

FALL U FIT

*Are you ready for
the 6 week
challenge?*

9/3 - 10/11

THE COST:

Continuing U FITters: \$100

New or Returning U FITters: \$160

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 AND
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

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

FB: FerrisRQT IG: Ferris_RQT
<http://ferrisracquetandfitness.com>

14342 Northland Dr.