



Summerville Family YMCA

FITNESS ASSESSMENTS

Want to know how your fitness program is going? Not sure if you are on track to meet your wellness goals? Schedule an appointment with our highly qualified Personal Trainers for a Fitness Assessment (or Re-Assessment) on Sundays 12:30-4pm.

Assessment will include:

Weight

Body Fat %

Flexibility

Cardio Assessment

Blood Pressure

Heart Rate

How to determine your own heart rate

Call 871-9622 x 125 to schedule your FREE appointment.

140 S. Cedar St. * Summerville, SC 29483

843-871-YMCA (9622) * fax: 843-821-3127 * summervillemca.org

We build strong kids, strong families, strong communities

The YMCA mission is to be a community cornerstone that puts Christian principles into practice through programs that build healthy spirit, mind and body for all