



Additional Assessments

CHEK Assessment **\$300**

Complete musculoskeletal measurements and program design for optimal alignment and balance of the body. Increase energy, improve posture and aesthetics, as well as maximize sports performance.

CHEK Assessment includes:

- a.) Length/Tension muscle and nerve testing
- b.) Movement pattern assessment
- c.) Analysis and application to lifestyle and fitness goals
- d.) Customized and personalized stretch and exercise programs

To book an appointment, contact Gwen Miller at 521-2477.

The following assessments are also available upon request.

- ❑ Agility Testing
- ❑ Max Testing
- ❑ Range of Motion Testing



POLAR Specialists

To learn more about our POLAR testing system, please contact one of our POLAR specialists.

Dustin Davis
521-2491

Jordan Smith
521-2459

Sue Freyer
521-2467

Sonny Garza
521-2479

Mary Terbush
521-2463



Fitness Assessments



Airport Health Club

432 Aviation Blvd, Santa Rosa, CA 95403





POLAR
LISTEN TO YOUR BODY



The Airport Health Club is proud to be on the cutting edge of Health and Fitness Assessment technology.

We are pleased to feature the Polar BodyAge System in order to provide you with fitness assessments that can help you maximize your workouts and attain your goals. The system is being used across the world, from the US Navy and Professional Sports to health and fitness facilities like ours.

We also offer various other assessments with our professional training staff, to give you the fitness benchmarks you need to reach your fitness goals

To schedule any of our assessments, contact Fitness Director Dustin Davis at 521-2491 or dustind@airportclub.com.



What is BodyAge?

BodyAge is a measure of the “age” of your body based on certain markers of health and fitness.

The POLAR BodyAge assessment is calculated using a variety of benchmark tests to give you your individual BodyAge.

Benchmarks include:

- ❑ Body fat percentage – measured by bioimpedance
- ❑ Blood pressure
- ❑ Heart rate
- ❑ Biceps strength test
- ❑ Sit-and-reach flexibility test
- ❑ OwnIndex – sub VO₂Max test
- ❑ Nutrition profile

The assessment is conducted by one of our certified personal trainers who will be able to answer any questions and explain all of the benchmark tests.

At the conclusion of your assessment, your trainer will explain your BodyAge.. Ideally it is lower than your actual age.

Regardless of your initial BodyAge,, your assessment will give you guidelines on how to reach your lowest attainable BodyAge, which coincides with optimal fitness and wellness.



POLAR
Assessments

Biometrics Assessment \$39

- a.) Intake Health & Fitness Questionnaire
- b.) Height, Weight and BMI
- c.) Blood Pressure (Optional)
- d.) Cardiovascular Assessment: OwnIndex test (VO₂ max)
- e.) Personalized Cardiovascular Program with a printout.
- f.) Consultation with a trainer on results and program.

The BodyAge \$79

- a) Biometrics Assessment
- b) Nutrition Assessment
- c) Cardiovascular Assessment
- d) Strength
- e) Flexibility
- f) Body Composition
- g) Personalized Programs with a printout
- h) Cardiovascular
- i) Body Comp. Goals
- j) Meal Planner and Nutrition
- k) Strength
- l) Personal Profile with BodyAge
- m) Consultation with a trainer on results and program.

To schedule any of our assessments, contact Fitness Director Dustin Davis at 521-2491 or dustind@airportclub.com.