cards for first place team



F.I.T. @ PRC



# FIT@PRC Ping Pong League

Ping Pong paddles and balls are available in the FIT@PRC gym.



Sign up in the Game Room  
April 21st (Tue.) & 23rd (Thur.)  
11:30 am - 1:pm with Kevin

Kevin will help you sign up and answer any questions

Join FIT@PRC's "Huddle"  
Ping Pong group in the Slack app to find an opponent and arrange a match at a time that works for both of you as well as participating in FIT@PRC Tournaments

F.I.T. @ PRC



# BlazePod Triple Cone Challenge

April 28th - 30th  
FIT@PRC

- Walk up event - no appointment necessary
- Challenge takes around 1 minutes
- Uses BlazePod Reaction Testing Pods
- During open hours 6am - 7pm



F.I.T. @ PRC