

Fitness Assessment

What is Fitness Assessment?

A fitness assessment identifies your current fitness levels and provides a baseline, or starting point of your body's fitness. You can use this fitness assessment to figure out your training needs and goals, and help provide necessary training tips if not further services such as personal training and help build rapport and relationship with the member.

How often should I be assessed?

Fitness assessments should be conducted every 6 months; this can be used to compare your progress over time to the initial fitness assessment.

What would a Fitness Assessment cover?

1) Body Composition Analysis Measurement

- Weight
- B.M.I.
- Body Fat
- Soft Lean Mass
- Total Body Water
- Basal Metabolic Rate
- Resting Heart Rate
- Blood Pressure

2) Integrated Movement Assessment:

- Static Postural
- Postural Movement

3) Fitness Testing Assessment

- Aerobic Test
- Muscular Endurance
- Muscular Strength
- Power test

How long would the Fitness Assessment take?

- It would normally take 1 Hour

How much does it cost?

- It's \$250 per session, but it's complimentary for our Platinum Members

Terms & Conditions:

- Registration is not confirmed until a confirmation is issued.
- Members can book for the complimentary Fitness Assessment for a maximum of 2 times per year.
- Members can book for the complimentary Fitness Assessment once every 6 months
- For cancellation with more than 12 hours advance notice, the participant can request for reschedule of lesson although no guarantee can be given as to the time and date of the re-scheduled session. Only one request of re-schedule will be entertained.
- Participants are advised to check the updated policies post on Hong Kong Parkview website <www.hongkongparkview.com/spa&resort/classpolicies>
- Applicants must abide by the Club Rules and Membership handbook
- Spa & Resort reserves the right to cancel or re-schedule any lessons at its sole discretion. Reasons for cancellation or re-scheduling include but are not limited to: 1. Inclement weather (please refer to bad weather policy below); 2. Insufficient enrollment; 3. Non-availability of instructors and/or venue; 4. Misbehavior during class/lesson