

Borgess Health & Fitness Center

3025 Gull Road
Kalamazoo, Mi 49048
(269)552-2348

State of Michigan employees receive:

\$99 Regular Initiation Fee

(Reg. \$199)

**Complimentary health and lifestyle
assessment and exercise orientation included.**

As southwest Michigan's most comprehensive exercise, nutrition and rehabilitation facility Borgess Health & Fitness Center (BHFC) offers medically based fitness and wellness services tailored to meet individual goals. BHFC has a broad selection of offerings including group fitness classes of varying intensity levels, exercise programs for people with arthritis or other special health concerns and gentle introductory classes for beginners.

Facility highlights include:

- Cardio Equipment
- Free Weights
- Group exercise studio
- Indoor track
- Warm water pool
- Sauna
- Outdoor soccer & tennis
- Fit-To-Go Sport Shop
- Health education classrooms
- Stay 'n Play child care
- Selectorized weight equipment
- Exercise entertainment system
- Spinning studio
- Lap pool
- Whirlpool
- Fully equipped locker rooms
- Fitness evaluation lab
- Light Hearted Living Café
- Indoor basketball, volleyball and racquetball courts

Expires 12/31/2010

www.fitness.borgess.com