

WHAT'S YOUR FITNESS LEVEL?

**GET A
FITNESS
TEST!!**

**Are you interested
in learning about
your current
Fitness Level?**

GET A FITNESS TEST!

\$20

This test measures:

Sub-max VO₂

Flexibility

Muscular Strength

Resting Heart Rate

Body Composition

Blood Pressure

Questions?
Contact
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**SIGN UP AT THE HALAS
SPORTS CENTER FRONT
COUNTER!**