



DEXA BODY - COMPOSITION TESTING

SPEARMAN SPORTS CLUBS
APRIL 20TH 11:00AM – 3:00PM

As part of next month’s **Laguna Niguel Racquet Club Open House**, Spearman Sports Clubs is excited to bring Dexa Body on-site for their first-round of 2024 health screenings. We encourage all of you to come get your body composition checked with the most accurate x-ray technology available. It’s the perfect way to measure your muscle, fat, and bone density for precise tissue tracking and motivation. Look for their Body Comp mobile lab in our parking lot. They’ll be back again this year for re-testing so let’s make this year our healthiest one yet!

- Location: 23500 Club House Drive Laguna Niguel, CA, 92677
- Open House hours: 11AM – 3PM
- Test takes 6-12 minutes
- Individual is fully clothed minus shoes and jewelry/metal
- No dietary restrictions
- 8-page printed report
- Wellness consultation included
- Cost is **\$75** single test or **\$125** (2-test package)
- We accept any form of payment, including HSA/Flex dollars
- Use this link to register for a time slot:
<https://spearmansportsclubs.checkAppointments.com>

Mobile phone users scan this QR code to sign up →→→

Contact John with Dexa Body at (385) 881-0280 with any questions

Dexa Body: A Better Way to be healthy!

✓ **99% Accurate Tissue Analysis**

✓ **Muscle Mass**

✓ **Body Fat**

✓ **Bone Density**

✓ **Hidden Visceral Fat**

✓ **Fast & Easy**

