

Fitness Center Newsletter

Join us in defending our
**2016 National
 Championship Title**
 for this year's Fall Frenzy
 Espresso Bike Challenge!

FALL FRENZY

Ride as many miles as you can every **Wednesday**
 and **Thursday** this month, to help us advance to
 each round. Competition dates include:

October 4-5 (Qualifier Round)
 11-12 (Super Sixteen)
 18-19 (Electric Eight)
 25-26 (Fearsome Four)

November 1-2 (Championship Round)



The Ocelot Café
 is back in
 business!



The tentative
 hours are
 Monday-Friday 4:30-8:30 pm.

Enjoy healthy meal options
 including protein packed
 smoothies, salads, wraps and
 more!

Important Fall Dates to Remember:

- Fall Frenzy
 October 4-5, 11-12, 18-19,
 25-26, November 1-2
- Free Fitness Assessments
 November 6-9
- Turkey Trot Challenge
 November 6-22

Health Article: 2017 Fitness Trends

Article Link: <http://www.acsm.org/about-acsm/media-room/news-releases/2016/10/26/top-fitness-trend-for-2017-is-wearable-technology>

Of all the hundreds of
 fitness trends out
 there, Wearable
 Technology may be

the new #1 fitness
 trend of 2017!

Check out the Top 10
 trends according to
 ACSM to keep you
 active into the new
 year. (Top 20 in the right image)

2017	
1	Wearable technology
2	Body weight training
3	High-intensity interval training
4	Educated, certified, and experienced fitness professionals
5	Strength training
6	Group training
7	Exercise is Medicine®
8	Yoga
9	Personal training
10	Exercise and weight loss
11	Fitness programs for older adults
12	Functional fitness
13	Outdoor activities
14	Group personal training
15	Wellness coaching
16	Worksite health promotion
17	Smartphone exercise apps
18	Outcome measurements
19	Circuit training
20	Flexibility and mobility rollers



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Save the Date: Turkey Trot Fitness Challenge Nov 6-22

Grab a tracker card at the Fitness Desk the week of November 6th. Complete at least **10** of the squares as you participate in many forms of physical activity, and get rewarded for all that hard work just in time for the holidays!

Free Assessments & Orientations

The Fitness Center offers both Free Fitness Assessments and Equipment Orientations to all of our members!

Upcoming Fitness Assessment Dates:

November 6th-9th

No Sign-up required, and you keep your results!

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)

Fitness Center Hours

Fall/Winter Fitness Center Hours

Monday-Friday: 5:30AM-9:00PM

Saturday: 7:00AM-5:00PM

Sunday: 10:00AM-4:00PM

Thanksgiving Weekend Hours:

Wednesday Nov. 22nd: 530am-3pm

Thursday Nov. 23rd: CLOSED

Friday Nov. 24th: CLOSED

Saturday Nov. 25th: CLOSED

Sunday Nov. 26th: CLOSED



Have a Great Holiday!

At Home Workout for the Holidays

Need an idea for workout to do while home for the holidays? Try this simple body weight circuit for a quick workout at home!

Set a timer for 20-30 minutes and complete as many rounds as possible of the following:

10 Bodyweight Squats + 10 Pushups + 10 Lunges

10 Sit-ups + 10 Mountain Climbers + 10 Single Leg Hip Bridges

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