



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEE WHAT YOU ARE MADE OF

InBody Consultations

Meet with a fitness professional that will utilize the InBody 570 to lead you through a body composition analysis that includes more than 20 measurements including:

- > **Weight**
- > **Muscle Mass**
- > **Body Fat Mass**
- > **Metabolic Rate**
- > **Water Weight**
- > **Body Fat Percentage**

**SPECIAL MEMBER ONLY
SERVICE FOR ONLY \$45!**

InBody Consultation will be done by appointment only in the Wellness Center. To register, please call 760-635-3050 or stop by our Front Desk. For more information contact Angela Hunter at arhunter@ymca.org or 760.942.9622 x1436.

MAGDALENA ECKE FAMILY YMCA

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of the spirit, mind and body.

