

# FERRIS STATE UNIVERSITY

RACQUET AND FITNESS CENTER

## Adult Fitness & Tennis Spring 2020

Spring 1  
1/27—3/6



Spring 2  
3/16—5/1

FREE try-out week January 20-24 for ALL fitness classes and Adult Pickleball Clinic!

For questions, scheduling or registration for:

[Fitness Services](#)

Contact Ali at [alimolnar@ferris.edu](mailto:alimolnar@ferris.edu) or 231-591-2217

[Tennis Services](#)

Contact Lee at [leecornelius@ferris.edu](mailto:leecornelius@ferris.edu) or 231-591-2214

(231) 591-2212

14342 Northland Drive Big Rapids, MI 49307

[www.FerrisRacquetAndFitness.com](http://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

## Round Robin

Members: \$10 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.

## Adult Pickleball

Members: \$7 drop in or \$36/session (1 day/wk)  
Non-members: \$9 drop in or \$46/session

Pickleball is a fun sport that combines elements of tennis, badminton, and ping-pong. It is the fastest growing paddle sport in the US! Students will learn the basic strokes and scoring system. The Pickleball court is small and the ball bounces slowly, so anyone can play in the first class! Bring your tennis/gym shoes and we will provide the paddles and fun!



## BR Pickleball

## Drop-In League

\$5 cash paid to group leader

This league is run by the Big Rapids Pickleball Group. Paddles are available and instruction is provided for beginners. Come to learn and play. For more information, please contact either the evening coordinator, Gary Lenon at [absea77@yahoo.com](mailto:absea77@yahoo.com) or the morning coordinator, Jerry Garner at [c21jgarner@aol.com](mailto:c21jgarner@aol.com).

# FITNESS & TENNIS SCHEDULE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:15-7:15am	Bulldog Fit	Bulldog Cardio	Bulldog Fit	Yoga	Bulldog Fit
8:00-10:00am					Pickleball League
10:00am-12:00pm	Adult Drop-In Tennis League				Adult Drop-In Tennis League
12:15-12:45pm	Yoga (FREE for members)		Yoga (FREE for members)		Yoga (FREE for members)
5:00-7:00pm	Pickleball League		Pickleball League		
5:30-6:30pm		FREE Run/Walk Group (Starts 3/17) Adult Pickleball		Bulldog Fit Adult Pickleball	
6:30-7:30pm		Yoga	Bulldog Fire		
6:30-8:00pm		Round Robin		Round Robin	

## 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.

**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 Tuesdays 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!** Group will meet beginning March 17.



# FITNESS CLASSES

## Bulldog Cardio

Members: \$4 drop in or \$20/session (1 day/wk)  
Non-members: \$8 drop in or \$40/session

Get your heart pumping with these high intensity cardio movements. All fitness levels welcomed.

## Bulldog Fire

Members: \$4 drop in or \$20/session (1 day/wk)  
Non-members: \$8 drop in or \$40/session

Bulldog Fire is our version of HIIT. This total body, heart pumping, aerobic, anaerobic, and strength conditioning workout will push your limits as your body works up to maximum capacity! All fitness levels welcomed.

## Bulldog Fit

Members: \$4 drop in or \$20/session (1 day/wk)  
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. All fitness levels welcomed.



## Yoga

Members: \$4 drop in or \$20/session (1 day/wk)  
Non-members: \$8 drop in or \$40/session

Vinyasa style of Hatha yoga focused on strength and heat-building sequences linking the breath with movement while also incorporating balance and stretching poses. 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.**