



# Sailfish Point

Stop by the Fitness Center to get a personal reading of your body fat percentage as well as your body mass index.

## IN THE FITNESS CENTER

### InBody Body Composition Analyzer

Stop by the Fitness Center to get a personal reading of your body fat percentage as well as your body mass index. Let the Fitness Manager or Personal Trainer evaluate the printed material and they can tell you exactly what area of your body may need more strength training. It could be that you have enough balanced lean muscle mass and that you may need to focus more on your cardiovascular health. The InBody machine is well respected in the fitness community. See for yourself the most recent technology in analyzing your level of fitness.

