



WHAT'S YOUR MOVEMENT BASELINE?

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline for actionable and effective steps to improve your performance and recovery.



UNLOCK YOUR POTENTIAL

Get screened and begin performing at your best!

“NOW OFFERING” Functional Movement Screens at the Fitness Center by Appointment.

Call 961-3164 to schedule your screen with a FMS Certified Professional now!



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