

Weight Loss Programs

West Hill's weight loss programs have helped thousands of people get started on a healthy lifestyle change. The average weight loss for our most popular Biometrics program is 18 pounds in 6 weeks! Sit down with one of our certified personal trainers to customize a plan that fits you. Non-members are welcome and can benefit for the same low price for any of our weight loss programs.

West Hills offers FREE weight loss consultations for members and non-members. We have different options for every lifestyle and budget including:

- **Biometrics Proven Weight Loss Program**
- **Wedding Watch Weight Loss**
- **Beach Body Weight Loss**
- **Waist Watchers Group Training**

see page 4 for description

Contact Tyler Norman today at 387-0431 or tyler.norman@wmich.edu to set up your free appointment.

The average weight loss for our most popular Biometrics program is **18 pounds in 6 weeks!**



Group Fitness Classes

Charge up your routine with a fun group fitness class! We've put together several popular classes – there's plenty of classes to fit your schedule and goals. All classes are free to members!



Classes

Body Blast
Body Blast Express
Body Bar Workout (Step)
Calorie Burn, Strength, Definition

BOSU
Balance, Cardio, Strength
Gliding
Mat Pilates
Resist-A-Ball
Spinning
Step Interval
Step Variety

Yoga Fit
Yogalates
Power Rockin' Yoga
Zumba & More!

Please visit www.westhillsathletic.com for class times, descriptions and days, or pick up a flyer!

register online @ westhillsathletic.com

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