

BORGESS Health and Fitness Center Features:

Finally FIT

Are you ready to make a lifestyle change?



This program will offer you...

A choice between a 6, 8, or 12 week guided program.

1 on 1 personal training 3 times a week.

Nutrition Consults

Pre and Post Goal Setting

Pre and Post Body Composition

Pre and Post Circumference Measurements

Individualized Attention to make sure you reach your goals.

Borgess Health and Fitness
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