



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A CLEARER PICTURE FOR CLEARER GOALS

Body Fat Percentage Testing JOPLIN FAMILY YMCA

The scale doesn't tell the whole story! We can measure you to not only give you your BMI but also your body fat percentage to help you set your weight goals.

By appointment only; appointments may be made through the Fitness department.

What we measure

Women: Triceps, Suprailiac (Belly), and Thigh

Men: Chest, Abdomen, and Thigh

Prices

Members, \$5

Non-Members, \$10

Personal Training clients, no cost

