

# 2019

## Fitness 101 & Bariatric Support Group Schedule

2nd Tuesday of Month	3rd Saturday of Month	4th Thursday of Month
5 - 6:30 p.m. Fitness 101 6:30 - 8 p.m Support Group	7:30 - 9 a.m. Fitness 101 9 - 10:30 a.m. Support Group	5 - 6:30 p.m. Fitness 101 6:30 - 8 p.m Support Group
January 8	January 19	January 24
February 12	February 16	February 28
March 12	March 16	March 28
April 9	April 20	April 25
May 14	May 18	May 23
June 11	June 15	June 27
July 9	July 20	July 25
August 13	August 17	August 29*
September 10	September 21	September 26
October 8	October 19	October 24
November 12	November 16	November 21*
December 10	December 21	December 26
Borgess Health & Fitness Center 3025 Gull Road Kalamazoo, MI 49048		

\* Please note - schedule change

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

**BORGESS**



**Ascension**



*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.*