

Tamarac Wellness Center Achieves Medical Fitness Association Facility Recertification

November 14, 2025, Fremont, MI – Tamarac Wellness Center is pleased to announce that it has achieved its Facility Recertification by the Medical Fitness Association, the country's leading organization dedicated solely to medically integrated wellness and fitness facilities.

This recertification represents a significant continuing commitment, on the part of Tamarac Wellness Center to offer the highest standards of professional expertise and quality programming. Tamarac Wellness Center is here to help members develop and maintain a healthy lifestyle that minimizes the risk of illness and disease and promote overall wellness.

“Earning recertification from the Medical Fitness Association reaffirms what makes Tamarac so special—our focus on helping each member reach their personal wellness goals in a safe, supportive environment,” said Amanda Irwin, Manager of Tamarac Wellness Center. “We’re proud to continue providing a standard of care that goes beyond fitness to whole-person health.”

The Medical Fitness Association's Facility Certification is the first and only certification offered specifically to facilities in the medical fitness industry—an industry that serves over four million members worldwide. Based on the Association's internationally recognized Standards and Guidelines for Medical Fitness Facilities, the certification process involves an in-depth, on-site review of a facility's adherence to a set of prescribed standards and guidelines. The certification process is an integral part of ensuring that facilities provide a high level of quality and safety in the programs and services they deliver in order for them to become fully integrated into the local continuum of healthcare. The Medical Fitness Association Facility Certification is recognized as a mark of excellence in the health and wellness industry.

“As the incidence of chronic disease continues to rise, the need for medical fitness facilities to offer a high standard of programming for the communities they serve is more important than ever,” said David Flench, FACHE, FMFA, President and CEO of the Medical Fitness Association. “Studies have shown that when people maintain an active lifestyle, especially in a safe environment, they reduce the risk of illness down the road. Tamarac Wellness Center has taken an important step in providing this extraordinary level of care.”

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About the Tamarac Wellness Center

Tamarac Wellness Center is much more than an average gym. Tamarac believes fitness is just one of the factors that contribute to a healthier you. We're here to help you improve your health while empowering and educating you in your journey. Whether you're looking for a place to work out, relax in our spa, attend a fitness class, swim, gain knowledge on various health topics or just meet new people while enjoying food at our café, Tamarac has it all.

About the Medical Fitness Association

The Medical Fitness Association (MFA), a non-profit professional membership organization, was formed in 1991 to assist medically integrated health and fitness centers achieve their full potential. MFA provides industry standards, educational programs, certification opportunities, benchmark data, professional development, and networking opportunities for improving operational success and healthcare integration. MFA's vision is to be the leading force in the healthcare and fitness industries dedicated to inspiring and empowering those who seek to deliver the medical fitness model through holistic wellness solutions.



Tamarac Wellness Center staff members celebrate the center's Medical Fitness Association recertification. Pictured are (left to right) Faye Fisher, Community Health Program Specialist, Nina Ohrling, Fitness Specialist, Amanda Irwin, Manager, Emily Powers, Fitness Center Coordinator, and Becky Strayer, Business Coordinator.