

Grant Helps Community Members Use MMCC's Fitness Center for Free



The Friends of Clare County Parks and Recreation recently awarded Mid Michigan Community College a \$1,000 grant to provide greater community access to MMCC's Fitness Center. The grant will fund punch cards that community members can redeem for 10 free Fitness Center visits.

Fifty punch cards will be made available through this grant. The cards will be distributed to

applicants, with half being reserved for seniors, 65 years and older. Each applicant will be allowed to receive up to two punch cards.

Eligibility for receiving a punch card only requires filling out a half-page form at the fitness center.

MMCC's fitness center, which opened in 2008 on the Harrison Campus, is available to both students and the community. It offers a full range of strength training, cardio training, and low impact fitness options. During the school year, it is open from 8 a.m. – 9 p.m. Monday through Thursday and 8 a.m. – 1 p.m. on Friday. Summer and holiday hours vary.

Students pay a Student Activity Fee that allows them unrestricted access to the fitness center. Community members pay modest amounts to use the center on a daily, weekly, monthly, or yearly basis.

The Friends of Clare County Parks and Recreation is a non-profit organization that works to increase access to, and awareness of, recreational and fitness opportunities in Clare County. To that end, the punch cards are intended to bring more community members into the fitness center and make it a more accessible fitness option to Clare County residents.

For more information about the free punch cards and the MMCC fitness center, visit www.midmich.edu/fitness or call Tammy at 989-386-6634.