

Gecko Fitness presents: **Fitness Saturday**

Ever wondered how fit you really are?

Want to know exactly what you're made of?

The answers are waiting for you!

Once every month Gecko Fitness will be offering you the chance to find out your current level of fitness by offering a variety of health and fitness tests, to suit everybody from beginners to elite athletes.

We will be able to offer the following fitness tests:

- Body fat %
- Lean muscle tissue %
- Hydration levels
- Aerobic fitness

Taking regular tests can be a motivational and an informative feedback tool to tell you how well your training is going. It is also nice to find out that the hard work is paying off, or maybe its time to up the intensity to improve?!

Who's it for?

It's for anyone who likes to know in black and white, how their fitness is progressing. Gecko's fitness tests will be tailored to you and to your current fitness level, so you wouldn't feel put off by the term "test", as it can create an image of being pushed hard and failing miserably.

How much does it cost?

£20 per person

Do you want to find out whether you could be the fittest gym member?

You will have a chance to participate in our very own **XRANGE** fitness challenge. On completion of the **XCHALLENGE** you will be added to our exclusive **XRANGE** leader board to find out exactly who is our fittest member!

*Please speak to a member of the Gecko team for more information
or to book a place on the next fitness Saturday!*