

AQUA

Aqua Challenge-Challenge your cardiovascular system and muscles at the same time. 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 Yoga-A combination of traditional yoga poses and other dynamic moves that improve joint range of motion, balance, flexibility, muscle tone and muscular strength. Multi-Level

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

FINS-Fitness in Swimming-An ongoing program designed for adults who want a challenging, organized lap swim workout.

CARDIO

Body Attack- The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Fitness Enthusiasts

M3 Cycle-NEW! Top of the Line Keiser M3 series Indoor Cycling Bikes with computers showing RPM's, watts & heart rate. Bring your heart rate monitor or purchase one from the Pro Shop

TurboKick-The hottest kickboxing class around! Turbo Kick combines athletic moves, sports drills, hip-hop flavor and mixes it all up to the very best music. Multi Level. TurboKick.com

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

STRENGTH

Body Barre-A fast and effective way to change the shape of your entire body. Utilizing small isometric movements, you will create lean and long muscles, without the bulk. Serious results-seriously quick. Multi Level.

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

Core Conditioning-A class that focuses on strengthening your abdominals and back for better posture and better health. Multi Level

PLAYROOM HOURS

Monday - Thursday: 8:15am - 8:00pm
Friday: 8:15am - 7:00pm
Saturday: 8:00am - 3:00pm
Sunday: 1:30pm - 7:00pm

MIND, BODY & FLEXIBILITY

Hot Yoga-All of the benefits of our traditional Yoga class in a warmer room. Feel the difference. Multi Level .

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

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

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

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

CARDIO/STRENGTH

BodyVive-is the low-impact, whole body group fitness workout that uses VIVE™ balls, tubing and body weight to boost fitness and core strength. Multi Level. www.lesmills.com

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

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. 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.

▲Fitness for Two▲

Our Fitness For Two program is FREE for Members. 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), Body Vive, M3 Cycle Lite, Deep Water (EH only), Mommy Boot Camp (EH only), Yoga 1, STAY Fit (EH only). For more class selections: www.TheMAC-EastHills.com.

Les Mills Programs

The MAC offers 3 of the World-rekknown Les Mills Choreographed Programs:
Body Attack, BodyPump and BodyVive.
For more information, go to www.lesmills.com

MAC & EHAC Hours

(September - May)

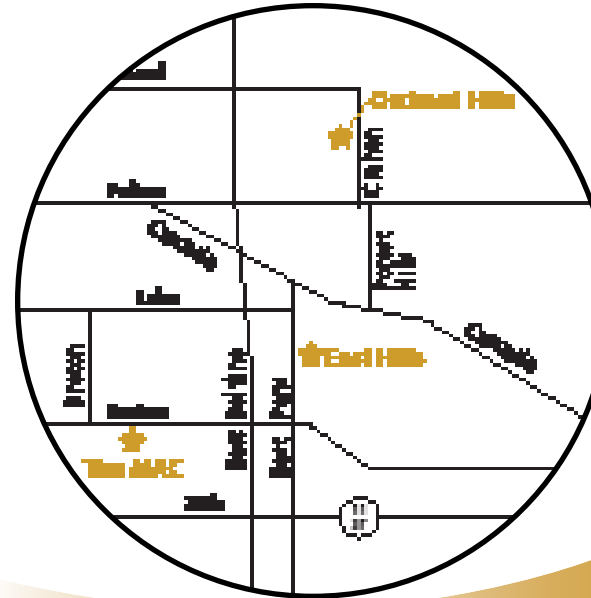
Monday-Thursday.....5:00am -10:00pm
Friday.....5:00am - 9:00pm
Saturday.....(EHAC) 7:00am - 9:00pm
Saturday.....(MAC) 7:00am - 8:00pm
Sunday.....8:00am - 8:00pm

OHSS Hours

(September - May)

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

The MAC

Spring 2012 Group Fitness Schedule
Effective April 9, 2012



THE MAC | EAST HILLS ORCHARD HILLS

Group Fitness Director: Teri Harmon
tharmon@ehac.com



Group Fitness Programs

A wide range of Group Fitness classes are offered with varying intensity levels for your enjoyment each week. In order to achieve the benefits of cross training, we encourage participation in a variety of classes while exercising at a comfortable, yet challenging level. For a more detailed description of classes and intensity levels, please contact:

Teri Harmon, Group Fitness Director

tharmon@ehac.com

956-8003, ext. 246

Jennie Jorstad, Group Fitness Assistant

956-8003, ext. 346

Contact Teri Harmon

to set up your Complimentary Consultation.



ABOUT OUR INSTRUCTORS



The MAC Group Fitness Team attends in-service training, off-site workshops, seminars and conventions. Our certified instructors bring variety and uniqueness to each class they teach. Please enjoy the individuality of each instructor.

Karene Alton
Doreen Barnes
JD Bodine
Judy Bouley
Deb Buchan
Stacy Calcaterra
Leah Carpenter
Kevin Collins
Kim Crosby
Jen Delavaux
Lisa Eldersveld
Dan Gelderloos
Elizabeth Hager
Teri Harmon
Cathy Harrall
Carrie Heim

Karen Honholt
Pam Kruse
Lisa Kuhn
Janine Kropf
Jennie Jorstad
Terri McElwee
Laurel Olson
Steve Parsh
Jenn Prince
Stacy Pulley
Jenn Shaw
Sandy Seville
Jane Tornga
Mollie VonEhr
Susan Wilson
Courtney Yarch

MONDAY

5:30-6:30	TurboKick	2
5:45-6:00	Core Conditioning-15	G
6:00-7:00	M3 Cycling	1
8:30-9:00	Circuit City	G
8:45-9:45	BodyPUMP	1
9:00-9:15	Core Conditioning-15	G
9:15-10:15	Aqua Fit	P
9:50-10:50	Yoga I▲*	1
12:00-1:00	Body Barre NEW!!	4
5:30-6:30	S.P.E.W.	1
6:00-7:00	Zumba*	2
6:30-7:30	BodyPUMP	1
7:30-8:15	M3 Cycling-45	1

TUESDAY

5:25-6:25	BodyPUMP	1
5:30-6:30	FINS	P
8:00-9:00	Pilates Mat I*	2
8:30-9:30	M3 Cycling	1
9:30-10:30	Zumba*	1
12:00-1:00	M3 Cycling + Core	1
4:30-5:30	Aqua Challenge▲*	P
5:00-6:00	BodyVIVE▲*	1
6:00-7:00	Body Attack	1
7:00-8:00	Hot Yoga	1

WEDNESDAY

5:30-6:30	M3 Cycling	1
5:45-6:00	Core Conditioning-15	G
6:00-6:45	Aqua Challenge-45▲*	P
8:30-9:00	Circuit City	G
8:30-9:30	BodyPUMP	1
9:00-9:15	Core Conditioning-15	G
9:15-10:00	AquaFit-45▲*	P
9:30-10:30	Body Attack	1
9:45-10:45	Pilates Mat I▲	2
10:00-10:30	Aqua Yoga-30	P
5:30-6:30	Zumba*	1
6:30-7:30	BodyPUMP	1
7:30-8:15	M3 Cycling-45	1

MONDAY

Stacy P.
Terri M.
Kevin
Carrie
Courtney
Carrie
Sue
Kim
Janine
Sandy
Judy
Jen D.
Jen S./Pam

Jenn P.
Swim Staff
Jane
Jen S.
Leah/Teri
Karen
Lisa E.
Jennie J.
Jennie J.
Stacy C.

THURSDAY

5:25-6:25	BodyPUMP	1
5:30-6:30	FINS	P
8:30-9:30	BodyVIVE▲*	1
9:30-10:30	Zumba*	1
9:30-10:30	\$Pilates Reformer	4
12:00-12:45	M3 Cycling-45	1
4:30-5:30	Aqua Challenge▲*	P
4:30-5:30	BodyPUMP	1
5:45-6:45	TurboKick*	1
6:45-7:30	Hot Yoga-45	1

FRIDAY

5:30-5:45	Boot Camp-15	G
5:45-6:30	M3 Cycling-45	1
6:30-7:30	Zumba	1
8:00-8:55	Turbo Kick	1
8:00-9:00	Pilates Mat I*	2
9:00-10:00	BodyPUMP	1
9:00-9:15	Core Conditioning-15	G
9:15-10:00	Aqua Zumba-45▲*	P
10:00-10:30	Aqua Yoga-30	P
10:00-11:00	Yoga I▲*	1
5:30-6:30	Body Attack	1

Jenn P.
Swim Staff
Deb B.
Cathy
Jane
Dan
Lisa E.
Courtney
Jennie
Jennie

Terri M.
Elizabeth
Lisa K.
Jen D.
Sue
Mollie
Staff
Sue
Sue
Laurel
Cathy/Deb

SATURDAY

7:20-8:20	BodyPUMP	1
8:30-9:15	Pilates Mat II-45*	2
8:30-9:30	Aqua Challenge▲*	P
8:30-9:30	M3 Cycling	1
9:30-10:30	TurboKick*	1
9:30-10:30	Yoga II▲*	4

Laurel
JenS/Karene
Lisa E
Doreen/Laurel
Karene/Stacy
Steve

SUNDAY

9:00-10:00	BodyPUMP	1
4:00-5:00	BodyVIVE▲*	1
5:10-6:10	Pilates/Yoga Fusion▲*	1

Steve
Deb/Leah
Jen S.

1 = Studio 1 2 = Studio 2 4 = Studio 4
P = Pool G = Gym

▲Fitness For Two Classes are FREE for Members, punchcard available to Pre/postnatal Non-Members \$8.00/class
\$ Paid Program for Members and Non-members.
* Youth ages 8-13 may participate when accompanied by a parent.