

Office of Wellness Promotion Health Expo

# Fitness Screenings

The Dept. of Campus Recreation  
is working with Exercise  
Science students to host open  
fitness screenings!

When? Wed. Nov. 16th from 1PM - 3PM

Where? Student Rec Center Studios A & B

Fitness screenings include:

Vertec

FMS Overhead Squat

Shoulder Mobility

Broad Jump

3-Minute Step Test

Y-Balance