

*Expert in fitness.
Expert in support.*

Do you really have time for the "trial and error" approach to fitness? Do you want to start off on the right foot from the get go? Then get help with your personal fitness program and have one of our certified trainers customize a routine to help you achieve your goals.



*"Choices for
a Lifetime...
Begin Here!"*

FITNESS ASSESSMENT.

Do you want to know your current health and fitness level? We offer Fitness Assessments where you will be tested on your flexibility, muscle strength, muscle endurance, blood pressure, heart rate, cardiovascular fitness, and body fat.

Testing takes approximately 1 hr and the fee is \$25.

For assessments contact Tasha at trose@kopfc.com

BODY FAT TESTING.

Our bodies can be divided in to two main components - lean mass and fat mass. A typical scale can't tell the difference, however, our total body composition analyzer will be able to measure this for you. Your measurement printout will include: Weight, Fat Mass, Total Body Water Mass, BMI, Fat %, BMR, Metabolic Age, Muscle Mass, and Bone Mass

Initial testing fee is \$15 and follow up re-testing is \$10.
Email Tasha at trose@kopfc.com for an appointment.



Questions?

EMAIL: trose@kopfc.com

FOR MORE DETAILS.



**FITNESS
TRAINING**

FITNESS MADE SIMPLE.



www.kopfc.com

5624 South Cougar Ln.
Kearns, UT 84118

801.966.5555



**FITNESS
TRAINERS**

