

FALL U FIT

**September 10
to
October 19**

**Are you ready for
the 6 week
challenge?**

THE DETAILS:

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

THE COST:

- Continuing U FITters—\$100
- New or Returning U FITters—\$160

Spaces fill quickly—call today!



**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!**

 **FERRIS STATE
UNIVERSITY**

Racquet and Fitness Center

YOUR GOAL IS OUR GOAL!

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