

HEALTH AND FITNESS

ASSESSMENT APPOINTMENTS

Conducted by Dr. Lisa McMahon and Exercise Science Students



Central Community Health Education Clinic
180 Paul Manafort Dr., New Britain, CT

SEPTEMBER 8 - NOVEMBER 23

MONDAYS

11 AM - 3 PM

TUESDAYS

1:30 - 3:30 PM

WEDNESDAYS

11 AM - 3 PM

Email clinic@ccsu.edu to schedule your MicroFit, ACCUNIQ, or Personal Training appointment!

MicroFit Assessment



30 MINUTES

- Blood Pressure
- Aerobic Fitness
- Strength and Flexibility
- Lower Body Power

ACCUNIQ Analysis



15 MINUTES

- Body Composition
- Muscle / Fat Analysis
- Wellness Assessment
- Functional Movement Screen

Personal Training Session



30 AND 60
MINUTE
SESSIONS

- Goal Setting
- Customized Exercise Program
- Proper Exercise Technique Instruction
- Recommendations for continued fitness and wellness

*Now featuring Personal
Training sessions with
Dr. Lisa McMahon,
Ed.D., MSPT,
NASM-CPT and Exercise
Science Students!*



860.832.0235



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ccsu.edu/clinic



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