



of Greater San Antonio

We Build Strong Kids, Strong Families, Strong Communities.



*FitTrack* is a free service offered to all members of the Boerne Family YMCA. The program is a weigh-in and body fat composition assessment led by the highly qualified wellness staff. Our *FitTrack* will measure your Body Composition by the use of a Tanita Scale (bio-electrical impedance).

Date: Every 3<sup>rd</sup> Monday of the month,  
beginning January 18<sup>th</sup>

Time: 8:00 – 9:30am & 5:30 – 7:00pm

Measurement includes: Body Weight, BMI (Body Mass Index), Fat %, Fat Mass, FFM (Fat Free Mass), TBW (Total Body Water).

Financial Assistance is available through our Open Doors Scholarship Program.

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.