

# Fitness Center Newsletter

## WELCOME BACK STUDENTS!

### Fall Semester 2017

The start of the Fall Semester has begun! This year will be packed full of events and activities, including our Fall Frenzy Expresso Bike national competition, Flash Fitness Challenges, Free Fitness Assessments, and holiday themed challenges!



### MI Fitness Winners:

#### Detroit:

Ramiro Ramirez / Al Qualman  
Annie Wellman / Cathy Hunter

#### Ann Arbor:

Roy Birmingham / Mike Waldyke  
Jacob Fuher / Kathy Anderson

#### Lansing:

Cheryl Hawkins / Elena Cihelka

#### Kalamazoo:

Colleen Pilgrim / John Welsh

#### Grand Rapids:

Keith Sherman / Linda Benko

#### Traverse City:

Richard Singer / Dyché Anderson

#### Mackinaw City:

Tom Shipley / Carol Anderson

#### Marquette:

Bog Go / Diana Weyand



The Ocelot Café will be back in business the week of August 21st!



The tentative hours are Monday-Friday 4:30-8:30 pm. Enjoy healthy meal options including protein packed smoothies, salads, wraps and

### Important Fall Dates to Remember:

- Start of Fall Semester August 28th
- Free Fitness Assessments September 11-14
- Fall Flash Challenges Being September 6th

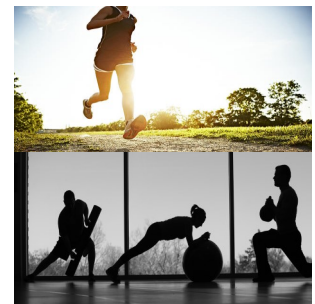
### Health Article: How to stay in shape when you're busy

#### Article Link:

<http://www.precisionnutrition.com/how-to-stay-in-shape-when-youre-busy-infographic>

It is common to spend less time in the gym during the summer because

of vacations, family activities, or spending more time outdoors. Read about the ways to stay in shape when you are busy, and take it one day at a time!



## Schoolcraft College

18600 Haggerty Rd.  
Livonia, MI 48152

Phone: 734-462-4348  
E-mail: SCFitnessCenter@schoolcraft.edu  
Website: schoolcraft.edu/fitnesscenter

Follow us on  
Facebook  
and Instagram!



## Save the Date: Fall Frenzy Begins in October!

Time to defend our title as **NATIONAL CHAMPIONS!**

In 2016, we won the Fall Frenzy Espresso Bike Competition against other colleges and universities. To repeat as champions, we need your dedication, sweat, and commitment to help us ride to victory!

See a manager for the Club/Department form to register!



## Free Assessments & Orientations

The Fitness Center offers both Free Fitness Assessments and Equipment Orientations to all of our members!

### Upcoming Fitness Assessment Dates:

September 11th-14th

November 6th-9th

No Sign-up required, and you keep your results!

### Weekly Equipment Orientation Times:

Monday: 10 AM

Tuesday: 6 PM

Wednesday: 5 PM

Thursday: 8 AM

Saturday 11 AM:

## Fall Fitness Center Hours

We will be moving back to our Fall/Winter Fitness Center Hours starting the week of September 11th. Check the website and our Facebook page for special holiday hours.

**Monday-Friday: 5:30AM-9:00PM**

**Saturday: 7:00AM-5:00PM**

**Sunday: 10:00AM-4:00PM**

### **Labor Day Weekend Hours:**

**Saturday September 2nd: 7am-1pm**

**Sunday September 3rd: CLOSED**

**Monday September 4th: CLOSED**

## Fall Flash Challenges— September Event!

Give us your best shot at the flash challenges!

Rules will be posted, and there will be 6 winners.

9/6: Bar Hang



9/21\*: Plank



9/15: Bench Press Test

9/26: Wall Sit

\*Participate in the Fitness Center or at School Daze from 10-2!

**Winners: 1 Male & 1 Female Age Groups: 17-35, 36-59, 60+**

### Schoolcraft College Board of Trustees

Eric Stempien, Treasurer | William P. Erwin, Jr., Trustee | Joan A. Gebhardt, Trustee

Terry Gilligan, Trustee | Conway A. Jeffress, Ph.D., President

Brian D. Broderick, Chair | Carol M. Strom, Vice Chair | Gretchen Alaniz, Secretary

