



Description

An ACSM certified Exercise Scientist will administer a battery of fitness appraisals and use the results to develop the two individualized training programs listed below. The session includes detailed explanation of the training principles and a demonstration of the equipment.

- I. **Aerobic power:** The aerobic program will specify the intensity, frequency, duration and progression for all of the “cardio” modes available at the Starport facility – outdoor walk/run, treadmill, EFX, Stairmaster, Total Body Trainer, Rowing Machine and Stationary Bike.
- II. **Muscle fitness:** The muscle fitness program is based on the determination of the 1-Repetition maximum for 18 basic strength training machines. For each of these machines the resistance (weight), repetitions, sets, frequencies and progression will be assigned for all levels of training.

The session lasts about 90 minutes and is a free service for all members of Starport.

How to Sign Up

Completion of an Exercise Screening Form is recommended to aid the Exercise Scientist in making a thorough assessment. If you have already completed a PAR-Q (required for membership), this form is not required. The information is confidential and will only be used by the Exercise Scientist.

To schedule a session call the Exercise Scientists at Starport: (281) 483-0301/0302 or email [Fitness Assessment](#).

*Appointments available from 7:00 am - 3:00 pm.
Activity will take approximately 90 minutes.
Additional appointment times may be available.*

[Exercise
Screening
Form](#)