

SPRING U FIT

Are you ready for the
6 week challenge?

1/28 - 3/10

THE COST:

Continuing U FITters—\$100

New or Returning U FITters—\$160

SPACES FILL QUICKLY!

THE DETAILS:

- Access pass to facility
- Access to any fitness classes
- Nutrition coaching
- Pre, mid, & post assessments
- Introduction meal
- FB group for community
- Weekly challenges
- Team competitions
- Optional locker
- Optional weekly weigh ins
- Weight machine intro session
- Progress monitoring



**COMMIT TO CLEAN
EATING & CONSISTENT
EXERCISE FOR 6 WEEKS
AND SEE HOW QUICKLY
YOUR BODY (AND MIND)
CAN TRANSFORM INTO A
LEANER, MORE FIT U!**

YOUR GOAL IS OUR GOAL!



**FERRIS STATE
UNIVERSITY**

Racquet and Fitness Center

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

FB: FerrisRQT

<http://ferrisracquetandfitness.com>

14342 Northland Dr.