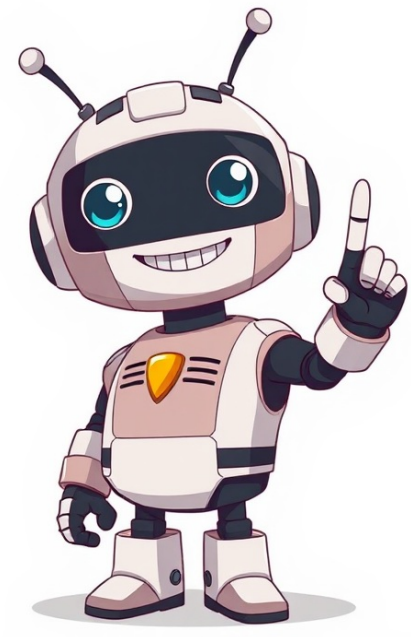


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EVERYBODY IN THE POOL!Recover from your workout or workday in Forums 60 pool and spacious hot tub.Join in on one of our Aqua exercise classes or just do your own thing. Our 5 lane pool has room for everything with 2 lanes always open for lap swimming even during the classes. Water temperature is kept at a comfortable 83-84 degrees.The spacious hot tub affords our members plenty of room to stretch out without worrying about disturbing other bathers. Relax those tense muscles and relieve stress after a long day.Click here for more Swimming Lessons Information STEAM ROOM vs. DRY SAUNASteam rooms are similar to saunas. You sit in a small heated room, and both are said to benefit your health. The big difference is in the type of heat that they provide.A sauna uses dry heat, usually from hot rocks or a closed stove. Steam rooms are heated by steam from a generator filled with boiling water.Steam rooms, also known as wet saunas, are designed to maintain humidity between 95% and 100%. The high humidity is vital to their unique health benefits, but research on its benefits is limited.Instead, most studies focus on the health benefits of dry saunas, which typically have 5% to 10% humidity.Despite this, its suggested that wet and dry saunas offer similar benefits, such as:CLEARs CONGESTIONClearing congestion is perhaps the benefit most people associate with steam rooms. Anecdotal claims often credit steam with relieving:1. Stuffy Nose2. Headache3. Throat Irritation4. CoughSteam rooms create an environment that warms the mucous membrane and encourages deep breathing. Using one can help break up congestion in your sinuses and lungs, at least temporarily.REDUCES INFLAMMATIONSteam rooms alone cannot treat severe conditions, but researchers generally agree that thermal therapy can help reduce systemic inflammation.This is a significant benefit, as inflammation is linked to a range of conditions, including:1. Stroke2. Respiratory Disease3. Heart Disorders4. Cancer5. Obesity6. DiabetesOTHER BENEFITS INCLUDE:1. Promotes Skin Health2. Helps Support Workout Recovery3. Loosens Stiff Joints4. Burns Calories5. Promotes Cardiovascular Health SWIM LESSONSGroup Lessons \$79Swim lessons are set up by monthly sessions beginning on the 1st of every month.In order to guarantee class times and days students should be signed up and paid 7 days prior to the session start date (unpaid class spots can NOT be reserved). Mid month signup may be available to new students if space is available in an ongoing class.Late registration for new students will be prorated accordingly for the 1st monthAutomatic Installment Billing PolicyFor your convenience payment for lessons can be set up for automatic monthly billing.We will charge your credit or debit card the 1st of each month.Lessons CancellationsTo opt out of the next months session and avoid the billing, a cancellation form can be submitted any time during the session but MUST be submitted 7 days prior to the start of the next session. If you stop a class after the month begins, you will not receive credits and/or refunds.Make Up ClassesWhile make up classes are not guaranteed, it may be possible if there is an open spot in another class, in the same session, a make up could be arranged, but again NO GUARANTEE.Please note that no allowances will be made for holidays and some sessions will have 4 lessons and some will have 5 based on the calendar month. Over a period of 2-3 months, this will balance itself out.Swim Classes are taught in our state-of-the-art indoor heated pool. It's warm and comfortable for our swimmers. Our instructors are Red Cross ( W.S.I.) certified, with many years of experience.Private lessons for adults and kids are also available.Questions? Contact us at Aquatics@ForumFitnessCenter.com Kids of ALL Ages Love The Forum...Aqua-Toddler (6 mo to 3 yrs)A parent (or other adult) accompanies each child in the pool. Parents introduce their children to the water and swimming through songs/games. Children learn to fully submerge and "prone" float with breaths held.Level IAqua-Tot (3 yrs to 5 yrs)This class is designed for the reluctant, fearful or "first time" swimmer and is designed to increase the swimmer's confidence and comfort in the water. Skills include kicking, supported front and back float, holding breath while under water, jumping into pool.Level IIAqua-Tot (3 yrs and up)Students should be able to submerge and hold their breath for 5 seconds as a prerequisite for this class. Students begin basic arm and leg movements for swimming, safe entry and exits from a pool.Level IIIAqua-kids (4 yrs & up)Students should be able to float and propel themselves unassisted on their front (prone) and back to enroll in this class. In this class the child is introduced to the front crawl and backstroke as well as treading water. Breaststroke kick is introduced as well as swim techniques for swimming underwater.Level IVAqua-kids (5 yrs & up)Students must be able to tread water for at least 30 seconds and swim at least 25 yards (one pool length), using a front crawl and backstroke to enroll in this class. Advanced stroke techniques and conditioning are taught like "rotary breathing" and more advanced strokes like breaststroke and sidestroke are introduced. Components of butterfly, head first diving and competitive swimming skills (i.e. flip turns) are also introduced in this class. I went for my second workout tonight. I'm very happy that the gal was so helpful because I forgot what she taught us last week as a group. I must say that she made me feel really special since I forgot how to use the machines. If she hadn't been there, I'm sure I would have gone back home and cancelled my membership. Most of my friends live in Livonia, but I will encourage them to consider the Forum.Only about four weeks after I joined Forum Fitness and began my ActivTrax program (13 workouts), I've already seen signs of significant improvement in my strength and health. For many years, I've done hard, physical labor in my yard during the summer, in part for the benefits of the exercise. But this summer, I've found my usual yard work more tiring than in the past (I'm now age 69), and I couldn't do as much in any given day. But last week, between workouts at Forum Fitness, I did an entire day of strenuous work in my yard (mowing with a pushmower, edging, clipping and weeding the garden) and never felt tired at all! Clearly, my strength and endurance are already much improved. Thanks, Forum Fitness!I cannot begin to tell you how happy and excited I am each day about working out since I've joined your Fitness Center. Thanks for the e-mail and happiness and good health to U! The club has come a long way from when you took it over. It's a wonderful health club that I feel rivals others in the area.Love it. Was going to quit until you took it over. The improvement was immediate. I love that I can come in and work out and not be judged. Everyone is really helpful.I do like the staff and the classes. I would like to have a Thai Chi class on Tues or Thurs night. I like the music in the early morning(6AM) when I am there. I also like it that your hours of service are convenient for my schedule.Like it, good atmosphere that doesn't seem to pressure u. A Vesaclimber would be awesome for the cardio though. Buckhead Single Visit\$20.00Buy Now Welcome to our friends in Westland, Livonia, Garden City and surrounding areas.Whether you're looking to tone up, lose weight or just look and feel your best, Forum Fitness Center has everything you need to reach your goals and have fun on the journey.All Value Pack Memberships Include: Unlimited Group Fitness Classes - FREE!Personalized Exercise Program - FREE!Unlimited Tanning - FREE!Buddy Privileges - FREE!Indoor Walking/Running Track - FREE!160' Indoor Pool - FREE! If you're looking for more than just a room full of equipment, you owe it to yourself to visit The Forum.Get Discount Coupon for our current special and BEST deal! Our trainers are highly trained professionals dedicatedto helping our members with their fitness goals. We are located at Halcyon in Forsyth County. Find us next to WeWork and the parking deck. Park on level 2 for a easy walk straight to our doors. Hours:Monday 5:00AM-9:30PMTuesday 5:00AM-9:30PMWednesday 5:00AM-9:30PMThursday 5:00AM-9:30PMFriday 5:00AM-9:30PMSaturday 7:00AM-7:00PMSunday 7:00AM-7:00PM Phone Number678.904.1940 Ext. 107 Westland's #1 Health Club, Gym, Weight Loss, and Personal Training FacilitiesServing Westland, Garden City, Livonia, Canton, Inkster, Dearborn Heights and Surrounding AreasPrivacy Policy | Terms & ConditionsWelcome to our friends in Westland, Livonia, Garden City and surrounding areas.Whether you're looking to tone up, lose weight or just look and feel your best, Forum Fitness Center has everything you need to reach your goals and have fun on the journey.All Value Pack Memberships Include: Unlimited Group Fitness Classes - FREE!Personalized Exercise Program - FREE!Unlimited Tanning - FREE!Buddy Privileges - FREE!Indoor Walking/Running Track - FREE!160' Indoor Pool - FREE! If you're looking for more than just a room full of equipment, you owe it to yourself to visit The Forum.Download your FREE Coupon for our current special and BEST deal!

**Easy exercises for 50 year old woman. Exercise for 50 years old and above. Daily exercise for 50 year old woman. How much exercise should a 50 year old woman get. What exercises are good for 50 year old woman. Gym for older. Workout for 59 year old woman. Daily workout for 50 year old woman. Exercise for 50 year old woman. Workout for 50 year old woman at home.**

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