

# SPRING U FIT

*Are you ready for  
the 6 week  
challenge?*

**1/27 - 3/8**

## 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 via email
- Pre, mid, & post assessments
- Introduction meal
- Weekly challenges
- Progress monitoring
- Optional locker
- Optional weekly weigh ins
- Optional midsession group gatherings
- Biggest Loser Prize
- Weekly Challenge Winner Prize



**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!**

**2018-2019 Totals  
Pounds Lost: 335 lbs  
Inches Lost: 286.25"**



**Help us grow these  
numbers in 2020!**

**FERRIS STATE UNIVERSITY**

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**RACQUET AND FITNESS CENTER** <http://ferrisracquetandfitness.com>

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