Aqua

Aqua Arthritis-A wonderful class to help improve range of motion and strength - includes cardiovascular and stretching components. No swimming skills necessary. 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. www.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. www.lesmills.com

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.comMulti Level. www.lesmills.com

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

M3 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

S.P.E.W. Supreme Physical Exertion Workout-High-end cardio and 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/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/MAC), BodyVive (EH only), Mommy Boot Camp (EH only), Yoga 1, STAY Fit (EH only). For class times and days, see www.TheMAC-EastHills.com.

Mind, Body & Flexibility

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

Hot Yoga-All of the benefits of our Yoga Level II 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

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

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

Yoga I This class will integrate basic principals of alignment, pranayama (breathwork), meditation and yoga philosophy to improve mind/body conditioning. Multi Level

Yoga II – We will deepen our knowledge of the principals of alignment, pranayama, meditation and yoga philosophy. Asanas (poses) will be more challenging and beginning inversions, arm supports and backbends will be explored. Multi Level

Yoga III-Going even deeper! This is a powerful class emphasizing more challenging asanas (poses), advanced pranayama and longer meditations. Class is taught using the Sanskrit names for asanas. We will practice inversions, arm supports and backbends. Previous yoga experience required.

Strength

Body Barre-A fast and effective way to change the shape of your entire body. Utlizing 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 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

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 Choregraphed Programs: BodyPump, BodyCombat, BodyFlow, BodyStep 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

(September - May)

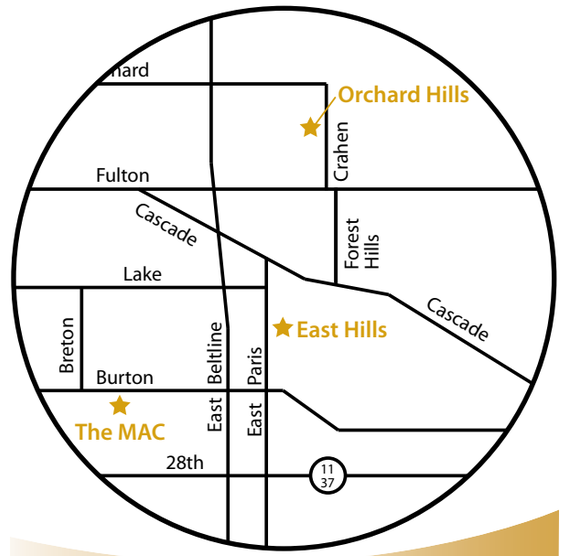
Monday-Thursday.....5:00am -10:00pm
Friday.....5:00am - 9:00pm
Saturday.....7:00am - 8:00pm
Sunday.....8:00am - 8:00pm

OHSS Hours

(September - May)

Monday-Thursday.....6:30am -10:00pm
Friday.....6:30am - 9:00pm
Saturday.....7:30am - 8:00pm
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

Spring 2013 Group Fitness Schedule
Effective April 8, 2013

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	M3 Cycling	BODY COMBAT*	M3 Cycling	BODY COMBAT*		
	Kristin-2	Kelly-3	*Kristin-2	Doreen/Stephanie-3	*Nicole-2		
5:30		BODY STEP		BODY FLOW▲*			
		Kristin/Toula-2		*Lisa K.-2			
7:00						7:05 M3 Cycling	
						7:05 Doreen/Karen-3	
7:30			M3 Cycling				
			Karen-3			8:00 Play Room Opens	
8:00	Stretch & Balance	Free Style Strength	Stretch & Balance*	Yoga II	STAY Fit	BODY PUMP	8:05 M3 Cycling
	Cyn-1	Debbie-2	Cyn-2	*Jennifer-2	Cyn/Deb-1	Cathy/Toula-2	8:05 Doreen-3
8:00		Yoga II	BODY STEP		Free Style Strength	Step	
		Melissa-1	Leslie-1		Theresa-2	Judy-1	
	8:15 Play Room Opens						
8:30	Zumba			M3 Cycling			
	*Debbie-2			Karen-3			
9:00	M3 Cycling	BODY FLOW▲*	Zumba*	8:30 BODY VIVE▲*	Zumba*	M3 Cycling	
	Karen-3	*Debbie/Teri-2	*Cathy/Leesa-1	8:30 *Deb B.-1	*Leesa-2	Kelly-3	
9:00	BODY COMBAT*	M3 Cycling Fit		BODY COMBAT*	BODY STEP	BODY COMBAT*	
	*Leslie-1	Debbie/Elizabeth-3		*Cassi-2	Leslie-1	*Cassi/Kristin-2	
9:00		S.P.E.W.	BODY PUMP		M3 Cycling	BODY VIVE▲*	
		Nicole-1	Cassi-2 45 min.		Debbie/Nicole-3	*Cathy-1	
9:30	BODY PUMP			BODY STEP			
	Cathy-2			Kristin-1			
9:30			9:45 BODY COMBAT-45*		Mommy Boot Camp▲		
			9:45 *Cassi-2 45 min.		Courtney-Gym▲		
10:00	BODY VIVE▲*	BODY STEP	BODY VIVE▲*	BODY PUMP	Pilates Mat II	Zumba*	
	*Debbie-1	Cathy-1	*Debbie-1	Cassi-2	*Janine-2	*Staff Rotation-1	
10:00		BODY PUMP			BODY FLOW▲*	10:05 BODY FLOW▲*	
		Kristin-2			*Debbie/Teri-1	10:05 *Cathy-2	
10:00			10:30 Core Conditioning				
			10:30 Cassi-Gym 15 min.				
10:30	Pilates Mat II		Body Barre				
	*Janine-2		Janine-2				
11:00	Yoga I▲*		11:15 Yoga III	Yoga I▲*			
	*Jane-1		11:15 Melisssa-1	*Cyn-2			
Noon	Body Barre		BODY FLOW▲*		BODY PUMP		
	Janine-1		*Teri-2		Jen D.-2		
1:00	Pilates Mat I*	Free Style Strength		Free Style Strength			
	*Mary-1	Angie-2		Laurel-2			1:30 Play Room Opens
3:00						3:00 Play Room Closes	
4:00							BODY PUMP
							*Jola-2 45 min.
4:30	BODY FLOW▲*	BODY VIVE▲*	BODY PUMP	Body Barre			
	*Staff Rotation-2	*Jennie J.-2	Mary-2	Janine-2			
4:45							BODY STEP
							Karene-1
4:45							BODY COMBAT-45*
							*Jola-2 45 min.
5:30		BODY PUMP	BODY STEP	BODY COMBAT*	Hot Yoga		
		Laurel-2	Toula-1	*Jola-2	Stacy-1		
5:30		M3 Cycle	Pilates Mat II	M3 Cycling			
		Katolo-3	*Janine-2	Sara W.-3			
5:45	BODY PUMP						BODY FLOW▲*
	Toula-2						Staff Rotation-2
6:00	BODY STEP	Zumba*					
	Karene-1	*Sondra-1					
6:30		BODY COMBAT*	Hot Yoga	BODY PUMP			
		Beth-2 45 min.	Jennifer-2	Katolo/Toula-2			
6:30				Zumba*			
				*Sondra-1			
7:00	M3 Cycle	7:15 BODY FLOW▲*			7:00pm Play Room Closes		7:00 Play Room Closes
	Sandy -3	7:15 Jennifer-2					
7:30							
	8:00 Play Room Closes						

Aqua Class Selections

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		Aqua Challenge▲*		Aqua Challenge▲*		Aqua Challenge▲*
		*Cyn		*Theresa		*Adriana
10:00		Arthritis☺		Arthritis☺	Arthritis☺	
		Cyn		Theresa	Sandra/Teri	
11:00					☺Aqua Zumba▲	
					Sondra	
1:00	Aqua Challenge▲*	Arthritis☺	Aqua Challenge▲*	Arthritis☺		
	*Cyn	Theresa	*Adriana	Adriana		
2:00	Arthritis☺		Arthritis☺			
	Cyn		*Mary			
5:30	Aqua Challenge▲*		Aqua Challenge▲*			
	*Adrianna		*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