

# Membership information

## 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 Savings

### We have many corporate partners in the Kalamazoo area, including:

Ascension Borgess  
Kalamazoo Public Schools  
Kalamazoo County  
Pfizer  
Stryker  
WMed  
Zoetis ... And many more!

Does your workplace have  
a discount with us?

Let us Check  
Click Here!

Click to find out, or call (269)552-2348.

## Hours

Monday-Friday 5:30 a.m.-8:30 p.m. (summer hours)  
Saturday 7 a.m.-4 p.m. (summer hours)  
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.

## 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, our fitness professionals offer the guidance you need, no matter your experience level. We provide you with a fitness orientation, functional wellness evaluation and two personal training sessions. Throughout these complementary appointments, you'll receive personalized guidance for a total fitness program that's safe, effective and focused on your results.

## Monthly dues

Primary member .....	\$65
Associate member.....	\$33
Additional associate member.....	\$25
Senior member (age 60 and over).....	\$55
Senior associate member (age 60 and over).....	\$30
Student primary member (ages 16-24).....	\$55
Summer dependent member.....	\$43



## 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 personal trainers, speech-language pathologists, exercise physiologists, physical therapists, cardiopulmonary rehabilitation specialists, registered dietitians, nurses, occupational therapists and a licensed acupuncturist.

## 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
- Nutrition coaching
- Outside exercise space
- Personal training
- Pickleball
- Rowing classes
- Saunas
- Sports shop
- Training studio
- Warm-water therapy pool/whirlpool
- Weight equipment
- Weight loss programs
- Wellness classes
- Youth programs



Ascension  
Borgess

HEALTH & FITNESS