

InBody



15 SECOND INBODY TEST

Measure your fat, muscle, and water levels in less than a minute. No dunking. No pinching. No discomfort. Simply stand on the device and hold the hand electrodes to test.

Non-invasive Testing BIOELECTRICAL IMPEDANCE ANALYSIS

Safe, low-level currents are sent through the body through the hand and foot electrodes. The impedance the currents encounter are measured, and from there, your body composition is derived. With InBody's patented technology, BIA has never been more highly correlated with gold standard methods until now.

VOICE GUIDANCE SYSTEM

Users can test with and without a trained professional. Follow the steps on the unit's screen and listen for the testing procedures.

Fee: \$20 (Member)
\$30 (Non-member)

What does it measure?

- Weight
- Lean Body Mass
- Body Fat Mass
- Total Body Water
- Dry Lean Mass
- Body Mass Index(BMI)
- Percent Body Fat
- Segmental Lean Mass(Right Arm, Left Arm, Trunk, Right leg, Left Leg)

Inbody now included with Personal Training packages!

4 hour package - 1 test
8 hour package - 2 tests 30 days (beginning & end)
12 hour package - 2 tests 45 days (beginning & end)

30 min packages:

8 sessions - 1 test
16 sessions - 2 tests /60 days (beginning & end)
24 sessions - 2 tests /90 days (beginning & end)

Inbody Testing Only

	<u>Member</u>	<u>Non-member</u>
1	\$20.00	\$30.00
3	\$54.00	\$81.00
6	\$96.00	\$150.00

Special Promo Introductory rate: \$99.00

- 2 Personal Training sessions (First session as assessment/2nd session to review recommended workout program)
- 1 InBody Test
- 4 week written Workout Program



For more information or to sign-up for a session, please email freedomc@gmu.edu.

FREEDOM
Aquatic & Fitness Center™