



# FERRIS STATE UNIVERSITY

## Racquet and Fitness Center

### Fall 2017 Fitness Classes

#### Session Dates

6 week Sessions

**Fall 1**

**Sep. 11—Oct. 20**

**Fall 2**

**Oct. 23—Dec. 8**

(no class during Thanksgiving week)

#### Full Session Cost

Based on 1 Class per week

Student: \$15

Member: \$21

Non-Member: \$30

Not sure you want to commit to a whole session? **Just drop in!**

#### Drop-in Cost

Student: \$2.50

Member: \$3.50

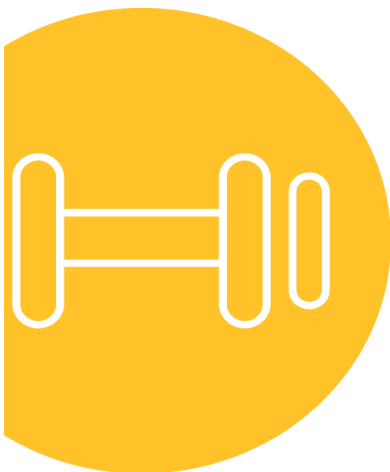
Non-Member: \$5.00



#### Any Questions?

Feel Free to contact the Front Desk at  
**(231)591-2212**

## Try Our New Fitness Classes for **Free!**



	Tue (9/5)	Wed (9/6)	Thur (9/7)
5:30-6pm	Core De Force	Core De Force	
6-6:30pm	Core De Force	Core De Force	
6:30-7pm	Suspension	HIIT	Suspension
7-7:30pm	Suspension	HIIT	Suspension
7:30-8:00pm			
8:00-8:30pm	HIIT		

**Limited room space. Call Today to Reserve Your Spot!**  
**(231) 591-2212**

Find more information about the classes and instructors on the back page.



# Meet Our Instructors

## Faith Austin

Hi everyone! My name is Faith and I am studying Risk Management and Insurance. I love the outdoors, my dog Honey, and working up a sweat! 80 pounds ago I found this program and fell in love with it. I am so excited to share this class with you all! The program is meant to be fun while challenging you. Don't be afraid to try it even if you are a beginner! Every skill level is welcome. Join me to the journey of a new you!

### CORE DE FORCE

CORE DE FORCE is high-intensity, mixed martial arts-inspired workouts designed to slash inches off your waist and carve total-body definition! Although CORE DE FORCE is a high-intensity workout, this does not mean that beginner-level exercisers cannot do CORE DE FORCE. Concentrate on mastering the moves and techniques. As you get stronger, you can crank up the speed and intensity and pretty soon, the moves will feel like second nature and you're well on your way to a knockout body.

It isn't going to be easy, but we will do it together every step of the way and you will be amazed with what you can do! Are you ready to fight for it?



Mon, Tue, Wed, & Thur 5:30-6:30pm

## Teodora Stefanovic

I am a member of women's tennis team at Ferris. I taught different fitness classes in Canada and Serbia since 2010, and I found my passion in health and fitness. I feel more successful when I help my students to reach their goals. My life long love of sports is what sparked my interest in starting my HIIT class this semester. If you are looking for a class that can push you beyond what you think you can do, HIIT is the class you should try. All the moves are modified to fit individual's fitness level.

### HIIT

HIIT is considered to be much more effective than normal cardio because of the fact that you are able to increase both your aerobic and anaerobic endurance while burning more fat than ever before. This Class is focusing on aerobic, anaerobic, muscular endurance and fat burning exercises, with using different kinds of motivating music tunes. The workout instructor will provide you with options so that you work at a level that is right for you!

Mon & Wed 6:30-7:30pm



## Ilona LaRoche

I'm the current student in the Professional Tennis Management program. I love to play and teach tennis, but I also have the passion in fitness. I offered the Suspension Training class in Fall 2016 and Spring 2017. I will continue offer this class for Fall 2017. I'm a certified Personal Trainer from NASM. If you need more guidelines in exercise, weight control, and workout plans, you can set up a training session with me and I will help you to reach your goal. My email: larochi@ferris.edu

### Suspension Training

Suspension training is a form of resistance training refers to an approach to strength training that uses a system of ropes to allow students to work against their own body weight. You can decide how hard you want to push yourself.

Mon & Wed 4-5pm

Tue & Thur 6:30-7:30pm



## Personal Training

### Why do you need a personal trainer?

1. Don't know where to start
2. Not seeing any results
3. Don't like your old workouts or look for a new plan
4. Want to learn how to exercise on your own, so you can workout at home
5. Don't know how hard you can push yourself without getting injured
6. Want to learn how to use equipment and machines effectively
7. Don't know how to exercise with specific illness, injury or condition
8. You want supervision, company and support during workouts
9. You are training for a sport or an event
10. You want someone to check on your results and monitor your progress to reach a long-term goal

### Private Training

Design the workout routines just for you and help you to reach your goal. Providing an assessment in the beginning of the training session and monitoring the customer's progress.

### Cost:

One-on-one training: \$25 per hour

Semi-Private training(2 people): \$35 per hour

**Scheduled by appointment:** (231) 591-2212 or LaRochi@ferris.edu



Focused on you!