



LifePlex at 2855 Miller Drive, Plymouth and Dr. Byron and Mary Holm are pleased to inform members, guests and the community of the reopening of the lap pool and warm water pool in Fitness Forum Sports & Wellness on May 8, 2023. The Holms are again owners of Fitness Forum Sports & Wellness.

"We are looking forward to the future and being able to recruit family practice and specialty physicians and nurse practitioners, reopen urgent care, and invite a variety of paramedical services to LifePlex." it is a blessing when new beginnings become a reality. LifePlex is a Premier Medical Fitness Facility with its origins in 1979 on Center Street in Plymouth. The facility and its mission, offers traditional medical care, ancillary services, and and a plethora of wellness offerings for high-level athletes, post rehabilitation, post cardiac rehab, and improved lifestyles for those with chronic illnesses. "The community has been extremely supportive of the long-term mission 'to enable others to reach their God-given potential'. We are grateful for this support over the past year of unexpected interruptions.

Our staff is ready to serve you."