

Workout smarter!

Small Group Training 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. Small Group Training Director: Angie Penney 387-0413 or angie.penney@wmich.edu.

8 week classes

Winter Session

1/6-3/2

Spring 1 Session

3/3-5/4

(off 4/7-4/13)

Spring 2 Session

5/5-6/29

4 week classes

Winter 1 Session

1/6-2/3

Winter 2 Session

2/4-3/2

Spring 1 Session

3/3-3/31

Spring 2 Session

3/31-5/4

Spring 3 Session

5/5-6/1

Spring 4 Session

6/2-6/29

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



Tony Horton's famous muscle confusion 90 day challenge is now at West Hills! Bring it! Call for details at 387-0410.



Come check out our new classes being offered! Barre Fit, Salsa Dancing, and Yoga for Tweens & Teens!

Strength & Tone

TRX Suspension Training 4 weeks

One of the hottest new classes in the industry! Suspension Training is a revolutionary method of leveraged bodyweight exercise that allows you to be in control and safely perform hundreds of exercises!

BEGINNER

members \$53

guests \$77

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

T/TH 7-7:30 a.m.

T/TH 1-1:30 p.m.

INTERMEDIATE

members \$77

guests \$113

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

M/W 12:30-1:15 p.m.

T/TH 9-9:45 a.m.

Better Butt, Abs, and Arms 8 weeks

The name says it all, if these are areas you would like to target and tone then this is the class for you! Total body strength training and muscle conditioning program.

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

T/TH 12:15-1 p.m.

members \$149

guests \$221

Kettlebell 4 weeks

This 30 minute class will focus on all the major muscle groups. If you are looking for improvements in strength, balance, flexibility, and cardiovascular health then this class is for you. Come join us and learn what this cannonball-shaped iron bell is all about.

T 5:30 p.m.

TH 7 a.m.

members \$29

guests \$41

NEW Barre Fit 8 weeks

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. Get your heart pumping with fast paced music and athletic movements, and then slow it back down while performing small, concentrated movements. Barre fuses the philosophies of yoga, Pilates, dance, athletic training and stretching.

T 9-10 a.m.

T 6:30-7:30 p.m.

TH 5-6 p.m.

F 7-8 a.m.

members \$85

guests \$101

Weight Loss

Drop A Dress Size 4 weeks

This class is a strength training workout from head to toe in just 90 minutes per week. Spurts of cardio will keep your heart rate up while you tighten and tone your trouble areas through a variety of strength training exercises.

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

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

members \$77

guests \$113

Hannah Workout of the Week

Jump start your weekend with Hannah's Workout of the Week. Circuit style training with an anything goes approach. This fun workout will keep you energized all weekend long! Drop-in to Hannah's workout-of-the-week. No commitment, just show up! Please bring your receipt to class.

Saturday 8:30-9 a.m.

members \$9

guests \$12

Full Figured Fitness 8 weeks

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 feel comfortable and successful!

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

T/TH 5:45-6:30 p.m.

members \$149

guests \$221

NEW Salsa Dancing 8 weeks

Discover the flavor of Salsa and experience its full benefits from improved coordination and posture, to its fun movements and non regimented style. Dancing is a great alternative as a cardio exercise that has low impact on joints. With time, you will learn the steps, fancy footwork, turn-patterns and much more! All levels welcome!

TH 7:30-8:30 p.m.

members \$77

guests \$77

Flexibility/Back Health

Back and Core 8 weeks

This class works on your flexibility, back health, core strength and more! A weak core makes you susceptible to lower back pain, poor posture and a host of muscle injuries.

T/TH 10:30-11 a.m.

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

members \$101

guests \$149

Balance Training 4 weeks

The focus of this class is on exercises that improve lower-body muscle strength, visual acuity, neck flexibility and ankle dexterity. We work on strengthening the feet, ankles, legs; improve proprioception; train core strength and alignment in various positions; and enhance reaction and focus.

M/W 1-1:30 p.m.

T/TH 8:30-9 a.m.

members \$53

guests \$65

Mind & Body

Tai Chi 8 weeks

Tai Chi is a calming activity that helps you build strength, stay limber, improve your balance, immune function, and blood pressure. It is an efficient low impact way to maintain mental clarity and physical fitness.

Tuesdays 2-3 p.m.

members \$125

guests \$165

Self Defense 4 weeks

Come in and learn essential moves to protect yourself.

Saturday 10-11 a.m.

members \$45

guests \$53

NEW Yoga for Tweens & Teens Drop-In

Yoga has been proven to help tween and teens with concentration, anger and stress management, feeling calm, patience, school work, sitting still, and making friends! RSVP in advance at the service desk at 387-0410. Limited spots available. Please bring your receipt to class.

Monday 5-6 p.m.

Tuesday 4:30-5:30 p.m.

members \$3

guests \$5