

2018 Bariatric Support Groups & Fitness 101

Fitness 101 same day as Support Group		
2 nd Tuesday of Month	3 rd Saturday of Month	4 th Wednesday of Month
5 – 6:30 p.m. Fitness 101 6:30 – 8:00 p.m. Support	7:30 - 9:00 a.m. Fitness 101 9 – 10:30 a.m. Support	6:30 to 8:00 p.m. Support
<ul style="list-style-type: none"> ❖ January 9 ❖ February 13 ❖ March 13 ❖ April 10 ❖ May 8 ❖ June 12 ❖ July 10 ❖ August 14 ❖ September 11 ❖ October 9 ❖ November 13 ❖ December 11 	<ul style="list-style-type: none"> ❖ January 20 ❖ February 17 ❖ March 17 ❖ April 21 ❖ May 19 ❖ June 16 ❖ July 21 ❖ August 18 ❖ September 15 ❖ October 20 ❖ November 17 ❖ December 15 	<ul style="list-style-type: none"> ❖ January 24 ❖ February 28 ❖ March 28 ❖ April 25 ❖ May 23 ❖ June 27 ❖ July 25 ❖ August 22 ❖ September 26 ❖ October 24 ❖ November 28 ❖ December 26
Borgess Health & Fitness Center 3025 Gull Road, Kalamazoo, Mi 49048		

- Support group is free / No Registration is required for either class.
- **Cost for Fitness 101:** BHFC members, \$20; non-members, \$25
- Fitness 101 is a how-to class, not a work-out class.



Support is one of the key ingredients to long-term success. Maintaining a healthy weight takes a lot of work and support. We offer a wide range of services to further assist your weight loss goals. Our Support Groups are led by health care professionals and are designed to give you the opportunity to spend time with others who have had or are pursuing bariatric surgery.