

Fitness Center Newsletter

April Programs

ROW-RIDE-RUN

[April 3rd-April 21st]

We are doing our annual Indoor Triathlon with a *Sprint* and *Distance* option. You must choose one option (Sprint or Distance) for the entire Triathlon.

April 3rd -7th Row

Row on Concept 2 Rower
Sprint: 1,000m Row
Distance: 2,000m Row

April 10th-14th Ride

Expresso Bike Courses
Sprint: 2.9 Miles on Lost Trail Course
Distance: 5 Miles on Dragon Fire Course

April 17th-21st Run

Run/Walk on the Treadmill (No Incline/Decline)
Sprint: 1-Mile
Distance: 2-Miles

Stress Less & Mental Health Awareness Week

[April 24th-27th]

The last two weeks of April will be about “de-stressing” before finals! **April 18th** there will be Dodgeball at the Dome. In the Fitness Center from **April 24th-27th** we’ll have handouts for ways to manage stress, how exercise can help with stress and staff members from the Counseling department will be here to speak with members and handout resources:

Monday: 10AM-12PM

Tuesday: 11:30AM-1:30PM

Wednesday: 11:00AM-1:30PM

Thursday: 12:30PM-1:30PM

News at the Dome

On **March 22nd** we had the St. Joe’s Sports Dome Grand Opening!



Ocelot Café Now Open

Healthy options are available at the Sports Dome week nights and during the weekend.



April 18th 11-12:30 PM

Dodgeball game run by Student Activities as a part of their Stress Less Week.

Important Dates to Remember:

- [April Indoor Triathlon](#)
April 3rd-April 21st
- [Mental Health Week](#)
April 24th–27th
- [Last Day of Class](#)
Monday May 1st
- [Entire Month of May](#)
Mental Health Awareness Month

Health Article: What to do when you don’t like vegetables.

Article Link:

<http://www.precisionnutrition.com/dont-like-vegetables>

We know vegetables are good for us, but what do we do if we don’t like them?

Did you know “veggie-phobia is coded into our DNA!”

Read the article attached to learn 3 steps to really love your veggies and see the infographic at the bottom of the article to learn vegetable pairings and different cooking methods.



Schoolcraft College

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Phil Timm

On-Call Professional Staff Member

Hometown:
Garden City, MI

Education:
B.S. Kinesiology,
University of Michigan,
M.S. Adapted
Physical Education,
Eastern Michigan
University

Exercise Favorites:
Strength Training & Athletic Performance

Fun Fact:
Weighed 1lb, 12 oz. at birth & won a free lifetime
pass to Disneyworld as a kid as their millionth
customer during their birthday celebration



Joey Paz

Student Staff Member

Hometown:
Canton, MI

Education Interests:
Physical Therapy

Exercise Favorites:
Weight Training and
Running Short
Distances

Fun Fact:
Has ran four 5K's in his



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Commit to Get Fit Challenge Recap

For our follow-up assessments for the Commit to Get Fit program we had 50 members complete their follow-up testing and 20 members did their first assessment! We had over 80 choose to receive our weekly emails with fitness and nutrition information.

Easter Weekend Hours



Hours will slightly change for the holiday weekend. The schedule will be as follows:
Friday April 14th: 5:30AM-7:30PM (Closing early)
Saturday April 15th: 7AM-1PM (Closing early)
Sunday April 16th: CLOSED

Bracket Buster Challenge Winners

NCAA Tournament Winners

Round 1 Winner: Carlos Rivas

Round 2 Winner: Erlin Guri

Round 3 Winners: Curt Schlachter,
Cameron Basila, Dyche Anderson &
Youssef Doumbouya (4-way tie!)

Round 4 Winner: Katie Stevens

Round 5 Winner: 6-way tie!

Top 3 Winners:

1st Place: Katie Stevens (133 points)

2nd Place: Greg Colling (119 points)

3rd Place: Billy Smythe and
Jack Watson (117 points)

Spring/Summer Court Rentals:

Just a reminder that semester long (May8th-August 10th) court reservations can be made at the Fitness Center Front Desk from:

[April 3rd-7th anytime between 9AM-7PM](#)

You may pick up roster sheets at the Fitness Center Front Desk one week prior to registration.

Must Bring: Roster of players and 1 payment for the whole team.

Please see Front Desk for additional questions.



**Thank you
for your
participation!**

