

Specialty Fitness

Workout smarter, not harder!

Fall 1: 9/7-10/31

Fall 2: 11/1-12/23 (no classes 11/25-11/28)

Winter: 1/3/11-2/27/11

Classes that fall on holidays are automatically pro-rated. Some class times may have been added or canceled.

For complete and up to date schedules on all classes please go to www.westhillsathletic.com.

Specialty Fitness is personal training in a group setting. These classes are taught by a West Hills certified personal trainer. They are targeted at specific areas of interest and give you an effective, efficient workout, with the accountability of a personal trainer to keep you motivated. The number of participants in each session is limited. Contact Angie Penney at 387-0413 or angie.penney@wmich.edu for more information on all Specialty Fitness classes.

"I'm addicted to Better Butt, Abs, and Arms. The class is fun and challenging at the same time. Dre and Dave are great trainers and never make you feel intimidated. I feel energized after each workout and started seeing results after a short period of time! This class has even inspired me to train for my first 5k!"

- Jennifer M. *non-member class participant*

Better Butt, Abs, and Arms in 8 Wks

The name says it all! If these are areas you would like to target, this class is for you. This is our most popular class so reserve your spot in advance.

M/W/F 6-6:30 a.m.	M/W/F 8:30-9 a.m.
M/W/F 6:30-7 a.m.	M/W/F 12:15-12:45 p.m.
M/W/F 7-7:30 a.m.	M/W/F 4-4:30 p.m.
M/W/F 7:30-8 a.m.	T/Th 7:15-8 p.m.
M/W/F 8-8:30 a.m.	T/Th 8-8:45 p.m.
Member \$149	Non-member \$221

Fitness after 50 (8 weeks)

Great challenge for those of you that are 50+. Strength conditioning, stretching and injury prevention are covered in this class. Promotes bone strength, endurance, stress management and flexibility to help you stay fit. Helpful in preventing osteoporosis, arthritis and more.

M/W 6-6:45 p.m.	
T/Th 10:15-11 a.m.	
Member \$149	Non-member \$221

Kettlebell (8 weeks)

Kettlebell is the ultimate in cutting edge strength training. This total body workout utilizes cast iron bells to develop the correct blend of strength with flexibility for maximum fat burning and muscular endurance. Shred your midsection, tone your legs and strengthen your back while pushing your cardio capacity to the limit. For best results sign up for multiple days!

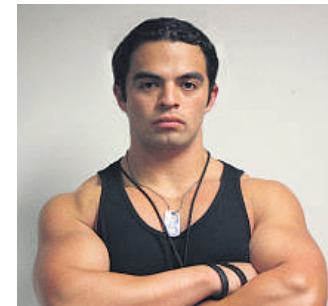


Mon 10-10:30 a.m.	Wed 10-10:30 a.m.
Mon 5:30-6 p.m.	Wed 5:30-6 p.m.
Tues 6:30-7 a.m.	Thurs 6:30-7 a.m.
Tues 8-8:30 a.m.	Thurs 8-8:30 a.m.
Tues 10-10:30 a.m.	Thurs 10-10:30 a.m.
Tues 6:30-7 p.m.	Thurs 6:30-7 p.m.
Members \$53	Non-members \$77

Dre's Boot Camp (8 weeks)

With Dre's Boot Camp you can expect a dramatically improved fitness level, strength and tone, and mental toughness. This is an intense circuit training workout and is not for beginners!

M/W 5:30-6:15 p.m.	
M/W 7:30-8:15 p.m.	
T/Th 8-8:45 a.m.	
Member \$149	Non-member \$221



Fast Track Fitness (8 weeks)

Get on the fast track to getting in shape and feeling good. This entire workout takes place on and around the track. It will include bursts of cardio to jump start the fat burning process, and strength training to create desirable muscle tone. Be prepared to sweat!

T/Th 7-7:30 a.m.	
T/Th 12:15-12:45 p.m.	
T/Th 5:30-6:00 p.m.	
Member \$101	Non-member \$149

Saturdays 10-10:30 a.m.

Member \$53 Non-member \$77

Intro to Specialty Fitness (8 weeks)

In this beginner level course you will get to try out four of our most popular Specialty Fitness classes; 2 weeks of Better Butt, Abs, and Arms in 8 Weeks, 2 weeks of Fast Track Fitness, 2 weeks of Women on Weights, and 2 weeks of Boot Camp. Each unique section will give you an effective workout, with the expertise of a personal trainer all in a fun, non-intimidating environment.

M/W/F 6:30-7 a.m.	
M/W/F 9-9:30 a.m.	
M/W 6:30-7:15 p.m.	
T/Th 7:15-8 a.m.	
T/Th 12:15-1 p.m.	
T/Th 4:30-5:15 p.m.	
Members \$149	Non-members \$221

register online @ westhillsathletic.com

If you have the will, We have the way

Specialty Fitness

Stretching for Fitness (8 weeks)

This class promotes muscular balance, tension reduction, increased range of motion and helps prevent injuries and chronic lower back pain. Stretching has been shown to improve overall health and fitness.

M/W 10-10:30 a.m.

T/Th 6:30-7 a.m.

Member \$101 Non-member \$149

Women on Weights (8 weeks)

Attention women! The weight room is not just for men! Tone your muscles, raise your metabolism, burn more calories, burn fat, and energize your body and spirit! In Women on Weights your personal trainer takes out the guess work so you can reap all the rewards of strength training without having to think about it.

M/W/F 5:30-6 a.m.

M/W 4:30-5:15 p.m.

T/Th 6:15-7 a.m.

T/Th 12:15-1 p.m.

T/Th 6-6:45 p.m.

Members \$149 Non-members \$221

Eight Weeks to a 6 Pack

This class is all abs all the time. It is an effective and efficient way to keep your core in shape. For best results, sign up for multiple days.

Monday 6-6:30 p.m.

Wednesday 6-6:30 p.m.

Saturday 8-8:30 a.m.

Saturday 9:30-10 a.m.

Sunday 10-10:30 a.m.

Members \$53

Non-members \$77



Tai Chi (8 weeks)

Tai Chi is a calming activity that also helps you build strength, stay limber, improve your balance and other aspects of your health, such as immune function and blood pressure. It is an efficient low impact way to maintain mental clarity and physical fitness.

Mondays 7-8 p.m.

Tuesdays 2-3 p.m.

Members \$125

Non-members \$165

I Want to Lose 10 lbs in 8 Weeks!

This comprehensive fitness class will provide weekly weigh-ins to monitor your progress. It is designed for people at a beginner or intermediate fitness level. You will work out with a trainer for 90 minutes per week with a healthy weight loss goal of 10 lbs in 8 weeks.

M/W/F 7-7:30 a.m.

M/W/F 4:30-5 p.m.

T/Th 8:15-9 a.m.

T/Th 6-6:45 p.m.

Member \$189 Non-member \$261

Junior Tennis Conditioning

(12 weeks, dates are the same as the junior tennis programs, see page 6)

Speed and agility, endurance, and injury prevention are just a few of the benefits of tennis conditioning. Your child can significantly improve their game and their self confidence!

M/W 6-6:30 p.m.

T/Th 6-6:30 p.m.

Members \$185 Non-members \$245

Fitness for Golfers (8 weeks)

Do you want to improve your golf score?

Golfers are athletes and need to train like athletes. If you want to improve your golf score you need to get in the gym during the off season. This is a program specifically designed for golfers that focuses on core, strength training, and flexibility exercises needed to improve your score.

M/W/F 6-6:30 a.m.

M/W/F 11-11:30 a.m.

M/W 7-7:45 p.m.

T/Th 7-7:45 a.m.

T/Th 6-6:45 p.m.

Members \$149 Non-members \$221

Speed, Agility, and Strength Training for Athletes

Do you want to get BIGGER? STRONGER? FASTER? West Hills' personal trainers work with all caliber athletes, all sports, all ages. We have one-on-one, dual, and group rates available. Contact Dusty White for more information on our sport specific program at (269) 387-0410 or dusty.white@wmich.edu.

register online @ westhillsathletic.com

If you have the will, **We have the way**