

Free to FIT@PRC Members!



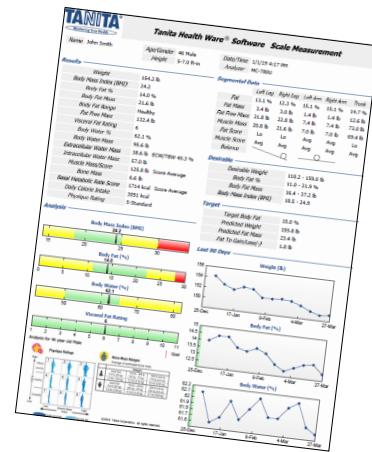
Body Composition Analysis

JANUARY 20TH - 23RD
10:00 AM - 2:00 PM
FIT@PRC

NO APPOINTMENT NECESSARY!

PLEASE DRESS IN GYM CLOTHES AND BE AWARE
THAT YOU'LL BE MEASURED IN YOUR BARE FEET.

THE TEST WILL TAKE ABOUT 5 MINUTES



Our Team will perform the
test and assist in interpreting
your results

How to:

Body Composition Test
and Tips

Body Fat Testing at FIT@PRC

Go to our website fit@prc.cpm
to watch our own video on how the test works



Bring your coworkers!

F.I.T. @ PRC