

# swim university cheat sheet pdf

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## Forum Fitness Center - The Best Gym Near Me In Westland

Dive into year-round fitness and relaxation with open swim, lap lanes, aqua classes in our large heated pool. Recover, unwind, and recharge in the hot tub, sauna, or steam room after your workout.

## Pricing - Forum Fitness Center

Click below to fast-scroll down to the section you want.

## Get ready, get set - [forumfitnesscenter.com](https://forumfitnesscenter.com)

Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss, fitness, and health goals. We're dedicated to providing affordable memberships, swimming, group and personal training for all.

## Karate - Forum Fitness Center

Karate Build confidence, discipline, and strength KARATE CLASS SCHEDULE MONDAY  
WEDNESDAY SATURDAY Karate (Beginners, Yellow & Orange Belts) 6:00 PM - 6:45

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## Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland

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## GROUP FITNESS CALENDAR

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## **Group Fitness Class - Forum Fitness Center**

Simply fill out the form below and then schedule Your FREE intro session on the next page.

## **Member Reviews - [forumfitnesscenter.com](http://forumfitnesscenter.com)**

Explore everything the facility has to offer, including group fitness, aquatics, swim programs, amenities, and more, while getting a feel for the welcoming, no-contract environment.