



BETTER BODY COMPOSITIONS

Have you ever wondered what your body fat percentage is? Want a great way to track your fitness progress?

Well now is your chance!

Better Body Compositions is teaming up with Ute Crossfit

**Wednesday January 4th from 6-9pm!!**

BBC offers:

- body composition analysis (% of lean muscle mass and body fat)
- circumference measurements
- BMR and DEE calculations
- And much more.

Start your New Year Resolutions with the knowledge you need to help achieve your fitness goals. BBC will be offering **30% off regular pricing for all Ute Crossfit members!**

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