

small group

# Strive to be Strong!

Are you bored with your current workout routine? Do you dread coming to the gym? Are you not seeing the results you are looking for? Are you new to working out and not sure where to begin? Do you want the motivation and expertise of a personal trainer? Do you want to workout with others like you in a fun, safe, and social atmosphere? SMG training is for you! Small Group Training Director: Angie Penney, 387-0413 or [angie.penney@wmich.edu](mailto:angie.penney@wmich.edu).

**10** week sessions

**Spring:**  
**4/9-6/18**

Classes that fall on holidays are automatically pro-rated. Prices will be adjusted accordingly. Some class times may have been added or canceled. For complete and up to date schedules on all classes please go to [westhillsathletic.com](http://westhillsathletic.com) or call 387-0413.

### Drop-in Rates:

30 minute classes  
Members \$11  
Guests \$14  
45 minute classes:  
Members \$15  
Guests \$19  
55 minutes classes  
Members \$21  
Guests \$27

### H.I.I.T.-30 min.

One of our most popular classes! Why? Because high intensity interval training burns fat fast! Short periods of intense anaerobic exercise with short recovery periods. Sandbags, battling ropes, and even tire flipping!

Mondays 8:15 a.m. w/Lauren  
Mondays 9 a.m. w/Lauren  
Wednesdays (beg) 5:30 p.m. w/Brandon L.  
Thursdays 8:15 a.m. w/Lauren

members \$80  
guests \$110

### SHREDDED-45 min.

Torch fat and get SHREDDED in this high intensity training class with Brandon McNees, West Hills' MMA and Bulgarian Bag specialist. Cardio and strength combo class. Using ropes, kettlebells, Bugarian Bags, and more-your body will be in full fat burning mode the rest of the weekend!

Saturdays 8:30 a.m. w/Brandon

members \$160  
guests \$220

### GRIT -30 min.

Using the Les Mills SMARTBAR™, weight plates and the bench, LES MILLS GRIT™ is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level. Price is per 1 day per week.

Tuesdays 5:15 a.m. w/Michele  
Thursdays 5:15 a.m. w/Michele

members \$80  
guests \$110

### Butts & Guts-30 min.

The name says it all, if these are areas you would like to target and tone then this is the class for you! Total body strength training and muscle conditioning program.

M/W/F 6 a.m. w/Brandon M.

members \$240  
guests \$330

### Marti's Madness (in Moderation)-30 min.

A cardio and weight training combination class for those looking to re-shape, tone and strengthen their bodies without the extreme intensity.

T/TH/Fri @ 10 a.m.w/Marti

members \$240  
guests \$330

### Bulgarian Bags and more-30 min.

Geared towards muscular endurance and general fitness. It is a total body workout targeting the legs, shoulders, core, upper back, triceps, biceps and forearms.

Tuesdays 9 a.m.w/Brandon M.  
Thursdays 9 a.m. w/Brandon M.  
Fridays 10:30 a.m. w/Brandon M.

members \$80  
guests \$110

### X-FACTOR

What is the X-Factor? Find out each time you come to this workout! Battling ropes, Kettlebells, BOSU balls, Med Balls, Dumbbells and more will be used to keep your body guessing at every class.

M/F 5:30-6 a.m. w/Dre (\$160/\$220)  
M/W 9-9:45 a.m. w/Dre & Claire (\$240/\$330)  
T/TH 8-8:30 a.m. w/Dre (\$160/\$220)  
T/TH noon-12:30 p.m. w/Dre (\$160/\$220)  
Sat 7:30-8:15 a.m. w/Dre (\$120/\$165)

### Boomer Boot Camp-45 min.

Pre and post measurements optional. Push yourself beyond what you thought was "your best" in this Boot Camp specifically for boomers.

Sat 8:15-9 a.m. w/Dre

members \$120  
guests \$165

### Brandon's Balance & Mobility-30 min.

If you don't think stretching is important, you are wrong! Stretching improves muscle development, range of motion, reduces injury and improves posture.

M/W 9:30-10 a.m. w/Brandon L.  
T/TH 10:30 a.m. w/Brandon M.

members \$160  
guests \$220

### Gentle Yoga-55 min.

Yoga with a softer touch. This class will give you all the benefits of yoga without the advanced poses. A great yoga class for beginners or anyone wanting a gentler approach to Yoga.

Wednesdays 11 a.m.w/Lisanti

members \$160  
guests \$220

### Barre Fit-55 min.

Our Barre classes are a full body workout that is core focused and will effectively work your glutes, thighs, arms, and ABS by using the ballet barre to reinforce proper form.

Wednesdays 10 a.m. w/Lisanti

members \$240  
guests \$330

### Tai Chi-55 min.

Tai Chi is a calming activity that helps you build strength, stay limber, improve your balance, immune function, and blood pressure. Check out Ed's website @ [kehoemartialarts.com](http://kehoemartialarts.com)

Tuesdays 2 p.m. w/Ed Kehoe

members \$160  
guests \$220

### Biggest Loser Boot Camp-45 min.

A great class for beginners looking to start a fitness program geared towards weight loss.

M/W 10 a.m. w/Marti/Brandon  
M/W 5:30 p.m. w/Dre/Taylor  
T/TH 11:30 a.m. w/Cody  
T/TH 5:30 p.m. w/Chad

members \$240  
guests \$330

### Women's Self Defense-55 min.

**April 9-May 20 (6 weeks)**

Build self confidence when facing potential threats. Develop life saving skills, feel empowered, improve body awareness and fitness. Learn how to control and subdue an attacker that is posing a threat to you or your loved ones.

Tuesdays 5:30 p.m. w/Brandon  
Thursdays 11:30 a.m. w/Brandon M

members \$120  
guests \$150

### X-FIT-45 min.

X-FIT covers all aspects. 30 minutes of strength training, followed by 15 minutes of a timed workout of the day. Not for beginning fitness levels.

T/TH 5:45 a.m. w/Lauren  
T/TH 12:30 p.m. w/Dre  
T/F 12:30 p.m. w/Dre

members \$240  
guests \$330

### Sport Specific Training

Sport specific training will take your game to the next level.

The class will focus on different areas such as agility, strength training, flexibility, conditioning, and

T/TH 5-5:30 p.m. w/Dre (\$160)  
M/W 4-4:30 p.m. w/Dre (\$160) 12 and up  
Monday 4-4:30 p.m. w/Brandon (\$80) 11 and under  
Friday 3:15-4 p.m. w/Dre (\$120)  
M/F 4-4:45 p.m. w/Cody (\$96) 4 weeks starting 1/9



Dre Ballines, West Hills' Program Development Specialist, has his own Xcel series of SMG classes.