



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR IDEAL WEIGHT

HEALTH, WELL-BEING & FITNESS Body Composition Analysis

Composition analysis determines the amount of lean mass versus the amount of fatty tissue on the body, and is measured by a YMCA health and well-being professional.

Date: May 16, 10 AM—12 PM
May 30, 5 PM—8 PM

Ages: 18+

Cost: \$15

Registration: Welcome Center



VICTORY FAMILY YMCA

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