

Free to FIT@PRC Members!



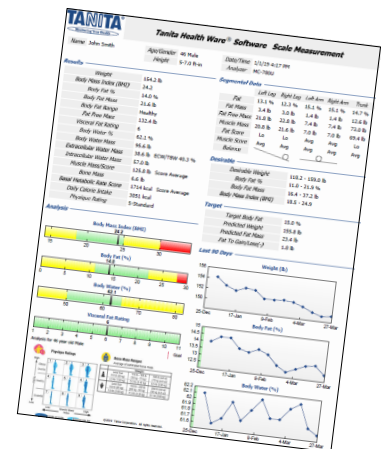
Body Composition Analysis

JANUARY 19TH - 23RD

10:00 AM - 2:00 PM

FIT@PRC

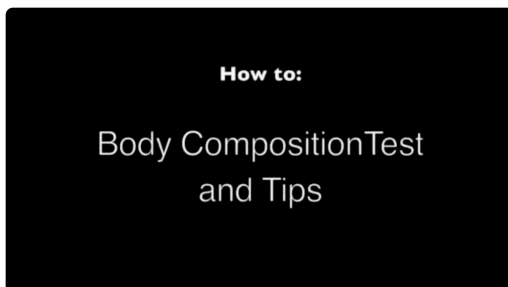
NO APPOINTMENT NECESSARY!



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

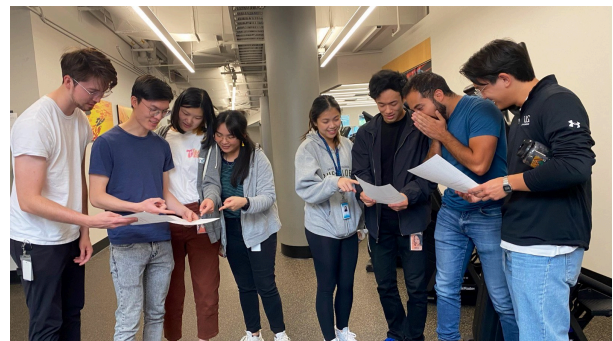
THE TEST WILL TAKE ABOUT 5 MINUTES

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



Body Fat Testing at FIT@PRC

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



Bring your coworkers!