

Are you
ready for a

6 WEEK CHALLENGE?

U FIT

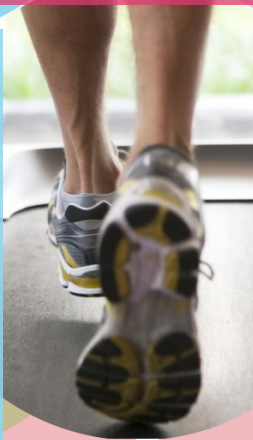
YOUR GOAL IS OUR GOAL!

THE DETAILS:

- Access pass to facility
- Access to any fitness classes
- Nutrition coaching
- Pre, mid, & post assessments
- Introduction breakfast
- FB group for community
- Locker use
- Weight machine intro session
- Progress monitoring

THE COST:

- Members—\$90
- Non-members—\$150



**COMMIT TO CLEAN EATING
AND CONSISTENT EXERCISE
FOR 6 WEEKS AND SEE HOW
QUICKLY YOUR BODY (AND
MIND) CAN TRANSFORM INTO
A LEANER, MORE FIT U!**



**MARCH 5
to
MAY 1**

**Space is
limited!**



 **FERRIS STATE
UNIVERSITY**

Racquet and Fitness Center

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