



**Test your fitness,  
grow your knowledge**

**Thezone**  
Sports Science & Wellness Centre

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



## Test your fitness, grow your knowledge

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### Secondary School Fitness Testing Programme

Held at The Zone at Ara, this new programme is an engaging, hands-on way for Year 10 to 13 students to learn about performance fitness testing.

The programme uses state-of-the-art testing equipment. Group testing sessions can be tailored to meet NCEA educational objectives, or specific sports fitness testing requirements.

The General Fitness Testing option costs \$199 per group and includes:

- strength test
- aerobic capacity test
- sprint or agility test
- provision of raw data

The Sport-Specific Fitness Testing option costs \$300 per group and includes:

- up to five fitness tests (e.g. vertical jump, broad jump, sprint, agility, yoyo, beep, bronco, sit and reach, hand grip strength, throwing distance)
- individual fitness profile report(s)

*NB: Prices are based on a maximum group size of 25 individuals, tested within a two-hour period at The Zone's facilities at Ara. STAR funding may be available.*

### 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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