

Adult Fitness & Tennis Fall 2019

Fall 1
9/2—10/11



Fall 2
10/14—11/22

For questions, scheduling or registration for:

[Fitness Services](#)

Contact Ali at alimolnar@ferris.edu or 231-591-2217

[Tennis Services](#)

Contact Lee at leecornelius@ferris.edu or 231-591-2214

(231) 591-2212

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www.FerrisRacquetAndFitness.com

FB: FerrisRQT IG: Ferris_RQT

RQT SERVICES

U FIT

Continuing: \$100 New or Returning: \$160

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!

Personal Training

Contact Ali for more info

(contact info on front of flyer)

Following a consultation to establish your goals and starting point, your trainer will create a personalized progressive workout program 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 & small group training (2-4 individuals) sessions available.

Nutrition Coaching

Contact Ali for more info

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

Body Composition Assessment

Contact Ali

for more info

Body composition assessment includes obtaining your weight, body fat, hydration, BMI, bone mass, muscle mass, body circumference measurements, and pictures.

Tennis Private Lessons

Contact Lee for more info

(contact info on front of flyer)

Bring your game to another level with a private lesson from one of our great teaching professionals! We also can set up customized group training, team practice, camps, or lessons to better fit your schedule and your needs. Lessons can be tailored for any areas your group wants to work on.

TENNIS CLASSES

Adult Beginner

Members: FREE

Non-members: \$8 drop in or \$40/session

Learn tennis quickly! Get started with fun drills and simple instruction. Our professionals will teach the basics to get you up and playing in no time. Racquets will be provided for class.

Amazing Doubles

Members: \$11 drop in or \$60/session

Non-members: \$15 drop in or \$78/session

This class seeks to balance the social, strategic, and shot variety in doubles with fast paced drills. This class is geared towards intermediate-experienced players looking to progress their court positioning, teamwork, strategies, and shot selection. The first half of this class is instruction and drill based while the second half is doubles play to implement what was learned.

Round Robin

Members: \$11 drop in

Non-members: \$15 drop in

Players wanted! Come join our weekly doubles, mixed doubles, and singles match play. Our professionals oversee and organize this group of intermediate-experienced players so that all participants have a positive and competitive experience.

Adult Drop-In

Members: \$10 drop in

Non-members: \$15 drop in

Tennis League

Ideal for those interested in playing recreational tennis with a variety of partners and opponents in doubles format. Our professionals will assist in organizing players, facilitating rotations, or playing in as needed.

Pickleball

\$5 cash paid to group leader

Drop-In League

This league is run by the Big Rapids Pickleball Group. Paddles are available and instruction is provided for beginners. Come to learn and play. Contact group leader, Gary Lenon, for more information at absea77@yahoo.com.

FITNESS & TENNIS SCHEDULE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:15-7:15am	Bulldog Fit		Bulldog Fit	Yoga	Bulldog Fit
10:00am-12:00pm	Adult Drop-In Tennis League (Starting 9/30)				Adult Drop-In Tennis League (Starting 9/30)
12:15-12:45pm	Yoga (FREE for members)		Yoga (FREE for members)		Yoga (FREE for members)
5:00-7:00pm	Pickleball League (Starting 10/1)	Pickleball League (Ending 9/30)	Pickleball League (Starting 10/1)	Pickleball League (Ending 9/30)	
5:30-6:30pm	Bulldog Fit	Bulldog Mix (Session 2 Only)	FREE Run/Walk Group		
6:30-7:30pm	Core & Flex	Adult Beginner Tennis (FREE for members)	Yoga	Adult Beginner Tennis (FREE for members)	
6:30-8:00pm		Round Robin		Round Robin	
7:00-8:30pm	Amazing Doubles		Amazing Doubles		

Information You Need To Know

Attending a new class? Wear comfortable clothes and athletic shoes. Bring a bottle of water and a sweat towel. Arrive 5-10 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 within the semester.

Do you frequently attend our classes? Pick up a **Fitness 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 fitness class** of your choice!

Want more flexibility with attending classes? The 10 visit punch card allows you to attend any fitness classes giving you the ability to switch up your fitness classes anytime during the session. Once you have used all 10 punches, turn your card in at the front desk for a **FREE fitness pass**, which allows entrance to one free fitness class of your choice within the semester!

FREE Run/Walk Group

Join us Wednesdays at 5:30pm for a run/walk. We warm up, run/walk, and do some cool down stretching. Distances vary based on speed and abilities, but we make sure everyone has a buddy to run or walk with. This group is **FREE & OPEN TO ALL!**

FITNESS CLASSES

Bulldog Fit

Members: \$4 drop in or \$20/session

Non-members: \$8 drop in or \$40/session

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 Mix

Members: \$4 drop in or \$20/session

Non-members: \$8 drop in or \$40/session

The first half of this combo class gets your heart pumping with low and high intensity cardio movements. The second half is focused on core work and finishes with static stretching. All fitness levels welcomed. Offered session 2 only.

Core & Flex

Members: \$4 drop in or \$20/session

Non-members: \$8 drop in or \$40/session

Tone your core and increase your flexibility with this fusion class. Half of the time is focused on core strength and stability 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.

Yoga

Members: \$4 drop in or \$20/session

Non-members: \$8 drop in or \$40/session

Vinyasa style flowing, dynamic yoga practice that focuses 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. **The 12:15-12:45PM class is FREE to all members while non-members pay \$4 drop in or \$20/session.**