

## Fitness Classes & Pricing

### **Bulldog Fit: M/W/F 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.

#### **10 Visit Punch Card**

Member: \$36.50

Non-member: \$73

#### **Drop-in Cost**

Member: \$4

Non-member: \$8

### **Yoga: M/W 12:15-12:45pm**

#### **Thursdays 6:15-7:15am**

Vinyasa style flowing, dynamic yoga practice that focuses on presence by connecting movement with breath. Classes include sun salutations, standing poses, 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.

#### **Yoga Summer Special\***

Member: **FREE**

Non-member: \$40

\*Access to 20+ yoga classes throughout summer. Minor schedule changes at instructor's discretion.

#### **Drop-in Cost**

Member: **FREE**

Non-member: \$4

## Running/Walking Group

### **Session Dates**

May 21—August 13

### **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](mailto:alimolnar@ferris.edu)

