

# Fitness Center Newsletter



Receive \$1 off your first pint plus a FREE water bottle! All skill levels are welcome for our *Slow Roll* bike ride along the I-275 15.5 Mile Bike Trail. Must be at least 21 years old to participate!

Join the Schoolcraft College Fitness Center and the American Harvest Brew Pub for the very first **“Bike 4 Pints”** event!

Saturday July 14th

Meet at VisTaTech @ 3:15PM

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!



### Important Dates to Remember:

- Free Fitness Assessments  
June 25: 6-11am  
June 26 4-8pm  
June 27 11am-3pm
- MI Fitness Destination Pop-Up Challenge  
June 26th-28th
- Beginning of Summer Semester  
Monday July 2nd
- Closed for Independence Day  
Wednesday July 4th

### 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**

### **4th of July Hours:**

**Wednesday July 4th: CLOSED**

### Ocelot Café



**The Ocelot Café is closed for the summer season.**

We'll see everyone back in August!



**Schoolcraft College**