

Birchwood Athletic Club

We Make Fitness Fun For Everyone!

Birchwood Athletic Club
2900 Krafft Rd.
Fort Gratiot, MI 48059
(810) 385-4475

Thank you for your interest in Birchwood Athletic Club. Our multipurpose club has everything you will need for a physically fit lifestyle. We are working in conjunction with the Surgeon General's report which states, "Lack of physical activity is detrimental to your health."

Exercise can provide positive effects on many things including mood, quality of life, weight management, cancer prevention, diabetes, cardiovascular disease, musculoskeletal conditions and much more.

We are a family owned and oriented club that caters to all fitness levels, established over 27 years ago. We invite you to come and work out with us.

Hours:

Mon - Fri: 5:00AM to 10:00PM
Sat - Sun: 7:00AM to 8:00PM

Call, stop in, or visit our website for class schedules
www.birchwoodathletic.com

State of Michigan Employees
are invited to experience the
Birchwood Athletic Club

Limited Time Offer

2 for 1

Summer Shape Up

Memberships

Only \$26.50

per person

Joining fee only \$25.00



Floor trainers/Nautilus, Cardio & PACE equipment, Spinning, and more!

Fabulous New Weight Loss Program:

Take it Off!

Exclusive to the Birchwood Athletic Club we now offer to members and non-members a successful weight loss program where you can **lose up to 25 pounds in 12 weeks.**