SCHOOLCRAFT COLLEGE

July 2018

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Fitness Center Newsletter

Join our team on September 9th for the Healthy Livonia 5K Run/Walk to support St. Mary's Livonia Hospital and Cancer Services.

Team Name: **"SC Elite"**

Visit here for more information:
http://www.stmarymercy.org/healthylivonia5k

FALL EVENT PREVIEW

September

Free Fitness Assessments

Flash Challenges (9/6, 9/11, 9/17)

Fall Frenzy Begins (9/26-9/27)

October

Fall Frenzy (10/3-10/4, 10/10-10/11, 10/17-10/18, 10/24-10/25)

Health & Wellness Fair 10/4

@ St. Joe's Sports Dome

November

Fitness Center Turkey Trot (11/5-11/21)

Important Dates to Remember:

- Closing Early for Staff Training
  Sunday August 19th (Open until 3pm)
- Beginning of Fall Semester
  Monday August 27th
- Close for Labor Day
  Saturday September 1st: 7am-1pm
  Sunday September 2nd
  Monday September 3rd
- Fall/Winter Hours Resume
  Tuesday September 4th

SAVE THE DATE

OCTOBER 4TH

10 A.M. TO 2 P.M.

Schoolcraft College PRESENTS THE 2018… HEALTH & WELLNESS FAIR

Ocelot Café

The Ocelot Café is closed for the summer season.

We'll see everyone back in August!

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 Dates:

September 5th & 6th

November 12th, 13th, & 14th

Healthy Snacks On the Go!

Not sure what to bring on your next road trip? Try these healthy snacks that are easy to pack and eat on the go!

Almonds

Apples, Bananas, Oranges

Trail Mix

Sliced Meat & Cheeses

Carrots, Celery & Dip

Nut, Seed, or Dried Fruit Mix

Nut butters and Fruit

Protein Shakes/Powder

Fitness Center 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

Labor Day Weekend Hours:

Saturday September 1st: 7:00AM-1:00PM
Sunday September 2nd: CLOSED
Monday September 3rd: CLOSED

Fall/Winter Fitness Center Hours will resume starting Tuesday September 4th.

St. Joe's Sports Dome

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

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Schoolcraft College FITNESS CENTER