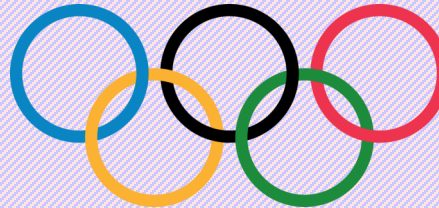


Fitness Center Newsletter

Fitness Center Winter Olympics

Join us as celebrate this year's Winter Olympics with a fitness twist!

- February 19th:** Battle Ropes
- February 20th:** BOSU Balance
- February 21st:** Slide Board Skate
- February 22nd:** REC Day Biathlon



Medal Winners Announced on February 23rd

All participants can enter one raffle ticket per event of participation for the Winter Olympic Prize Pack!



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:

- Fitness Center Olympics
February 19-22
- National Rec Day
February 22
- Mid-Term/Spring Break
February 26-March 2
(Fitness Center Remains open)
- Bracket Buster Challenge
March 13-April 2

Health Article Title: 5 Ways to Shop Healthier

Article Link: <http://www.cookinglight.com/eating-smart/healthy-shopping-tips?cid=2017020&XID=time-health-hub>

“A smart grocery shopping strategy leads to smart eating.” Check out this article from

Cooking Light, to learn easy tips to stay focused up and down the aisles of your grocery store. It is important to have a plan, and do what works best for you, whether that is the pre-chopped veggies or cooked rice, make it work for YOU!



Schoolcraft College

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Website: schoolcraft.edu/fitnesscenter

Follow us on
Facebook
and Instagram!



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)

Recipe: Pan Roasted Pork Chops

Ingredients:

4 bone-in pork chops
Salt, pepper, and Italian spices
2 tbsp. oil
2-3 tbsp. butter
2-3 tbsp. flour
1 cup chicken broth
1 minced garlic clove

Directions:

1. Season pork chops with salt, pepper, and your favorite combination of Italian spices.
2. Preheat oven to 350°
3. Heat an oven safe skillet with 2 tbsp. oil
4. Sear one side of the pork chops on high for 2 minutes, flip, and repeat on other side.
5. Remove pork chops and set aside on a plate.
6. Melt butter in skillet and whisk in flour to create a roux. Cook on medium heat for 2-3 minutes.
7. Slowly add chicken stock while continuing to whisk until a thick sauce forms.
8. Add garlic and return pork chops to pan.
9. Bake for 20-25 minutes.

Fitness Center Hours

Winter Fitness Center Hours

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

Saturday: 7:00AM-5:00PM

Sunday: 10:00AM-4:00PM

Mid-Term Break Hours:

Normal hours will remain February 26th-March 4th
with the following exceptions:

Closing at 7:30PM on Friday 2/23 and Friday 3/2

Easter Holiday Hours

Friday March 30th: 5:30AM-7:30PM (Closing early)

Saturday March 31st: 7:00AM-1PM (Closing early)

Sunday April 1st: CLOSED



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