All Indiana Municipal Employees Receive

33% DISCOUNT

on a Fitness Forum Sports & Wellness Membership

Join TODAY!

For more information contact:

Patty Choquette
pchoquette@fitnessforum.biz

Your Membership Includes:

In clean pleasant surroundings with guidance from our competent staff, you can join the increasing number of people who are aware of the importance of physical fitness. Child care is available while you exercise.

- Fitness Evaluations
- Exercise Prescriptions
- Equipment Orientation
- Member Orientation
- Wellness Coaching Session
- Cardiovascular Equipment
- TechnoGym Strength Training
- Indoor 1/7 Mile Walk/Run Track
- Community Outreach Education
- Group Exercise Classes
- Aquatic Classes
- Gymnasium
- Rock Wall Climbing
- 25 Yard Lap Pool
- Warm Water Therapy Pool
- Locker Rooms
- Steam, Dry Sauna, Spa
- Racquetball

Membership starting at $43 per month
* Enrollment Fee Required

fitness FORUM sports & wellness | Life PLEX

2855 Miller Drive, Suite 101, Plymouth, IN 46563
574-936-2333 | www.fitnessforum.biz