

# Fitness Center Newsletter

## MI Fitness Destination

**[May 8th-August 25th]**

Need some motivation to keep you active all summer long?

On **May 8th**, we will start the MI Fitness Destination Challenge. Grab a cardio tracking card to log your miles that you run, walk, hike, or bike both inside the Fitness Center and out.

Check off each city you reach, to mark your progress!

### 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)

### PRIZES:

All members who reach a city will have their named entered into a drawing to win the themed prize based on that city! You can enter your name into all of the cities you reach. Winners will be chosen in August! Other prizes will be awarded all summer long.

**Rules:** Miles will be “rolling” which means you do not need to start over to reach another city. You can also use miles done outside the Fitness Center.

**If you reach Ann Arbor  
by June 1<sup>st</sup> you’ll receive  
a Schoolcraft College  
Wrist Band!**



### Important Dates to Remember:

- CEPD Classes Begin  
May 1st
- Start of Spring Semester  
May 8th
- MI Fitness Destination Challenge  
Begins May 8th through the end of August

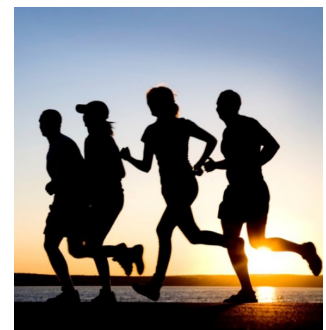
## Health Article: The Top Ten Benefits of Regular Exercise

### Article Link:

<https://authoritynutrition.com/10-benefits-of-exercise/>

Did you know that regular exercise has more benefits than just cardio and strength related? Studies show it can make you feel

happier, increase your energy levels, help your skin and brain health, plus help with relaxation and sleep quality. Read the article for more information!



## Schoolcraft College

18600 Haggerty Rd.  
Livonia, MI 48152

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

## Mental Health Week Recap

The month of May is **Mental Health Awareness Month**. We offered handouts about Exercise and Stress Reduction, how to help friends and family with Depression, and resources from the Schoolcraft College Counseling Department. These can be found across on the counter next to the lockers in the Fitness Center.

## Memorial Day Weekend Hours

Hours will slightly change for the holiday weekend. The schedule will be as follows:  
Friday May 26<sup>th</sup>: 5:30AM-7:30PM (Normal Hours)  
Saturday May 27<sup>th</sup>: 7AM-1PM (Closing early)  
Sunday May 28<sup>th</sup>: CLOSED  
Monday May 29<sup>th</sup>: CLOSED

## Indoor Triathlon Winners

### Overall Winners:

**Men 17-35 Distance:** Mike McCoy (34:41)  
**Men 36-59 Distance:** Steve Hondorp (40:22)  
**Men 60+ Sprint:** Jim Haslett (25:39)  
**Men 60+ Distance:** Ramiro Ramirez (1:02:01)

### Overall Winners:

**Women 36-59 Sprint:** Dawn Knoerl (31:32)  
**Women 60+ Sprint:** Rayleen Morgan (27:00)  
**Women 60+ Distance:** Caroline Shoults (56:35)

## Baked Oatmeal Recipe

**Directions:** Preheat oven to 350°. Mix wet ingredients in a large bowl. In a small bowl, mix dry ingredients and slowly incorporate those into the large bowl with the wet ingredients. Use a 1/4 cup to fill muffin tins. Bake 18-22 minutes. Makes 16-18 muffins.

### Ingredients:

**Wet Ingredients:** 3 Ripe Bananas (mashed), 2 Eggs, 1/2 cup Greek Yogurt, 1/4 cup Peanut Butter

### Dry Ingredients:

2 Scoops Vanilla or Chocolate Protein Powder, 1/4 cup PB2 Powder, 3 cups of Rolled Oats, 1/2 tsp. Salt, 1 tbsp. Cinnamon, 1 cup. Mini Chocolate Chips



## Spring/Summer Fitness Center Hours

Just a reminder that our Spring/Summer hours are different from May 8th to August 25th:

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

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

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

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

Hours will also be adjusted for Holidays.

We will be closed on Tuesday, July 4th.

(Normal hours on Monday July 3rd)

## Student Summer Memberships

If you are a current Schoolcraft College student, you can keep your membership for **\$50** all summer long (May-August) or pay 2-months for **\$25** (May/June or July/August)

For non-Schoolcraft College students\*, summer rates are **\$60** (May-August) or 2-months for **\$30!**

\*College ID required at sign-up.



**Thank you for your participation!**

Schoolcraft College  
**FITNESS CENTER**