



# FERRIS STATE UNIVERSITY

## Racquet and Fitness Center

### Summer 2018 Fitness Classes

#### Session Dates

May 14—June 25

#### Bulldog Fit with Ali

**Mon, Wed, Fri 6:15-7:15am**

This total body circuit training class combines various training styles while using a wide range of equipment to ensure you get a great workout that your mind and body don't get used to. Fire up your metabolism with these cardio, strength, plyometric, and core training stations. Modifications for all fitness levels are provided.



#### Questions?

Contact the  
Front Desk  
**(231) 591-2212**

#### 6 Week Summer Special

1 Class per week

Member: \$15

Non-member: \$25

Not able to commit  
to a whole session?

**Just drop in!**

**Drop-in Cost**

Member: \$3

Non-member: \$5

### Running/Walking Group

#### Session Dates

May 22—August 21

**Tuesdays 6:15-7:15am**

Meet at Crossroads Charter Academy track for an interval training workout. This is a **FREE** workout that is open to the community. All levels of walkers and runners are invited to gather and get active together.

#### Want to join?

Contact Ali at 231-591-2217  
or [alimolnar@ferris.edu](mailto:alimolnar@ferris.edu)

### Summer Fitness Punch Card

Our **NEW 10 punch fitness card** allows you to access the facility (weight room, sauna, showers, day locker use, aerobic room) and any fitness classes around your schedule.

Members: \$27.50

Non-members: \$46

**Available for sale on 5/14.**

This card is good for 5/14-8/26.

Non-transferable and  
non-refundable.

