



**Free fitness testing**  
for secondary school students and groups.

**Thezone**  
Sports Science & Wellness Centre



**Ara**  
Institute of Canterbury  
Ara rau, taumata rau



## Test your fitness for FREE

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### Secondary School Fitness Testing Programme

Test your fitness for FREE with the experts from The Zone - Ara's Sport Science and Wellness Centre. The Zone is offering three FREE fitness tests undertaken at your school.

#### Test options include:

- Sprints (using timing lights)
- Vertical jump
- Broad jump
- Yoyo
- Beep
- Bronco
- Flexibility - sit and reach
- Hand grip strength

#### Conditions

This offer is only available to secondary school students and groups of up to 25 (for larger groups, a fee of \$10 per person applies). The three FREE tests need to be conducted within one hour. Additional tests can be conducted at an extra cost. Raw testing data is provided free, and individual profile fitness testing results can be provided at an additional cost

#### Enquire today!

To find out more visit: [ara.ac.nz/thezone](https://ara.ac.nz/thezone)  
or email [the.zone@ara.ac.nz](mailto:the.zone@ara.ac.nz)



[ara.ac.nz/thezone](https://ara.ac.nz/thezone)  
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