

Are you ready for the 6 week challenge?

SUMMER U FIT



**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!**

7/9 - 8/17

**TURN UP
THE HEAT!**



**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—\$72
Non-members—\$120

Spaces fill quickly—call today!



Racquet and Fitness Center

For more information, contact Ali:
alimolnar@ferris.edu P: 231-591-2217

FB: FerrisRQT

<http://ferrisracquetandfitness.com>

14342 Northland Dr.