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Fitness Plus Celebrates First Year with Open House

SEPTEMBER 22ND 2017 BY DEE LOFLIN

Fitness Plus Celebrates First Year with Open House Dexter, Missouri, Fitness Plus Dexter will celebrate its first anniversary with a community open house on Saturday, September 23, 2017 from 9-11 am.

“We are excited to open up Fitness Plus once again and invite the entire community to stop by and experience what we have to offer,” says Nate Watkins, Fitness Plus Dexter Coordinator. “We love Dexter and are excited to help people meet their fitness and health goals.”

Attendees will enjoy group fitness class demonstrations, free one-on-one sessions with personal trainers to discuss fitness and health goals and tours and guests will also receive a free two-day pass to the facility.

In celebration of the anniversary, two flexible fall membership options are available for new members. Join with no annual contract by choosing a month-to-month membership or sign up with no enrollment fee by selecting a 12-month membership.

Saint Francis Medical Center is a 308-bed facility serving more than 713,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis’ major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace,

featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Level III Trauma Center; Cancer Institute; and Fitness Plus.

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