

Fitness Center Newsletter

COMMIT TO GET FIT 2018

Sign-up for weekly emails on nutrition, exercise, fitness testing and more! Topics include:

- Fitness Testing | Goal Setting | Nutrition Habits
- Fitness Technology | Cardio and Strength Training
- Travel Workouts on the Go | Age Group Training



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!



Fitness Center Winter Olympics

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

February 19th: Battle Ropes

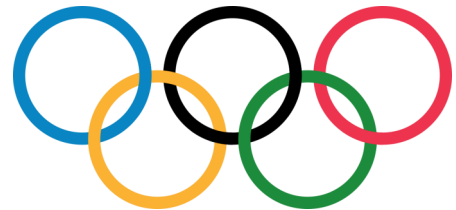
February 20th: BOSU Balance

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!



Important Dates to Remember:

- Commit to Get Fit
January 16-March 26
- Fitness Center Olympics
February 19-22
- National Rec Day
February 22
- Bracket Buster Challenge
March 13-April 2

Health Article Title: All About Fat Loss

Article Link: <https://www.precisionnutrition.com/all-about-fat-loss> Excess fat can negatively affect nearly every facet of life including: decreased mobility, poor emo-

tional health, poor circulatory health, increased risk of strokes, cancers, stress fractures and heart disease. Read what it takes to get on track!



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!



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: Slow Cooker Pot Roast

Ingredients:

- 2-3 lb. Beef/Chuck Roast
- 1 large onion
- 3 stalks of celery chopped to 1 inch pieces
- 3 carrots peeled and chopped
- 2 garlic cloves
- 2-3 cups of beef stock (enough to cover meat halfway)

[Serves 4-6]

Directions:

1. Chop onion, celery, and carrots to 1 inch pieces and add to slow cooker.
2. Add 2 whole cloves of garlic.
3. In a large pan, sear all sides of the roast on high heat (1-2 minutes per side).
4. Add meat to the slow cooker and add beef stock (or water).
5. Set temperature to low for about 6 hours (may take longer for large pieces of meat).
6. Enjoy!

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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