

Aqua

Aqua Arthritis-An approved program to help improve range of motion and strength. Fitness Seeker/Special Populations

Aqua Challenge-Challenge your cardiovascular system and muscles at the same time with this great aqua class. Multi-level

Aqua Fit-A step up in intensity from the Arthritis class, but appropriate for those with arthritis wanting just a little more. Fitness Seeker/Special Populations

Aqua Kickbox-Kick, jab, sweat and get wet in this higher intensity pool class. Fitness Enthusiast

Go Deep-Challenging moves in a deep water environment. Cuffs and belts will be provided. Come see what it is all about! Multi-level

Cardio

BodyCombat-This high-energy class combines Kickboxing, Karate and Tai Chi. Fitness Enthusiast. **A Les Mills Program.**

BodyStep-A simple, athletic workout to shape and tone your lower body while pushing your fat burning systems into high gear. Multi Level. **A Les Mills Program.**

Class Act-Low impact with occasional step, strength and floor work included. Fitness Seeker/Special Populations

Cycling-The original and most popular indoor cycling program. A great non-impact, high-calorie burning workout! Multi-Level

Cycling Lite-A cycle class for the beginner or those who prefer a shorter cardio workout. If you are new to this form of exercise, show up a little early for your first class. Fitness Seeker

Mommy Boot Camp-In this stroller fitness class, you will walk, run, strength train and work your abs. A great workout class for moms and children up to 4 years. Multi-Level

Power Zumba-A great Zumba class with intervals of strength and high intensity cardio. Fitness Enthusiast.

S.P.E.W. Supreme Physical Exertion Workout-High-end cardio & strength boot camp style intervals for the brave enthusiast. Fitness Enthusiasts.

Step-A step class perfect for those desiring more complex choreography to challenge the mind as well as the body. Multi-Level

Zumba-A fusion of Latin and International music & dance themes, creating a dynamic, exciting, highly effective fitness class. No dance experience necessary. Multi Level. www.Zumba.com

Class Levels

Fitness Seeker/Special Populations: These classes are designed for individuals that are either beginning their fitness program or those that may be young at heart. These classes would also be post rehabilitation, pregnancy and postpartum friendly.

Multi-level: These classes are appropriate for most ability levels and can be easily modified to meet individual needs.

Fitness Enthusiasts: These classes may be of a slightly higher intensity and geared for individuals with a pre-existing fitness base.

Strength

BodyPump-The fastest way in the universe to change your body. Experience the original barbell workout for yourself. Multi-Level. **A Les Mills Program.**

Core Conditioning-A class to strengthen your abdominals and back while utilizing various equipment. Multi Level

Free Style Strength-Utilizing barbells, balls, bands and tubes, in this effective all-around strength program. Multi-Level

Stretch and Balance-A great stretch class with an added bonus! Work on improving your balance and strength in a functional way. Multi-Level

Mind, Body & Flexibility

Advanced Yoga-A powerful class emphasizing correct body alignment, strength, flexibility and balance when performing more advanced asanas (poses) such as inversions, arm supports and backbends. Previous yoga experience required. Multi-Level

BodyFlow-A beautifully choreographed blend of Tai Chi, Yoga and Pilates, to strengthen, tone and stretch your entire body. Multi-Level. **A Les Mills Program.**

Pilates Basics-Learn the fundamentals of Pilates and improve your core strength and flexibility. Fitness Seeker.

Pilates Mat-Mind/Body class utilizing the exercises developed by Joseph Pilates to strengthen your entire core. Multi-Level

Stretch and Flex Yoga--Learn the basics or review the fundamentals. Emphasis on detailed instruction, basic alignment and body/breath awareness. Multi-Level

Hot Yoga-All of the benefits of Yoga in a warm room. Feel the difference. Multi Level

Yoga-Improve your balance, get stronger and relieve stress in this great all-around class. Multi-Level

Les Mills Programs: East Hills is the only club in West Michigan to offer 4 of the World-reknown Les Mills Choreographed Programs: BodyPump, BodyCombat, BodyStep and BodyFlow. For more information, go to www.lesmillsusa.com

▲-Class available to pre/post-natal non-members with a punchcard. \$7.00 per class. See the Service Desk for details. For more classes, see The MAC Group Fitness schedule at www.ehac.com.

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*8-13 youth may participate if accompanied by a parent.

Lunchtime Fitness Pass

FREE for Members! Non-members may attend any our 11:00am, 12:00pm or 1:00pm classes and Saturday 10:00am Zumba \$8 per class.

EAST HILLS GROUP FITNESS

FALL 2008 SCHEDULE



EFFECTIVE September 8, 2008

Group Fitness Director
Teri Harmon

Group Fitness Assistant
Cathy Harrall

Contact Teri @ 224-5444 ext. 227
to set up your Complimentary Consultation.
www.ehac.com