

Buchanan's Own Fitness Facility Grand Opening

June 2nd, 2 - 6 pm

Redbud Fitness & Lifestyle Center's Grand Opening includes 3:00 p.m. Ribbon Cutting Ceremony, plus live music, building tours, fun, food and giveaways

BUCHANAN, MICHIGAN, UNITED STATES, May 30, 2018 /EINPresswire.com/ -- Buchanan, MI; May 30, 2018 – Redbud Fitness and Lifestyle Center Grand Opening and Ribbon Cutting Ceremony on

Saturday, June 2nd from 2:00 pm to 6:00 pm. Ribbon cutting is scheduled for 3:00 pm. The Grand Opening day activities include live music by The Chippewa Project, as well as demonstrations, building tours, fun, food and giveaways. The public is invited to attend.



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“We’re excited to welcome the people of Michiana to our region’s most comprehensive fitness facility” ”

Teresa Green

Over two years in planning and construction, the 42,500 square foot Redbud Fitness & Lifestyle Center features Life Fitness cardio equipment, Hammer Strength weights and weight equipment, a lap pool, warm water therapy pool, hot tub and cold plunge, saunas, steam rooms, family shower and restroom facilities, a 1/10 mile indoor track, indoor pickleball, plus Redbud Health Services with physical therapy, a registered dietician, and much more. You’ll find additional details on the facility and services here:

<https://www.redbudfitness.com/services>

“We’re excited to welcome the people of Michiana to our region’s most comprehensive fitness facility” said Teresa Green, co-owner and developer of Redbud Fitness. “We designed our facility and programs to help our members live healthier, more balanced lives. Knowing how challenging this can especially be for busy parents, we even have an on-site childcare program.” Details on the childcare program are available here: <https://www.redbudfitness.com/childcare>

Ms. Green continued, “Our members will enjoy access to all amenities of our facility and scheduled Group Exercise Classes, which are included with all Membership levels, at no extra charge. Memberships are going to be limited to comfortable capacity of our facility. We will be monitoring use of the building to make sure we maintain a reasonable balance. Memberships are limited to those 16 years and older although those less than 16 years of age can share in planned Family Activities when accompanied by one of our Members. In addition to our standard amenities and scheduled Group Exercise Classes, we will offer additional small group training courses created to meet specific member needs.” Details on the types and times of the many courses offered at the Redbud Fitness facility are available here: <https://www.redbudfitness.com/calendar>

About Redbud Fitness & Lifestyle Center

Redbud Fitness & Lifestyle Center is the region's most comprehensive facility of its kind, featuring amenities that include Life Fitness cardio equipment, Hammer Strength weights and weight equipment, a lap pool, warm water therapy pool, hot tub and cold plunge, saunas, steam rooms, family shower and restroom facilities, a 1/10 mile indoor track, indoor pickleball, as well as a wide array of scheduled Group Exercise Classes and activities including pickleball, indoor cycling, yoga, plus their onsite Redbud Health Services with physical therapy, health & wellness coaching, nutrition, therapeutic massage. For additional details visit www.redbudfitness.com

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