



YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

Body Composition Analysis

Do you want to know what your ideal weight based on your fat weight and fat-free weight? This test is more accurate than the height and weight and BMI charts.

For: All members and staff

When: September 8, 10 am—12 pm
September 22, 10 am—12 pm & 5 pm—8 pm
September 29, 5 pm—8 pm

Location Victory Family YMCA
101 Long Green Blvd.
Yorktown, VA 23693

Fee: Free

Registration: Welcome Desk

Contact: Franki Pivarnik
Community Wellness Director
(757)867-3300, ext. 225

Peninsula Metropolitan YMCA

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