

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

10 week sessions

Spring: 4/9-6/16

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 \$11
Guests \$14

45 minute classes:
Members \$15
Guests \$19.50

55 minutes classes
Members \$21
Guests \$27

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
Thursdays 6:30-7 a.m. HIIT
members \$100
guests \$125

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 10 a.m. w/Kelley
Wednesdays 9:30 a.m. w/Evan
Thursdays 10 a.m. w/Dre
members \$80
guests \$110

X-FACTOR-30 min.

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
M/W/F 6 a.m. w/Evan (\$240/\$330)
M/W 5:30-6:15 p.m. w/Collin/Dre
T/TH 6-6:45 a.m. w/Evan
T/TH 8-8:30 a.m. w/Dre
T/TH noon-12:30 p.m. w/Dre
T/TH 4:30-5 p.m. w/Dre
W/F 2-2:30 p.m. w/Dre/Cody
Saturdays 7:30-8:15 a.m. w/Dre (\$120/\$165)
members \$160
guests \$220

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
T/TH 6-6:45 p.m. w/Dave
members \$240
guests \$330

Elite Sports Performance- ages 8-18

"building self confidence on and off the field"

Train like an elite athlete and perform at your full potential. With today's competition, following a sport specific training program is a must. A stronger, faster, bigger, and mentally ready athlete will peak to the top.

M/W 4:15-5 p.m. w/Collin (\$240)
M/W 6:15-6:45 p.m. w/Dre (\$160)
T/TH 5-5:45 p.m. w/Dre (\$240)
T/TH 6-7 p.m. w/Cody (\$320)
Fridays 3:15 p.m. w/Dre (\$120)
Fridays 3:45 p.m. w/staff (\$120)

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 \$160
guests \$220

NEW! 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.

Thursdays 9:30 a.m. w/Lisa
Fridays 9:30 a.m. w/Lisa
Fridays 10:45 a.m. w/Lisa
members \$120
guests \$165

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 \$80
guests \$110

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 (\$160/\$220)
T/TH 8 a.m. w/Cody/Collin
T/TH 5:30 p.m. w/Chad
members \$320
guests \$440

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
Wednesdays 8:30 a.m. w/Evan
Fridays 8:30 a.m. w/Evan
members \$80
guests \$110

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 8:30 a.m. w/Collin/Kyle
members \$120
guests \$165

GET on the BALL (April 17-May 24)-30 min.

A 30 min., 6 weeks SMG program on the big physio balls. You will learn a FUN full body workout while engaging your core. Warm-up with cardio, strength train your muscles, and practice flexibility. Also focus on posture and incorporating brain boosters for better focus.

T/TH 9-9:30 a.m. w/Barb F.
members \$96
guests \$132

Stretching for Pain Prevention -30 min.

Stretching/mobility class to keep you moving freely as you age. Keep doing the things you love without being hindered by pain and stiffness. Specific exercises and different techniques will be used that help prevent and also alleviate chronic pain.

T/TH 7 a.m. w/Kelley
Tuesdays 9:30 a.m. w/Kelley (\$80/\$110)
members \$160
guests \$220

Gentle Yoga-55 min.

Yoga with a softer touch. All the benefits of yoga without the advanced poses. A great yoga class for beginners or anyone wanting a gentler approach.

Wednesdays 11 a.m. w/Lisanti
members \$160
guests \$220

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 \$160
guests \$220



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