



# Your Unique Vision of Health

*Experience total wellness - body, mind & spirit.*

Between elite athletes and the average person, everyone always has room for improvement when it comes to their health and fitness levels. ranging from improving overall wellness to sports performance training or those who have various medical conditions requiring specialized rehabilitation programming.

Please see complete menu of services on reverse.

**Start your journey today.**

(407) 303-4400 | [CelebrationFitness.com](http://CelebrationFitness.com)

  
**Advent Health**  
Wellness Center  
**Celebration**

## Fitness Assessment

- Biometric
- Body Composition Analysis (In-Body)
- Introductory Functional Movement Screening
- Muscular Endurance Analysis
- Review

**\$60, 90 Minutes**

One Free with annual fitness membership contract

## Health & Fitness Assessment with Program

- Biometric measurements (Blood Pressure, Resting Heart Rate)
- Body Composition (Skinfold/InBody)
- Full Functional Movement Screening
- Muscular Endurance Analysis
- Review of above information & goals
- Workout program based off of specific goals (Program and Program walk through completed on separate day)

**\$119, Session 1 90 minutes / Session 2: 60 minutes**

option to upgrade Intro Assessment for \$49

## Body Composition Analysis

InBody Test OR Skinfold

- InBody provides print out with ideal Skeletal Muscle Mass, Body Fat Mass and Basal Metabolic Rate
- Skinfold includes 5-7 site measurements
- Review Session
- Goal Setting Session

**\$30, 30 minutes**

**Bi-Annual Package \$55, Quarterly Package – \$99**

Option to add Circumference Measurements to any Body Composition analysis; \$10 (Neck, Chest, Waist, Hips, Thigh, Calf, Arm with Tracking sheet)

## Functional Movement Screening (FMS)

Functional Movement Screening is used to identify limitations or asymmetries in seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain complaint or known musculoskeletal injury. These movement patterns are designed to provide observable performance of basic loco motor, manipulative and stabilizing movements by placing an individual in extreme positions where weaknesses and imbalances become noticeable if appropriate mobility and motor control is not utilized.

**\$125, 60 minutes**

**Option to add Pictorial Review \$25**

## Metabolism Testing

- Learn how efficiently your body burns fat for energy
- Includes InBody Body Composition & Waist Circumference
- Complete Metabolic Breakdown, Risk Score and review

**\$85, 60 minutes**

## Postural Assessment

A combination of static and functional postural movements will exploit any muscle imbalances going on in your body. Learn what muscles are overactive and under active. Corrective exercises plan created specific to your imbalances. These will be demonstrated and given to you in order to help realign your posture to create a healthier you.

**\$85, 60 minutes**

**Option to add Pictorial Review \$25**

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