

www.westhillsathletic.com

Specialty Fitness

Session Dates

Spring 1: 3/1-5/2 (8 weeks, off 3/29-4/4) Spring 2: 5/3-6/27 (8 weeks, off Memorial Sunday and Monday)
 Summer 1: 6/28-8/1 (5 weeks) Summer 2: 8/2-9/3 (5 weeks)

Classes that fall on holidays are automatically pro-rated. See website for summer pricing.

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.

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 6:30-7 a.m.
 M/W/F 7-7:30 a.m.
 M/W/F 8-8:30 a.m.
 M/W/F 8:30-9 a.m.
 M/W/F 12:15-12:45 p.m.
 T/Th 9-9:45 a.m.
 T/Th 5:30-6:15 p.m.
 T/Th 7:15-8 p.m.

Member \$144 Non-member \$216

Fitness after 50

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.

T/Th 10:15-11 a.m.

M/W 6-6:45 p.m.

Member \$144 Non-member \$216

Stretching for Fitness

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.

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

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

Member \$96 Non-member \$144

Booty Camp (4 weeks, see website for session dates)

Get toned in all the right places. This is an intense cardio and strength training class focusing on toning and sculpting your muscles. No added bulk here!

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

T/Th 5:30-6:15 p.m.

T/Th 7:15-8 p.m.

Member \$72 Non-member \$108

Dre's Boot Camp

No whining, crying, or quitting. These are just a few of Dre's Boot Camp rules. This class is not for beginners. It is our most intense circuit training class and will get you in shape FAST!

M/W 5:30-6:15 p.m.

M/W 7:30-8:15 p.m.

T/Th 8-8:45 a.m.

Member \$144

Non-member \$216



Fast Track Fitness

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 \$96 Non-member \$144

“Nine months ago, my husband and I signed up for one of the Better Butt, Abs, and Arms in 8 weeks class. We appreciate the structure of a dedicated time to work out with someone who ensures we are reaching our optimal potential. Not only did our general conditioning improve significantly, each of us lost 25 pounds. We continue to enjoy the variety of exercises offered in these sessions, as well the expert advice and guidance of our training instructor. I am proud to say at the age of 51, I ran a PR in the marathon, half marathon and 10k since starting these classes.”

—Shari G.

register online @ westhillsathletic.com

If you have the will, We have the way

Specialty Fitness

Women on Weights

Are you intimidated in the weight room? Are you unmotivated and bored with your current workout? Then Women on Weights is for you! Your trainer will guide you through the weight room and teach you the most effective exercises to reach your fitness and weight goals.

M/W/F 5:30-6 a.m.
T/R 6:15-7 a.m.
T/R 12:15-1 p.m.
M/W 4:30-5:15 p.m.
T/R 6-6:45 p.m.

Members \$144 Non-members \$216

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.

Saturday 8-8:30 a.m.
Saturday 9:30-10 a.m.

Member \$48 Non-member \$72

I Want to Lose 10 lbs in 8 Weeks!

This comprehensive fitness class will provide an online nutrition program as well as 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 6:30-7 a.m.
M/W/F 9-9:30 a.m.
M/W/F 4:30-5 p.m.
T/R 8:15-9 a.m.
T/R 5:15-6 p.m.

Member \$184 Non-member \$256



Sports Specific Training

Contact Dusty White for more information on sports specific training at 387-0410.

Junior Tennis Conditioning

(12 weeks, dates are the same as the junior tennis programs, see page 11)

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/R 6-6:30 p.m.

Members \$180 Non-members \$240

Next Level sport specific training

(See top of page 5 for session dates)

Do you want to get Stronger? Bigger? Faster? Next level training is sport specific personal training focusing on performance enhancement and injury prevention for athletes. We train athletes of all ages and abilities. All workouts are age appropriate. Our personal trainers are the best in Southwest Michigan and have years of experience training top athletes. **We also set up specific days/times for sports teams who want to train together.**

M/W (girls ages 12-18) 4-4:45 p.m.
M/W (boys ages 12-18) 5-5:45 p.m.
T/R (girls ages 12-18) 6-6:45 p.m.
T/R (boys ages 12-18) 7-7:45 p.m.

Members \$144 Non-members \$216

Saturday speed and agility only (co-ed) 11-11:45 a.m.

Saturday strength training only (co-ed) 10:15-11 a.m.

Members \$72 Non-members \$108

Fitness for Golfers

(See top of page 5 for session dates)

Golfers ARE athletes and need to train like athletes. If you want to improve your golf game you need to get in the gym during the off season. This class focuses on specific core, strength training, and flexibility exercises that golfers need to improve their 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/R 7-7:45 a.m.
T/R 11-11:45 a.m.

Members \$144 Non-members \$216

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If you have the will, We have the way