



BODY COMPOSITION

ANALYSIS

MAY 28, 4-6 P.M.

MAY 31, 4-6 P.M.

WELLNESS CENTER
BY STUDIO 2

Know your numbers! The InBody measures your total body fat, body water, basal metabolic rate and lean body mass distribution. Using patented technology, the InBody is not dependent on empirical estimations and achieves individual measurements for each segment of the body: 4 limbs and the trunk. A licensed personal trainer will take measurements, discuss results, and provide recommendations.

\$45/one test or \$75/two tests (original and follow-up)

Registration required.  425.688.3172  fitness@bellevueclub.com