

# 2017 Body Composition Testing

## University Of Wyoming, Campus Recreation

The scale and the mirror are not always the best way to judge body fat and the success of a fitness program. Body composition testing is a great way to set a baseline and track progress. Testing is conducted by certified Personal Trainers and is free! The quick 15 minute sessions are conducted on a first come, first serve basis. Workout clothing is advised, but not mandatory.

Listed below are the dates of the free body composition testing:

DATE	TIME
Tuesday 2/7/2017	4:30 p.m. – 6:00 p.m.
Tuesday 3/7/2017	4:30 p.m. – 6:00 p.m.
Tuesday 4/4/2017	4:30p.m. – 6:00 p.m.
Tuesday 5/2/2017	4:30 p.m. – 6:00 p.m.
Tuesday 6/6/2017	4:30 p.m. – 6:00 p.m.
Tuesday 7/11/2017	4:30 p.m. – 6:00 p.m.
Tuesday 8/1/2017	4:30 p.m. – 6:00 p.m.
Tuesday 9/5/2017	4:30 p.m. – 6:00 p.m.
Tuesday 10/3/2017	4:30 p.m. – 6:00 p.m.
Tuesday 11/7/2017	4:30 p.m. – 6:00 p.m.
Tuesday 12/5/2017	4:30 p.m. – 6:00 p.m.

This schedule is subject to change.

If you have any questions about body composition testing, please contact [fitness@uwyo.edu](mailto:fitness@uwyo.edu).