

SUMMER U FIT

Are you ready for
the 6 week
challenge?

5/20 - 6/28

THE COST:

Continuing U FITters: \$75

New or Returning U FITters: \$120

SPACES FILL QUICKLY!

THE DETAILS:

- Access pass to facility
- Access to all fitness classes
- Weekly nutrition coaching
- Pre, mid, & post assessments
- Weight machine intro session
- Optional weekly weigh ins
- FB group for community
- Introduction meal
- Weekly challenges
- Optional locker
- 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!

2018 Total Loss
Total Pounds: 183 lbs
Total Inches: 161.625"



Help break these
records in 2019!



FERRIS STATE
UNIVERSITY

Racquet and Fitness Center

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