

Fitness Center Newsletter

FIELD DAY

@ St. Joe's Sports Dome

Thursday April 19th 1-4 PM

BRING YOUR FRIENDS

MULTIPLE EVENTS

WIN PRIZES



Dizzy Kick
Tug of War
Volleyball
Egg Races
and more!



Bracket Buster Challenge Winners:

Carlos Rivas

Phil Timm

Lailah Muscat

Curt Schlachter



Ocelot Café

Hours:

Monday-Friday
4:00-8:30 pm

Saturday-Sunday
9:00am-4:30pm

Enjoy healthy meal options including protein packed smoothies, salads, wraps and more!



Important Dates to Remember:

- Free Fitness Assessments
April 9: 6-11am
April 10: 4-8pm
April 11: 11am-3pm
- Field Day @ St. Joe's Sports Dome
April 19: 1-4 PM
- New Hours Begin
Friday May 4th
- Beginning of Spring Semester
Monday May 7th

Health Article: Top 13 Nutrition Lies

Article Link: <https://www.healthline.com/nutrition/top-13-nutrition-lies-that-made-the-world-sick-and-fat#section7>

We hear a lot of changing stories in the news about what is good and bad for us.

Do you think **eggs** are bad?

That a **calorie** is simply a calorie?

Or that **coffee** and **meat** aren't that great for us either?

Take a look at this article to see what other rules have been promoted as bad for us, that may not be so bad after all!



Schoolcraft College

Schoolcraft College

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Free Equipment Orientations

Did you know we offer group orientations to help with our cardio and strength equipment? Check out the times below!

Weekly Equipment Orientation Times:

Monday: 10 AM | Tuesday: 6 PM | Wednesday: 5 PM |
Thursday: 8 AM | Saturday: 11 AM
(Sign Up at the Front Desk)

Berry Protein Smoothie

Ingredients:

- 2 cups fresh spinach
- 2 cups almond milk (unsweetened)
- 1 cup strawberries
- 1 cup blueberries
- 1 banana
- 1/2 cup almonds*

*Soak almonds overnight to make blending easier



Directions:

1. Blend Spinach and Almond Milk until smooth
2. Add remaining fruits, blend, and enjoy! (Makes 2 smoothies!)

Recipe from Simple Green Smoothies

Fitness Center Hours ****New Hours****

Spring/Summer Fitness Center Hours

Monday-Thursday: 5:30AM-9:00PM
Friday: 5:30AM-7:30PM
Saturday: 7:00AM-3:00PM
Sunday: 10:00AM-4:00PM

The new hours for Spring and Summer include closing early on Fridays (7:30PM) and Saturdays (3:00PM) from **May 4th through September 7th**

Memorial Day Weekend Hours:

Saturday May 26th: 7:00AM-1:00PM
Sunday May 27th: CLOSED
Monday May 28th: CLOSED

Free Fitness Assessments

Stop by the Fitness Desk for a Free Assessments:

April 9th: 6-11am
April 10th: 4-8pm
April 11th: 11am-3pm

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