

small group

Strive to be Strong!



WEST HILLS ATHLETIC CLUB
WESTERN MICHIGAN UNIVERSITY

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!

Contact Angie Penney @ 387-0413/angie.penney@wmich.edu or Dre Ballines @ 387-0434/andres.ballines@wmich.edu

6 week sessions

Summer 1: 6/18-7/28

Summer 2: 7/30-9/8

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

SMG Drop-in Rates:

30 minute classes
Members \$12
Guests \$15

45 minute classes:
Members \$16.50
Guests \$21

55 minutes classes
Members \$23
Guests \$29

MYZONE -30 min

Heart rate based training . MyZone rewards your effort using a chest strap, heart rate monitor. In these classes a trainer guides you through what heart rate percentage you want to be in and when. It is the most effective way to ensure you are getting the most out of your time in the gym.

Mondays noon-12:30 p.m. Cardio

Wednesdays 9-9:30 a.m. Cardio

Wednesdays 9:30-10 a.m. Strength

members \$54
guests \$72

Par Fitness for golfers-45 min.

This class will target specific exercises to help improve your driving distance and club head speed by combining stability, strength, and flexibility training. A systematic approach will be taken to help strengthen your core and improve your mobility. Taught by Claire Haines, a certified Golf Fitness Specialist.

Mon/Thurs 8:15 a.m.w/Claire

members \$162
guests \$216

X-PRESS TRAIN-30 min.

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

Mondays 9:30 a.m. w/Evan

Mondays 10 a.m.w/Dre

Tuesdays noon w/Dave

Tuesdays 6:45 p.m.

Wednesdays 9:30 a.m. w/Evan

Thursdays 6:45 p.m.

Fridays 9:30 a.m. w/Evan

members \$54
guests \$72

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/W 5:30-6 a.m. w/Dre (\$108/144)

M/W/F 6 a.m. w/Evan (\$162/\$216)

M/W 5:30-6:15 p.m. w/Collin/Dre (\$162/\$216)

T/TH 6-6:45 a.m. w/Evan (\$162/\$216)

T/TH 8-8:30 a.m. w/Dre (\$108/144)

T/TH 8-8:45 a.m. w/Cody/Collin (\$162/\$216)

T/TH 4:30-5 p.m. w/Dre (\$108/144)

W/F 2-2:30 p.m. w/Dre/Cody (\$108/144)

X-FIT-45 min.

X-FIT covers all aspects of training. 30 minutes of strength training, followed by 15 minutes of a timed circuit training workout of the day.

T/TH 5:45 a.m. w/Collin

T/TH 12:30 p.m. w/Dre

T/F 12:30 p.m. w/Dre

members \$162
guests \$216

Summer X-ellence Pass

June 18-September 8 (12 weeks)

Unlimited SMG classes all summer! Are you currently in an SMG class but have always wanted to try others? Are you not currently in an SMG class but want to see what classes are best for you? This is an opportunity to not only get super fit, but also check out all our SMG program has to offer. Take as many classes as you would like per week with no added drop-in fee. That's hours of group personal training for one low price.

members \$399
guests \$549

Elite Sports Performance- ages 8-18

"building self confidence on and off the field"

See separate ESP flyer for summer programming.

LFG (LIFTING IS FOR GIRLS)-45 min

Attention women- Get in the weight room! You don't need to do hours of cardio. Strength training is a must to defy aging by boosting metabolism, burning more calories throughout your day, looking toned, and getting strong!. Lift now, lift heavy, don't quit.

Mondays 10:15 a.m.w/Claire

Tuesdays 6 a.m. w/Claire

Thursdays 6 a.m. w/Claire

Fridays 10:15 a.m. w/Claire

members \$81
guests \$108

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 for 1 day per week.

Mondays 6:30 a.m. w/Marta

Tuesdays 5:15 a.m. w/Michele

Wednesdays 5:30 a.m. w/Marta

Thursdays 5:15 a.m. w/Michele

members \$54
guests \$72

Power Hour-60 min.

Weight loss focused. Using different muscles every workout, breaking them down and burning calories while repairing them. Power Hour will help you lose inches, get in shape, and have fun!

Mondays 6 p.m. w/Dave

Tuesdays 5:30 p.m. w/Chad

Thursdays 5:30 p.m. w/Chad

members \$108
guests \$144

SHREDDED-45 min.

Torch fat and get SHREDDED in this high intensity training cardio and strength combo class. Using ropes, kettlebells, sand bags and more-your body will be in full fat burning mode the rest of the weekend!

Saturdays 7:30 a.m. w/Dre

Saturdays 8:30 a.m. w/Kyle

members \$81
guests \$108

E.A.T.- endurance athlete training

Are you a runner, biker, swimmer, who wants to improve performance and stay injury free? Then this class is for you!

Expert in the field- Mike Miller, will be running SMG classes this summer for endurance athletes. The classes will incorporate conditioning, and specific strength training to correct muscle imbalances; preventing injuries and promoting better posture and balance. Improve your performance through E.A.T.

Tuesdays 6-7 p.m. w/Mike (\$108/144)

M/W 7-7:45 a.m. w/Mike

W/F 9-9:45 a.m. w/Mike

members \$162
guests \$216

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

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 8:30 a.m. w/Lauren

members \$54
guests \$72

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

Tuesdays 2 p.m. w/Ed Kehoe

members \$108
guests \$144

Barre-55 min.

This 55 minute ballet and Pilates workout will have you feeling strong and toned, using isometric strengthening movements. An up-beat, low impact, and light hearted class for anyone.

Wednesdays 10 a.m. w/Anna

members \$90
guests \$120



Dre Ballines,
West Hills' Fitness
Director, has his own
Xcel series of
SMG classes.