

FREE Performance Evaluation

The Parisi Evaluation is an essential tool to help determine the proper training protocols needed for specific development. This test will assess relative body strength, flexibility, motor skills, balance, linear speed, lateral speed, deceleration skills, force production and a movement analysis.

[Click here to register for your free performance evaluation](#)

FREE 45 Day Trial Membership!

The Clubs at Oak Branch and Green Valley are *Greensboro's Only Adult Upscale Fitness Centers*. Activate your 45 day trial membership and take advantage of our incredible facilities, amazing programs and legendary service.

Make 2010 your best year ever with 45 days of the best in adult health and fitness.

Valid to JSC & JYL Parents who are local residents. Not applicable towards existing memberships.

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