Wellness Staff:

I will be conducting a class project and need your assistance. This is completely voluntary and will only take up 5-10 minutes of your time. You will be asked to sign a consent form prior to participating along with a detailed explanation of the testing procedures and purpose; you will also be videotaped while you perform the exercise technique that I will be testing. All testing will be done on site here at the YMCA. Please let me know if you would like to participate and what the best time would be to catch you on the premises. Just toss a note in my box or let me know if when you see me on the floor.

Thank you,

Ericka Barajas