Session Dates
6 Week Sessions
Winter
January 22—March 2
Spring
March 12—April 27
(No Classes March 26-30)
All classes are 60 minutes!

6 Week Session Cost
1 Class per week
Member: $18
Non-member: $30

Not able to commit to a whole session?
Just drop in!
Drop-in Cost
Member: $3
Non-member: $5

Try Our Fitness Classes for Free!

<table>
<thead>
<tr>
<th>Time</th>
<th>Tue (1/16)</th>
<th>Wed (1/17)</th>
<th>Thur (1/18)</th>
<th>Fri (1/19)</th>
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</thead>
<tbody>
<tr>
<td>6:15-6:45am</td>
<td>Bulldog Cardio</td>
<td>Bulldog Fit</td>
<td>Bulldog Cardio</td>
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<tr>
<td>6:45-7:15am</td>
<td>Bulldog Cardio</td>
<td>Bulldog Fit</td>
<td>Bulldog Cardio</td>
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<td>5:30-6:00pm</td>
<td>Bulldog Fit</td>
<td>Bulldog Cardio</td>
<td>Bulldog Fit</td>
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<tr>
<td>6:00-6:30pm</td>
<td>Bulldog Fit</td>
<td>Bulldog Cardio</td>
<td>Bulldog Fit</td>
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<tr>
<td>6:30-7:00pm</td>
<td>HIIT</td>
<td>Core &amp; Flex</td>
<td>HIIT</td>
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<tr>
<td>7:00-7:30pm</td>
<td>HIIT</td>
<td>Core &amp; Flex</td>
<td>HIIT</td>
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<tr>
<td>7:30-8:00pm</td>
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<td>Suspension Training</td>
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<td>8:00-8:30pm</td>
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<td>Suspension Training</td>
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Limited Space Available – Call Today to Reserve Your Spot!
Class descriptions and instructor information on the back.
Meet Our Instructors

**Ali Molnar**
Ali is a Certified Personal Trainer and Group Fitness Instructor with ACE with thousands of hours of hands-on fitness coaching experience over the past 10+ years. She is also a CrossFit Level 1 Trainer and certified RRCA Running Coach. Ali was a collegiate swimmer who transitioned into competing in running and triathlon events. Ali teaches the Core & Flex, Bulldog Fit and some of the Bulldog Cardio classes. She is also available for personal training sessions.

**Faith Austin**
Faith is currently studying Risk Management and Insurance. She loves the outdoors, her dog Honey, and working up a sweat! Faith fell in love with fitness through a group fitness program called Core de Force, which resulted in her losing 80 pounds. She will encourage you to get moving on your own fitness journey! Faith teaches some of the Bulldog Cardio classes.

**Ilona LaRoche**
Ilona is a current student in the Professional Tennis Management program. She loves to play and teach tennis, but she also has a passion for fitness which led to her becoming a Certified Personal Trainer with NASM. Ilona teaches the Suspension Training classes and she is available for personal training sessions.

**Teodora Stefanovic**
Teodora is a member of the women’s tennis team. She has been teaching fitness classes in Canada and Serbia since 2010, and has found a passion for health and fitness. Teodora feels most successful when she is able to help her students reach their goals. Teodora teaches the HIIT classes.

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**Bulldog Fit**  Mon, Wed, Fri 6:15am  Tues & Thurs 5:30pm
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.

**Bulldog Cardio**  Tues & Thurs 6:15am  Mon & Wed 5:30pm
Sweat, burn calories and improve coordination with this pure cardio workout. This class will combine all types of cardio from kickboxing to step to plyometric to intervals. Get moving with this fun and fast paced workout. Modifications for all fitness levels are provided.

**Core & Flex**  Mon & Wed 6:30pm
Tone your core and increase your flexibility with this fusion class. Half of the time is focused on core strength and stability, including Pilates style movements and utilizing various equipment. The other half is focused on lengthening muscles, including yoga movements as well as dynamic and static stretching. All fitness levels are welcomed in this combo class. Please bring your own yoga mat.

**HIIT**  Tues & Thurs 6:30pm
HIIT (High Intensity Interval Training) is a total body, heart pumping, aerobic and strength conditioning workout. This class focuses on aerobic, anaerobic, muscular endurance and fat burning exercises to tone your body and increase your endurance. Modifications for all fitness levels are provided.

**Suspension Training**  Mon & Wed 7:30pm
Suspension training bodyweight exercise develops strength, balance, flexibility and core stability all at once. This system of ropes leverages gravity and your body weight to complete 100’s of exercises. You’re in control of how much you want to challenge yourself on each exercise by simply adjusting your body position making it great for all fitness levels.

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Please contact Ali at allisonmolnar@ferris.edu or (231) 591-2217 for further information or questions related to personal training or group fitness classes.