



YMCA WELLNESS CENTER

Please inquire about information at the Membership Desk. The following services and activities will be offered.

- ✓ **Blood Pressure Screenings: FREE-** Ask for Kristen Underwood, John Fields, or Sylvia Shields
- ✓ **Body Fat Analysis: \$5.00--** By appointment only
- ✓ **Fitness Assessments (Testing): \$25.00--** By appointment only
Includes body measurements, body fat analysis, cardiovascular endurance test, flexibility, & muscular strength/endurance
- ✓ **Nutritional Analysis: \$25.00-- By appointment only**
A one-on-one consultation on nutritional status and guidance with weight management and/or eating patterns & behaviors.
- ✓ **Cholesterol Screenings: By appointment only**
Cholesterol checks can be scheduled at any time:
Total cholesterol panel \$15.00
Lipid panel: \$30.00
Two FREE screenings per year (Spring/Fall).

For appointments and/or comments and questions, please contact Kristen Underwood, Health/Wellness Director.