

CONGRATULATIONS ON BECOMING A NEW BHFC MEMBER!

With your new membership you have the option to schedule an orientation appointment to get you started with using the cardiovascular and strength equipment right away!

Your orientation will include:

- **Welcome folder**, with ready to go circuit workouts & suggested classes to try.
- Walk through & hands on use of cardiovascular and strength equipment, including a features overview for the Green Series treadmills.
- Confirmation of your Personalized Fitness Plan appointment.

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

My appointment is scheduled for:

(Date and Time)