

# UNDERSTAND YOUR BODY BETTER

**DREAMFIT**  
STRONGER. TOGETHER.

COMPREHENSIVE BODY COMPOSITION  
ANALYSIS TO HELP GUIDE YOUR  
**HEALTH & FITNESS GOALS.**

WANT A **COMPREHENSIVE** UNDERSTANDING  
OF YOUR BODY? NEED A STARTING POINT?

YOUR INBODY SCAN PROVIDES  
**KEY INSIGHTS INTO:**



#### **BODY FAT PERCENTAGE**

Shows how much of your body weight comes from fat. A lower percentage is generally healthier.



#### **MUSCLE MASS**

Measures the weight of muscle in your body. More muscle mass can indicate better fitness and metabolism.



#### **VISCERAL FAT**

Fat stored around your organs. High levels can increase health risks, so it's important to keep this number low.



#### **BASAL METABOLIC RATE (BMR)**

Shows how many calories your body needs at rest. Knowing this helps in managing weight effectively.



INBODY SCAN



YOU CAN REVIEW YOUR RESULTS  
WITH YOUR COACH OR OUR  
**DREAMFIT COACHES** TO  
UNDERSTAND AND IMPROVE  
YOUR BODY COMPOSITION.



**YOU DO NOT NEED TO BE A DREAMFIT MEMBER TO GET AN INBODY SCAN!**



**SCHEDULE YOUR  
INBODY SCAN  
TODAY!**



CALL OR TEXT  
**239-691-1814**



EMAIL  
**info@dreamfitfl.com**



# Pilates *at DREAMFIT*

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Wednesdays at 4:45pm

May 13th

June 3rd

July 1st

August 5th

PILATES CLASS IS INCLUDED IN YOUR MEMBERSHIP  
REGULARLY SCHEDULED HIIT CLASSES AT 3:45 AND 5:45

BRING A MAT AND YOUR FRIENDS

MEMBERS ARE FREE - FRIENDS ARE \$10

 8646 Gladiolus Dr Unit 402 Fort Myers Florida



Hello

SUMMER

STUDENT SPECIALS ALL SUMMER

Train Together. Get Stronger Together.

This summer, DREAMFIT is opening HIIT training to students ages 10+ with a special summer rate.

Our HIIT training classes are designed to help families stay active together while building confidence, strength, endurance, and healthy habits. Parents and kids can train side by side in a fun, supportive environment that encourages teamwork and family bonding.

Every workout can be modified based on age, experience and fitness level of each member. We provide guidance on movements, weights, and pacing to make classes safe, challenging and enjoyable. New students, come try your first class for free.

\$75 a month

Unlimited Classes

JUNE JULY AUGUST