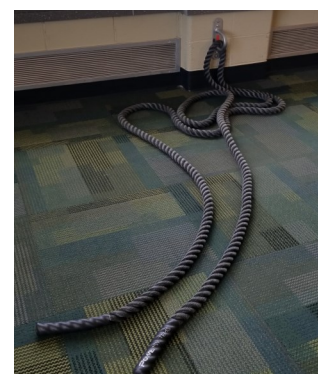


Fitness Center Newsletter

NEW EQUIPMENT FEATURES

This month we received several new pieces of equipment. Give these a try in your next workout!



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

Equipment Includes:

- 30# Slam Ball
- Training Ropes
- Kettlebells up to 60#
- FreeMotion Dual Cable Cross Machine

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!

*Subject to change for special events



**Schoolcraft
College**

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 Fitness Assessments

Upcoming Fitness Assessment Times:

Monday June 25th: 6-11 AM

Tuesday June 26th: 4-8 PM

Wednesday June 27th: 11 AM—3 PM

ACSM Fittest Cities—Where have you been?



Actively Moving America to Better Health

2018 ^{TOP}_{TEN} Fittest Cities



77.5%

of adults reported any
physical activity last month



4.6%

of residents walked
or biked to work

ACSM and CDC Recommendations



150 minutes
of moderate-
intensity aerobic
activity every
week

2X per week
Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups



65.7%

of residents are located within
a 10-minute walk to a park



7.2%

of residents used public
transportation to get to work

*100 city averages

- 1 Arlington, VA
- 2 Minneapolis, MN
- 3 Washington, D.C.
- 4 Madison, WI
- 5 Portland, OR
- 6 Seattle, WA
- 7 Denver, CO
- 8 St. Paul, MN
- 9 San Jose, CA
- 10 Boise, ID

To view the full rankings, visit www.americanfitnessindex.org

Anthem
Foundation



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

#100FitCities

@ACSMFitIndex

[Unfortunately, Detroit ranked
high in the **least fit rankings**]

Fitness Center Hours ****New Hours****

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

Memorial Day Weekend Hours:

Saturday May 26th: 7:00AM-1:00PM

Sunday May 27th: CLOSED

Monday May 28th: CLOSED

4th of July Hours:

Wednesday July 4th: CLOSED

St. Joe's Sports Dome

**To rent the St. Joe's Sports Dome give
us a call: 734-462-7905**

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