

# Fitness Center Newsletter

Volume 1  
Issue 4

## June Espresso Bike Challenge [June 1<sup>st</sup>-30<sup>th</sup>]



Time to start training to defend our FALL FRENZY title!

Now you get can get rewarded **TWICE** for all of those cardio miles. All you have to do is login to your Espresso account, pick any style of course, and bike away! We will track who has the most miles at the end of the month, and they will win our Prize Pack with our newest items!

### Age Groups for winners:

17-35 / 36-59 / 60+

\*Male and Female Winners

**Any Course. Any Time.  
All Month Long!**

## MI Fitness Destination [May 8th-August 25th]

Our cardio tracker program is going strong here in the Fitness Center. Keep up tracking your miles both inside and outside during this beautiful summer.

### Cities to choose from:

- Detroit (20 Miles)
- Ann Arbor (30 Miles)
- Lansing (77 Miles)
- Kalamazoo (123 Miles)
- Grand Rapids (144 Miles)
- Traverse City (251 Miles)
- Mackinaw City (285 Miles)
- Marquette (450 Miles)

**When you reach Kalamazoo you'll receive a Schoolcraft College Frisbee!**

## News at the St. Joe's Sports Dome

The Legends Volleyball Program is coming to Schoolcraft College as a collaboration with the Legacy Sports Complex, Mercy Elite Performance Training, and St. Joseph Mercy Health System.



For parents with girls in Grades 4-12 interested in learning more, there will be an informational session held Thursday June 29th @ 6PM and Wednesday July 19th @ 6PM in the VisTaTech Center's DiPonio Room.



### Important Dates to Remember:

- Espresso Bike Challenge June 1st-30th
- Start of Summer Semester July 3rd
- MI Fitness Destination Challenge Running now through the end of August!

## Health Article: How to Create the Perfect Meal

### Article Link:

<http://www.precisionnutrition.com/create-the-perfect-meal-infographic>

Another great article from Precision Nutrition about creating the perfect meal. Check the link to see how

to choose the right type of protein, vegetables, healthy fats and smart carbs.

Learn how to visualize appropriate sized portions, and what flavors work well for your foods too!



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## Free Fitness Assessments July 10<sup>th</sup> –13<sup>th</sup>

The second week of July we will be offering FREE  
Fitness Assessments at the Fitness Desk.

See a staff member at any time over those four days, to complete the quick fitness assessment to track your progress.

Tests include *flexibility, body composition, and grip strength!*

## Cauliflower Crust Pizza Recipe

### Ingredients:

1 small to medium head of cauliflower (2-3 c)  
1/4 tsp salt                      1/2 tsp garlic powder  
1/2 tsp dried basil            1/4 c shredded parmesan  
1 egg                                1/2 tsp dried oregano  
1/4 cup mozzarella      Your choice of toppings

### Directions:

1. Preheat oven to 450 degrees.
2. Wash cauliflower and cut the florets to remove stem.
3. Pulse in food processor for about 30 seconds until rice or "snow" like consistency.
4. Place in covered bowl to microwave for 4 min.
5. Once cooled, wrap in dish towel and squeeze out as much water as possible and place in bowl.
6. Add parmesan, mozzarella, salt, basil, oregano, garlic powder and mix well.
7. Add the egg and mix to form a dough.
8. Pat into round thin circle on parchment.
9. Bake for 10-15 minutes, or until golden brown.
10. Remove from oven, and add any cheese or other toppings you choose, and baked for another 5-7 min.

\*Makes one roughly 10 in. pizza.



*Enjoy!*

## Spring/Summer Fitness Center Hours

Just a reminder that our hours are different  
from May 8<sup>th</sup> to August 25<sup>th</sup>:

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

**Friday: 5:30AM-7:30PM**

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

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

## Student Summer Memberships

If you are a current Schoolcraft College student, enrolled in Summer classes, OR are enrolled in Fall classes, your FREE membership begins July 1st.

For non-Schoolcraft College students\*, the summer rates for 2-months (July-August) is just \$30!

\*College ID required at sign-up.

## 4th of July Weekend Hours

Hours will slightly change for the holiday weekend. The schedule will be as follows:

Friday June 30<sup>th</sup>: 5:30AM-7:30PM (Normal Hours)

Saturday July 1<sup>st</sup>: 7AM-1PM (Closing early)

Sunday July 2<sup>nd</sup>: CLOSED

Monday July 3<sup>rd</sup>: 5:30AM-9PM (Normal Hours)

Tuesday July 4<sup>th</sup>: CLOSED

Have a great  
summer!



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