



FERRIS STATE UNIVERSITY

Racquet and Fitness Center

Summer 2018 Fitness Classes

Session Dates

May 14—June 25

July 9—August 17

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

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.

