FITNESS AND WELLNESS

BODY COMPOSITION TESTING

No matter what personal health goals you have, understand your baseline or continued progress with a body composition test. Join us at the Fitness and Wellness office in the ARC for a 15-minute assessment in a judgment-free zone.

Stop by the Fitness and Wellness office to make an appointment during one of the following time slots:

January 16 | 5–7 PM

February 1, 13 | 5–7 PM

March 1, 13 | 5–7 PM

Appointments are just $5.

For more information, visit: **cru.ucdavis.edu/fitnesstesting**

To stay in the loop on all things Campus Recreation, sign up for our email list at: **cru.ucdavis.edu/email**

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CAMPUS RECREATION
Fitness and Wellness

COME AS YOU ARE