

Parties and Rentals!

Plan your next big event at Fitness Forum Sports and Wellness in Lifeplex. We can host professional meetings, birthday parties, baby showers, family reunions, bridal showers, wedding receptions, holiday parties, or any special occasion you can imagine!

Please contact Allen Renz at
arenzffsw@gmail.com
for more information or to schedule your party.

Hours of operation

Mon-Thurs: 5AM-8PM

Friday: 5AM-6PM

Saturday: 7AM-2PM

Sunday: CLOSED



After Hours Parties are Available*

*After Hours party rates will vary from parties hosted during open hours of operation.

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