

Aqua

Aqua Arthritis-A wonderful class to help improve range of motion and strength. 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 gentle-on-your-joints aqua fitness class for those seeking a great workout in a fun and friendly environment. Fitness Seeker/Special Populations

Aqua Zumba- Known as the Zumba "pool party," this formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Zumba.com

Cardio

BodyCombat-This high-energy class combines Kickboxing, Karate and Tai Chi. Fitness Enthusiast. www.lesmills.com

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

BodyVive-A multi-generational program that can serve numerous purposes. BodyVive is as intense as you make it so seniors, teens, novices, and weekend warriors all see tremendous benefits from the program. BodyVive offers an active alternative to a day "off". Multi Level. lesmills.com

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

Cycle Fit - A 45-minute cycling class combined with 15 minutes of strengthening using tubing, bands and more. Multi Level

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 and strength boot camp style intervals for the brave enthusiast. Fitness Enthusiasts.

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

▲Fitness for Two▲

Our Fitness For Two program is FREE for Members.

A punchcard is available to Pre/post natal NM \$8.00/class.

For Pre/Post Natal participants, please choose from the following classes: Aqua Challenge, Aqua Fit, Aqua Yoga (MAC only), BodyFlow (EH only), BodyVive, Cycle Lite, Go Deep (EH only), Mommy Boot Camp (EH only), Stretch & Flex Yoga, STAY Fit (EH only). For more class selections, see www.TheMAC-EastHills.com.

Mind, Body & Flexibility

BodyFlow-A beautifully choreographed blend of Tai Chi, Yoga and Pilates, to strengthen, tone and stretch your entire body. Multi-Level. lesmills.com

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

STAY Fit- Stretch, Tai Chi And Yoga. This class will include a fusion of Stretch, Tai Chi and Gently Yoga. Multi-level.

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

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

Yoga & Pilates FusionThe focus of this class is building strength, power and stability. We incorporate strength/athletic drills, core and pilates exercises as well as yoga poses to keep you in constant movement so you are challenged from start to finish. This is a power packed class well worth your time!

Strength

BodyPump-The fastest way in the universe to change your body. Experience the original barbell workout for yourself. Multi-Level. lesmills.com

COREography-Join us for a blast of dance based ab and back isolation movements combined with traditional core strengthening exercises. Define, strengthen and tone your middle in 15 minutes. Multi-Level

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

Hoops, Core & More-Burn calories and shape your mid-section with a smile on your face in this Hula Hoop and core strengthening class. Jump ropes, balls and various equipment may be utilized. Multi Level

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.

Les Mills Programs

East Hills is the only club in West Michigan to offer 5 of the World-reknown Les Mills Choreographed Programs: BodyPump, BodyCombat, BodyStep, BodyFlow and BodyVive. www.lesmills.com

▲ - **Fitness For Two Classes** are FREE for Members, punchcard available to Pre/postnatal NM \$8.00/class.

© - Class available to NM with a punchcard. \$8.00 per class.

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

\$ - Paid Program for Member and NM.

MAC & EHAC Hours

(May - September)

Monday-Thursday.....5:00am - 9:00pm

Friday.....5:00am - 8:00pm

Saturday.....7:00am - 7:00pm

Sunday.....8:00am - 7:00pm

OHSS Hours

(May - September)

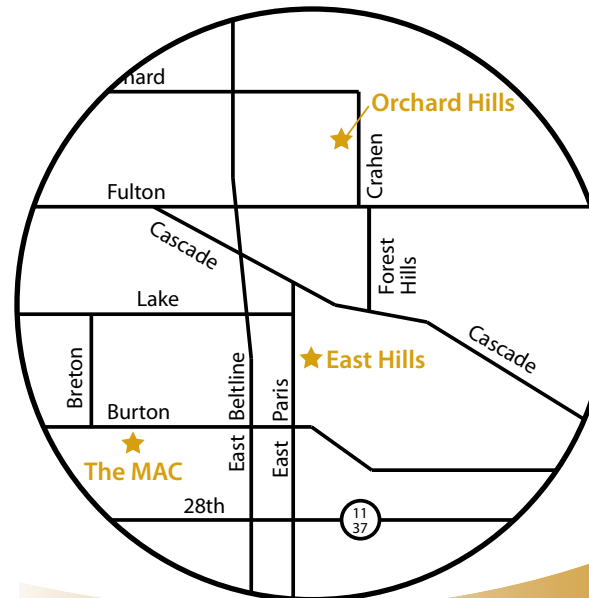
Monday-Thursday.....6:30am -10:00pm

Friday.....6:30am - 9:00pm

Saturday.....7:30am - 9:00pm

Sunday.....9:30am - 8:00pm

The only clubs in Grand Rapids offering three full-service facilities within a convenient 2-mile radius!



The MAC (616) 956-0944

2500 Burton SE GR, MI 49546

East Hills (616) 224-5400

1640 East Paris SE GR MI 49546

Orchard Hills (616) 224-8700

115 Crahen NE GR, MI 49525

www.TheMAC-EastHills.com

East Hills

Summer 2011 Group Fitness Schedule
Effective June 13, 2011



THE MAC | EAST HILLS
ORCHARD HILLS

Group Fitness Director: Teri Harmon
tharmon@ehac.com



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	BODY PUMP Kristin/Sara I.-2	Cycling Kelly-3	BODY COMBAT *Kristin-1	Cycling Nancy/Stephanie-3	BodyVive ▲ *Deb B.-2		
5:30		BODY STEP Kristin/Toula-1		BODY FLOW ▲ *Sara I.-2			
7:00						Cycling 7:05 Doreen/Nancy -3	
7:30			Cycling Karen-3			8:00 Play Room Opens	
8:00	Stretch & Balance Cyn-1	Free Style Strength Debbie-2	Stretch & Balance Cyn-2	Yoga *Kim-2	STAY Fit Cyn-1		
8:00			BODY STEP Leslie-1		Free Style Strength Angie-2	BODY PUMP Cathy/Toula-2	
8:15 Play Room Opens							
8:30	Zumba *Debbie-2			Zumba *Debbie-1			
9:00	Cycling Karen-3	BODY FLOW ▲ *Debbie/Teri-2	Zumba *Cathy/Leesa-1	Cycling 8:30 Karen-3	Power Zumba *Leesa-2	Cycling Kelly-3	
9:00	BODY COMBAT *Leslie-1	Cycling Fit Debbie/Elizabeth-3		BODY COMBAT *Cassi-2	BODY STEP Leslie-1	BODY COMBAT *Cassi/Kristin-1	
9:00		S.P.E.W. Nicole/Sara I. -1	BODY PUMP 45 min. Cassi-2		Cycling Debbie/Sandy-3	BodyVive ▲ *Cathy-2	
9:30	BODY PUMP Cathy-2			CORE-eography-15 *Debbie-1			
9:30			BODY COMBAT *9:45 Cassi-2 45 min.				
10:00	BodyVive ▲ *Debbie-1	Mommy Boot Camp Elizabeth-Gym▲	BodyVive ▲ *Debbie-1	BODY PUMP Cassi-2	Pilates Mat *Janine-2	Zumba *Staff-1	
10:00		BODY STEP Cathy-1			BODY FLOW ▲ *Debbie/Teri-1	BODY FLOW ▲ *Cathy-2	
10:00		BODY PUMP Sara I.-2	Hoops, Core & More*-15 10:30 Cassi-2 15 min.			Outdoor Yoga *OHSS-Stacy C./Teri	
10:30	Pilates Mat *Janine-2						
11:00	Stretch & Flex Yoga *Jane-1			Stretch & Flex Yoga *Cyn-2			
11:30	Pilates Basics *Janine-1						
Noon		Zumba *Leah-1	BODY FLOW ▲ *Teri-2		BODY PUMP Staff-2	12:00pm Play Room Closes	
1:00 Play Room Close							
1:00		Free Style Strength Mollie-2		Free Style Strength Cyn-2			
4:00	4:15 Play Room Opens						4:00 Play Room Opens BODY PUMP Jola/Sara I.-2 45 min.
4:30	BODY FLOW ▲ *Steve-2		BODY PUMP Kristin-2				
4:45						BODY STEP 4:45 Jenn P./Karene-1 45 min.	
4:45						BODY COMBAT 4:45 *Jola/Sara-2 45 min.	
5:30	BODY COMBAT Jola-1	BODY PUMP Steve-2	BODY STEP Karene/Toula-1	BODY COMBAT *Lisa J.-2			
5:30	Outdoor Cycling OHSS Parking Lot-Mark						
5:30	BODY PUMP 5:45 Steve-2						
6:00		Zumba *Cathy-1		Cycling Adriana-3			
6:00		Cycling Nancy/Stephanie-3					
6:30		Yoga/Pilates Fusion Jen S.-2	Pilates Mat *Janine-1	BODY PUMP Jenn P.-2			
6:30				Zumba *Lisa K.-1			
7:00	Free Style Strength Angie-2		Free Style Strength Angie-2		7:00pm Play Room Closes	7:00 Play Room Closes	
8:00 Play Room Closes							

Aqua Class Selections

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		Aqua Challenge▲ *Cyn		Aqua Challenge▲ *Theresa		Outdoor Aqua Challenge▲ *OHSS-Cyn
10:00		Arthritis☺ Cyn		Arthritis☺ Theresa	Arthritis☺ Staff Rotation	
1:00	Aqua Challenge▲ *Cyn	Arthritis☺ Theresa	Aqua Challenge▲ *Adriana	Arthritis☺ Adriana	☺Aqua Zumba▲ Adriana/Sue W.	
2:00	Arthritis☺ Cyn		Arthritis☺ *Adriana			
5:30	Aqua Challenge▲ *Adrianna		Aqua Challenge▲ *Adriana			
6:30	☺Aqua Fit-▲ *Adriana					

*Youth (ages 8-13)

May participate with a parent:
Aqua Challenge
Aqua Fit
BodyCombat
BodyFlow
BodyVive
Pilates
Stretch/Flex Yoga
Yoga
Zumba