



Racquet and Fitness Center

## Fall 2018 Fitness Programs

### 6 Week Session Info

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| <p><b>Fall 1</b><br/>Sept. 10—Oct. 19</p> <p><b>Fall 2</b><br/>Oct. 22—Dec. 7<br/>(No Classes Nov. 19-23)</p> <p><b>1 Class Per Week</b></p> <p>Member: \$20<br/>Non-member: \$40</p> | <p><b>10 Visit Punch Cards</b></p> <p>Member: \$36.50<br/>Non-member: \$73</p> <p><b>Drop-in Cost</b></p> <p>Member: \$4<br/>Non-member: \$8</p> |
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(231) 591-2212 14342 Northland Drive Big Rapids, MI 49307  
www.FerrisRacquetAndFitness.com FB: FerrisRQT

# FITNESS SERVICES OFFERED

## Personal Training

Following a consultation to establish your goals and starting point, your trainer will create a personalized progressive functional fitness workout program, cardio plan, and assist you in establishing healthy nutrition habits. Personal training provides accountability and motivation that will assist you in reaching your goals. One on one and small group training (2-4 individuals) sessions are both available.

## U FIT

Our U FIT program offers a perfect blend of fitness classes and personal coaching. 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! See U FIT flyer for more information.

## Nutrition Coaching

Are you struggling with healthy eating and you need some accountability? We can help! We offer one time coaching and email accountability services.

## Body Composition Assessment

Body composition assessments include obtaining your weight, body fat (bioelectrical impedance & caliper), hydration, BMI, bone mass, muscle mass, body circumference measurements, and pictures.

For questions, scheduling or registration for fitness services, contact Ali at [alimolnar@ferris.edu](mailto:alimolnar@ferris.edu) or 231-591-2217.

# FITNESS CLASSES

## Bulldog Fit

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 won't get used to. Fire up your metabolism with these cardio, strength, plyo and core training stations. All fitness levels welcomed.

## Bulldog Fire

Bulldog Fire is our version of HIIT. This total body, heart pumping, aerobic, anaerobic, and strength conditioning workout will push your limits as your body works up to maximum capacity! All fitness levels welcomed.

## Core & Flex

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 welcomed. Please bring your own yoga mat.

## On Court Cardio

This engaging group fitness class features the heart pumping effects of tennis drills and fun games combined with body weight exercises to ensure the ultimate full body and calorie burning aerobic and anaerobic workout. All ages, abilities, and fitness levels welcomed. No tennis experience needed.

# FALL 2018 FITNESS CLASS SCHEDULE

## Speed & Agility

This class focuses on the form and fundamentals needed to become a better athlete in all sports. Sessions focus on speed drills, agility, functional movement, plyometric and explosive movements. Mondays are for elementary & middle school students. Wednesdays are for adults. High school students are invited to attend Wednesday evenings also.

## Weight Training

This NEW class in our NEW weight room will teach you proper form for standard strength training exercises in addition to how to structure your workout based on your goals. You will develop muscular strength and endurance while challenging every major muscle.

## Yoga

Vinyasa style flowing, dynamic yoga practice that focused on presence by connecting movement with breath. Classes include sun salutations, standing poses, preparing for inversions and arm balances, deep stretching, and pranayama (breath work). This practice will build strength and aid in balance while reducing stress. All fitness levels welcomed. Please bring your own yoga mat.



## Fitness Punch Card

This 10 visit punch card allows you access to the facility and any fitness classes giving you the ability to switch up your fitness classes anytime during the session.

|              | Mondays  | Tuesdays        | Wednesdays   | Thursdays                     | Fridays     |
|--------------|--|-----------------|--|-------------------------------|-------------|
| 6:15-7:15am  | Bulldog Fit  | On Court Cardio | Bulldog Fit  |                               | Bulldog Fit |
| 9:00-10:00am | Bulldog Fit  |                 |  | Weight Training (Weight Room) |             |
| 4:00-5:00pm  | Speed & Agility<br>elementary & middle school<br>students only |                 | Speed & Agility<br>adults<br>(high schoolers welcomed) |                               |             |
| 5:30-6:30pm  | Bulldog Fit  | Bulldog Fire    | Weight Training (Weight Room)                          | Bulldog Fire                  |             |
| 6:30-7:30pm  | Core & Flex  | Yoga            | Core & Flex  | On Court Cardio               |             |

## Information You Need To Know

**Attending a new fitness class?** Wear comfortable clothes and athletic shoes. Bring a bottle of water and a sweat towel. Arrive five minutes early so we can help you get situated and answer any questions you may have before class begins.

**Class Cancellation:** If there are less than 6 people registered for a class, the class may be canceled after the second week. If you were registered for the full session, you will be provided a pass for the remainder of classes which can be used toward any other classes.

**Do you frequently attend our fitness classes?** Pick up a **Loyalty Card** at the Front Desk and start earning stamps for every 6 week class you pay for! After seven stamps, turn in your card and be rewarded with one **FREE** 6 week class of your choice!