

# Specialty Fitness

Workout smarter, not harder!

**Fall 1:** 9/6 - 10/30    **Fall 2:** 10/31 - 12/23 (Off 11/24 - 11/27)

**Winter:** 1/2 - 2/26

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](http://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](mailto:angie.penney@wmich.edu) for more information on all Specialty Fitness classes.

## 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.**

**Members \$101**

**Guests \$149**

## NEW! Back and Core

This class works on your flexibility, back health, core strength and more. When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. They provide support to your spine and help transmit increased power and performance. A weak core makes you susceptible to lower back pain, poor posture and a host of muscle injuries. Strong core muscles will help prevent such pain and injury.

**M/W 8:30-9 a.m.**

**T/TH 10:15-10:45 a.m.**

**T/TH 5:30-6 p.m.**

**Members \$101**

**Guests \$149**

## Better Butt, Abs, and Arms in 8 Weeks

The name says it all! If these are areas you would like to target and tone this class is for you.

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

**M/W/F 12:30-1 p.m.**

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

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

**Members \$149**

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

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

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

**Guests \$221**



## Intro to Better Butt, Abs, and Arms in 8 Weeks

**M/W/F 6:30-7 a.m.**

**T/Th 9:30-10:15 a.m.**

**T/Th 4:30-5:15 p.m.**

**Members \$149**

**Guests \$221**

## I Want To Lose 10 lbs in 8 Weeks

Whether you need to shed those last 10 lbs or just get a jump start on a larger weight loss goal, this class can help. Weekly weigh-ins to track your progress, strength training and cardio is a recipe for weight loss success.

**M/W/F 6:30-7 a.m.**

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

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

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

**Members \$189**

**Guests \$261**



## Kettlebell

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.**

**Tues. 6-6:30 a.m.**

**Wed. 10-10:30 a.m.**

**Thurs. 6-6:30 a.m.**

**Members \$53**

**Mon. 5:30-6 p.m.**

**Tues. noon-12:30 p.m.**

**Wed. 5:30-6 p.m.**

**Thurs. noon-12:30 p.m.**

**Guests \$77**



## Full Figured Fitness

This program is specifically for women who want a fun and effective fitness routine, in a supportive and encouraging environment with women like them who want to work out in a place where they can feel comfortable and successful.

**M/W/F 6:30-7 a.m.**

**M/W 4-4:45 p.m.**

**Members \$149**

**M/W/F 9-9:30 a.m.**

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

**Guests \$221**

register online @ [westhillsathletic.com](http://westhillsathletic.com)

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

# Specialty Fitness

## Xtreme Madness

Cross-Fit inspired. How long you workout isn't as important as how strong you work out. Xtreme Madness workouts are comprised of constantly varied functional movements (like pushing, pulling, squatting, lifting, running) executed at high intensity. They are completely scalable and you only compete against yourself. A combination of weightlifting, sprinting, powerlifting, kettlebell training, plyometrics, and medicine ball training.

**M/W/F 8-8:30 a.m.**

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

**T/Th 12-12:45 p.m.**

**T/Th 6:30-7:15 p.m. T/Th 6-6:45 a.m.**

**Members \$149      Guests \$221**



## 60 Secs. to Fit (a.k.a. Spartacus)

8 weeks, 90 minutes per week, 10 exercises, 60 seconds each, 15 seconds rest between exercises, 2 minute rest between sets. REPEAT. Watch your body change! Lose fat! Redefine your muscle! Get in SHAPE!

**M/W/F 8-8:30 a.m.**

**M/W/F 12:45-1:15 p.m.**

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

**T/Th 6:30-7:15 a.m.**

**T/Th 8-8:45 p.m.**

**Members \$149**

**Guests \$221**



## NEW! Get Ripped

A strength and power lifting class for the tough guys and girls out there, or those that want to get tough! Bulging biceps, ripped abs and beautiful backs are what you can expect when you commit to these workouts.

**M/W/F - 6:30-7 a.m. M/W/F 1-1:30 p.m.**

**M/W 4:30-5:15 p.m. T/Th 8-8:45 p.m.**

**Members \$149**

**Guests \$221**

## NEW! Functional Interval Training

Get FIT! This class turns your life into a piece of cake. No more breaking your back trying to plant flowers, lift grocery bags, or play with your grandkids. Your personal trainer will guide you through exercises that will enhance functionality in your daily life.

**M/W/F 8:30-9 a.m. M/W 3:15-4 p.m.**

**T/Th 9:45 -10:30 a.m. T/Th 1-1:45 p.m.**

**Members \$149**

**Guests \$221**

## Tai Chi

Tai Chi is a calming activity that 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.

**Mon. 7-8 p.m.**

**Tues. 2-3 p.m.**

**Members \$125**

**Guests \$165**

## NEW! Strong over 60

Weight training geared for people over 60. Studies have shown that the single most important thing a person can do to slow down the aging process and even reverse it is regular exercise. Strength training through weight lifting works regardless of your age. This class will focus on posture, balance, flexibility, coordination and injury prevention.

**M/W/F 8-8:30 a.m.**

**T/Th 9-9:45 a.m.**

**Members \$149**

**M/W 4-4:45 p.m.**

**T/Th 1:45-2:30 p.m.**

**Guests \$221**

## NEW! Holistic Medical Qigong (chee-gong)

Many of us are far too sedentary in our lifestyles and over time, our flexibility and health suffer for it. Medical Qigong is an ancient practice that gently stretches the body and gets the energy flowing. It consists of physical exercises, meditation, creative visualization, and breathing exercises.

**Sat. 10-11 a.m.**

**Members \$125**

**Guests \$165**

## Sport Specific Training for Athletes

Do you want your athlete to get Bigger? Stronger? Faster? Get your athlete in the gym with a professional. West Hills trains some of the area's top athletes and we have professional trainers who can help your athlete rise to the top of their game. We also have one-on-one and dual options (see the personal training page for rates).

## Speed and Agility Training

(for Athletes ages 12-18)

**M/W 4-4:45 p.m.**

**Members \$149**

**T/Th 5-5:45 p.m.**

**Guests \$221**

## Weight Training

(for Athletes ages 12-18)

**M/W 5-5:45 p.m.**

**Members \$149**

**T/Th 4-4:45 p.m.**

**Guests \$221**

## Fitness for Special Needs Students

Fitness class for high functioning students with special needs (ages 10-15). Students should be able to exercise for 45 minutes with a trainer and other students of similar background. Participants will work on increasing strength, endurance, and improving gross motor skills in a structured, non-competitive setting.

**Sat. 11-11:45 a.m.**

**Members \$77**

**Guests \$101**

register online @ [westhillsathletic.com](http://www.westhillsathletic.com)

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