

CONGRATULATIONS ON BECOMING A NEW BHFC MEMBER!

With your new membership you will receive a personalized fitness program.

Working together with one of our certified professionals, a plan focused on achieving results in the first 6 weeks will be made.

Your plan will include:

Free InBody segmental composition analysis and detailed report.

Goal planning to build momentum and maximize motivation.

Identification of specific exercises that complement your goal(s).

Selection of activities that interest you to increase engagement with your exercise plan.

Evaluation of lifestyle factors to ensure that your plan matches your life.

One on one instruction in all your plan activities to maximize the effectiveness of each exercise.

Recommendations for future changes to your plan to build on your progress and prevent exercise plateaus.

Expert answers to your fitness questions that will get you started successfully.

Call (269) 552-2251 or stop by the Fitness Desk to schedule your personal appointment.

My appointment is scheduled for:

(Date and Time)