

KNOW YOUR NUMBERS



Bod Pod Body Composition Testing

The Bod Pod gives you a detailed look at your body's inner workings including Body Fat Percentage, Lean Muscle Mass, and Resting Metabolic Rate.

Understanding your body composition is the first step to setting realistic health and fitness goals. Whether you want to lose fat, build muscle, or optimize performance, the Bod Pod provides accurate, science-backed insights to guide your journey. Go beyond the number on the scale!

January 14 & 15 7:00am-6:00pm
Functional Fitness Room

\$25 Y Member | \$35 Community Member

Register via QR Code to reserve your time slot or go to the following link:
<https://form.jotform.com/megablastshredfast/shasta-family-ymca-body-composition>

