



Ascension Borgess Health & Fitness

Membership information

Living whole: A new fitness concept

At Ascension Borgess Health and Fitness, we're interested in your overall health, not the size of your muscles. That's why we offer medically based fitness and wellness services tailored to meet your individual needs and personal wellness goals. Our medical expertise allows us to fully understand how your body, lifestyle, and family history make your path to good health unique.

Taking an individual approach

In your quest for better health, our staff will guide you every step of the way. We'll begin by providing a personal evaluation to paint a picture of your current state of fitness, to help identify potential health goals, and to serve as a tool to measure your future progress. Then we'll discuss what you want from a fitness program and design a personal plan. To help you stay on track, we provide guidance with instruction, supervision, motivation and support.

Caring for your health — mind, body and spirit

As we see it, there's more to fitness than pumping iron and running an eight-minute mile. In fact, your fitness goals may be as fundamental as breaking out of a sedentary lifestyle. We know your journey to better health is not complete without learning how to get and stay healthy. That's why we offer classes, health screenings, and special medically based programs.

Our medical and rehabilitation fitness team

As a medically based health and fitness provider, our staff includes experienced, certified exercise, fitness, and health education specialists, as well as massage therapists, personal trainers, speech-language pathologists, exercise physiologists, physical therapists, cardiopulmonary rehabilitation specialists, registered dietitians, nurses, occupational therapists, a licensed acupuncturist, and a medical director.

Ascension Borgess Health & Fitness offers:

- Acupuncture
- Adult and youth aquatics classes
- Aerobics studio
- Athletic performance training
- Cardio equipment
- Climbing wall
- Conference rooms
- Cooking demonstration kitchen
- Cycle studio
- Exercise entertainment systems
- Family fitness times
- Fitness classes (over 70 per week)
- Free weights
- Group weight training classes
- Health education classes
- Indoor basketball/volleyball courts
- Indoor walking/running track
- Lap pool
- Les Mills programming
- Light-Hearted Living cafe
- Massage therapy
- Nutrition counseling
- Outside exercise space
- Personal training
- Pickleball
- Rowing classes
- Saunas
- Sports shop
- Stay 'n Play babysitting
- Warm-water therapy pool/whirlpool
- Weight equipment
- Weight loss programs
- Wellness classes
- X-factor cross-functional workouts
- Youth programs

Types of memberships

Primary member

Pays an initiation fee and monthly dues.

Associate member

A spouse or dependent child (ages 16-24) added to a primary membership, pays an initiation fee and monthly dues.

Student primary member

A full-time student (ages 16-24) who has a valid student identification card, pays an initiation fee and monthly dues.

Summer dependent member

Pays monthly dues. Special provisions apply. Please call 269-552-2348 for details.

Corporate member

You may be eligible for a corporate discount. Please call 269-552-2348 for details.

Hours

Monday-Friday 5:30 a.m.-9:30 p.m.

Saturday 7 a.m.-6 p.m.

Sunday 9 a.m.-4 p.m.

Special holiday hours will be posted at the center.

Facility rental

For gym or pool rental, please call 269-552-2342.



Ascension Borgess

Initiation fee

Primary member \$199

Associate member \$99

Additional associate member \$50

Senior member (age 60 and over) \$99

Senior associate member (age 60 and over)..... \$99

Student primary member (ages 16-24)..... \$50

As a new member, we would like to provide you with a personalized fitness plan. Your plan includes a one-on-one meeting with one of our certified trainers to develop a comprehensive personal fitness plan that will complement your goals, interests, lifestyle and current physical ability. Your trainer can suggest classes and activities that will enhance your exercise experience for a total fitness program that is safe, effective and focused on your results.

Monthly dues

Primary member \$63

Associate member \$31

Additional associate member \$23

Senior member (age 60 and over) \$53

Senior associate member (age 60 and over)..... \$28

Student primary member (ages 16-24)..... \$53

Summer dependent member..... \$41

Ascension Borgess Health & Fitness
3025 Gull Road, Kalamazoo, MI 49048

Call 269-552-2348 (BFIT) or visit us at
fitness.borgess.com to find out how we can
improve your future health!