

Bronson Athletic Club 269-544-3200  
[www.bronsonhealth.com](http://www.bronsonhealth.com)

| Memberships | Initiation Fee | Monthly Dues                        |
|-------------|----------------|-------------------------------------|
| Individual  | \$199          | \$103                               |
| Family      | \$199          | \$103, \$45, \$19 (13 & under free) |

Borgess Health & Fitness Center 269-552-2304  
[www.fitness.borgess.com](http://www.fitness.borgess.com)

| Memberships         | Initiation Fee         | Monthly Dues               |
|---------------------|------------------------|----------------------------|
| Primary             | \$99                   | Primary - \$55             |
| First Family Member | \$99                   | First Family Member - \$27 |
| Each Additional     | Each Additional - \$50 | Each Additional - \$21     |

Courthouse 269-329-0033  
[www.thecourthouseac.com](http://www.thecourthouseac.com)

| Membership | Initiation Fee                                | Monthly Dues |
|------------|---|--------------|
| One year   | \$25 if sign for 1 year (normal cost is \$50) | \$19.95      |

Portage Family Fitness 269-329-9000  
[www.familyfitnessportage.com](http://www.familyfitnessportage.com) We are waiting for the 2014 rates

| Memberships | Initiation Fee | Monthly Dues            |
|-------------|----------------|-------------------------|
| N/A         | N/A            | Basic Membership - \$15 |

SWAT 269-544-5000  
[www.swatfitnessclub.com](http://www.swatfitnessclub.com) We are waiting for the 2014 rates

| Memberships | Initiation Fee         | Monthly Dues |
|-------------|------------------------|--------------|
| Single      | \$50.00 (regular \$99) | \$39.00      |
| Couple      | \$50.00                | \$59.00      |
| Family      | \$100.00               | \$79.00      |

West Hills Athletic

269-387-0410

[www.westhillsathletic.com](http://www.westhillsathletic.com)

| Memberships     | Initiation Fee                    | Monthly Dues   |
|-----------------|-----------------------------------|--|
| 12 month option | -one month free no initiation fee | Individual - \$44<br>Couples - \$72<br>Single Parent - \$63<br>Family - \$91 |
| Month to month  | -no initiation fee                | Individual - \$49<br>Couples - \$77<br>Single Parent - \$68<br>Family - \$96 |

YMCA

269-324-9622

[www.kzooyymca.org](http://www.kzooyymca.org)Maple Street/Center Street Locations- **We are waiting for the 2014 rates**

| Memberships | Initiation Fee | Monthly Dues   |
|-------------|----------------|--|
| N/A         | \$75           | Individual - \$47<br>Single Parent - \$59<br>Family - \$75 |

Lightning Kicks

269-383-2610

[www.lightningkicks.com](http://www.lightningkicks.com)

| Memberships | Initiation Fee | Monthly Dues   |
|-------------|----------------|--|
| N/A         |                | 15% off regular programs (Not including discounted part-time programs). You will need proof of employment (paystub etc.) to receive this discount. |

Fit For Life Boot Camp

269-743-7742

[www.fitforlifebc.com](http://www.fitforlifebc.com)

| Memberships             | Initiation Fee | Monthly Dues |
|-------------------------|----------------|--------------|
| Group Boot Camp Classes | N/A            | \$89         |

The Fitness Spot

269-344-3845

[www.the-fitness-spot.com](http://www.the-fitness-spot.com)

| Memberships    | Initiation Fee | Monthly Dues                      |
|----------------|----------------|-----------------------------------|
| 8 week program |                | \$125 (\$25 discount for 8 weeks) |

This program includes 8 weeks of fitness classes as well as nutritional counseling. You can attend as many fitness classes per week as you want at our facility for 8 weeks. You will also meet once a week with our nutrition counselor to adjust your food intake as needed to make sure your body is burning fat. By the end of the program, you will have eliminated foods that cause weight gain, gained lean muscle and taught your body to burn fat for fuel which leads to significant body change.

Anytime Fitness

See Below for Phone #'s

[www.anytimefitness.com/gyms/1637/kalamazoo-mi-49009](http://www.anytimefitness.com/gyms/1637/kalamazoo-mi-49009)

| Memberships | Initiation Fee    | Monthly Dues           |
|-------------|-------------------|------------------------|
| Any         | 1 week free trial | 10% off any membership |

**Two Locations in the Kalamazoo area: You can also use the facilities of any Anytime Fitness nationwide.**

Anytime Fitness  
283 West Centre Ave  
Portage, MI  
269.270.3165

Anytime Fitness  
6980 Stadium Drive  
Kalamazoo, MI  
269.365.9855

Just Move Fitness and More

269-425-2387

[www.justmovefit.com](http://www.justmovefit.com)

| Memberships | Initiation Fee | Monthly Dues  |
|-------------|----------------|---|
| Punch Cards |                | 6 classes for \$36<br>18 classes for \$90<br>Monthly unlimited \$45 |

\*\*See Flyer for more information