

# fitness news

[INSPIRING HEALTHY LIFESTYLES]

SUMMER 2008 CAMPS OHSS

**Mini Camp**, begins June 2nd  
**Fun 'N Sun 1 and Fun 'N Sun 2 • Ages 3-13**  
Begins June 9th

**Camp Open House**  
To learn more about our camp offerings and meet our camp staff please join us at our Camp Open House Thursday, May 29, 2008 • 6:00pm-7:00pm

**Kids Night Out @ OHSS**  
June 6 6:00-9:00pm  
July 11 6:00-9:00pm  
August 1 6:00-9:00pm

**Trampoline Safety Camp • Ages 6-10**  
July 14-18 9:00-12:00pm  
August 18-22 9:00-12:00pm  
Gymnastic Camps for ages 3-12 are available beginning June 9.

**Outdoor Aquatics:**  
**New! Competitive Training Series • Ages 5-18**

**New! "Safety First!" • Ages 4-7**  
Saturday, June 14 8:00am-10:30am  
Wednesday, July 23 8:00-10:30am

**West Michigan Tennis Academy**  
June 9- August 22, 2008 10:00am-3:00pm

**EZ Play Tennis**  
June 9- August 22, 2008  
Little Stars Ages 4-5 1:00pm-2:00pm  
Big Stars Ages 6-8 2:00pm-3:30pm  
Super Stars Ages 9-11 3:30pm-5:00pm

Summer 2008 Program guides will be mailed March 17, 2008  
New lower Super Member pricing on several summer camps!

**SURF THE WEB** to find...

- Class Schedules
- Register for Programs
- Upcoming Events
- Closing/Cancellation Information

[www.michiganathleticclub.com](http://www.michiganathleticclub.com)

[www.ehac.com](http://www.ehac.com)



**THE MAC | EAST HILLS**  
**ORCHARD HILLS**

SPRING/SUMMER 2008

Dear members and friends,

What a winter this has been! I hope your fitness routines and activities have helped you through those cold temperatures and nasty winter storms! We have certainly enjoyed seeing you often throughout these last months. Bravo to those of you who participated in the “I Lost it at the Club” program. I hope you had a great experience. Please don’t hesitate to give us feedback on this program so we can make it even better next time around.

With thoughts of warmer weather ahead, don’t forget to get your reservation in for the OHSS summer pool. We have some great improvements in store for our summer pool members! We will be installing several new “water toys” in the pool and are in the process of considering many fun options, including tumble buckets, spray tunnels, and some spraying water animals. Final decisions on these will be made soon. We will also be adding several new shade umbrellas at the water’s edge for your enjoyment. Of course our tried and true summer camps, swim lessons, swim team, tennis and youth programs will also be back for your enjoyment!

We have a fairly extensive facility project coming up that you should be aware of. We will be renovating the East Hills front entrance and parking areas.

Our goal is to have better access between our lower NW lot and the main entrance, which will be accomplished with a pedestrian walkway between the two areas. We will also enhance the entrance itself with better lighting, signage and steps.

Also, you will want to make a note that our club hours will be changing for the summer at both the MAC and East Hills. Our opening times will remain the same throughout the week. However, we will be closing the clubs at 9:00 pm Monday-Thursday, at 8:00pm on Fridays and 7:00 pm both Saturday and Sunday evenings. Careful study of our usage reports has led us to this decision for the summer. The summer change will be effective May 27th through September 1st. Note that we will return to our current fall/winter/spring hours on September 2<sup>nd</sup>.

Don’t forget to check out our GRAND GIVEAWAY member referral program that is going on right now! You can win some great prizes during the months of February, March and April with a GRAND PRIZE DRAWING of a Weekend Package at the JW Marriott! Now is the time to get those friends and family members to join and begin a healthier lifestyle.

Many thanks for your patronage over the last months. We appreciate your dedication, loyalty and commitment to your health and fitness. Take care to continue your journey – your health is worth it!

Best regards,

MJ Smith  
General Manager, MAC, EHAC, OHSS

**“I LOST IT”  
POST PARTY!!!**  
**March 13th, 6-7pm**  
**in the East Hills Lounge.**  
**Come to have fun and celebrate**  
**your success! I Lost it awards**  
**will be given out!**

## **FAREWELL TO MARLENE WACKERLIN**

**20 years of service • (Publishing – EH/OH/MAC)**

**M**arlene was a part of the East Hills team since 1987. Marlene was the inspiration behind most club publications. She would be found hard at work in the East Hills Publishing Department working on items such as Footnotes, Team Connections, handbooks, brochures and a variety of other projects. Marlene strived to put together the most creative, informative, and dynamic material for the Members and Team Members. Best of all, she was a warm, friendly smile that greets those who are in need of completed print projects. *Thanks, Marlene, for 20 years of loyal and dedicated service to the clubs.*

**Congratulations to the winners of our first ever, tri-club tennis championship which was held February 8-10, 2008.**

Watch for their pictures on our winners poster later this month. Thanks to all who participated and had a great time!"

**Elite doubles:**

Tuan-Anh Tran & Aaron Hendrick

**Team Doubles:**

Victoria Beach & Travis Beach

**Rookies Singles:**

Sam Forstner

**Mixed Open Doubles:**

David Brouwer & Allison Fecko

**Mixed 8.0 Doubles:**

L Doug Wiseman & Beth Wiseman

**Men's 8.0 Doubles:**

Tom Ranville & Jim Keller

**High School Boy's doubles:**

Adam Berman & Cody Herbruck

## FAREWELL TO JANE TORNGA

**11 years of service  
(Group Fitness Director – MAC)**

Jane is stepping away from her duties as our group fitness director. We thank Jane for 11 years of great service. Her leadership in the group fitness department has been stellar and we will miss her in this role very much. We are very happy that Jane has indicated that she would like to stay on and continue to teach pilates for us. You will still see her around the club!

## DID YOU KNOW?

Did you know our clubs are available for **all-night rental**? Youth groups, Scouting groups, and high school graduation parties all take advantage of this. Know a group that may be interested? Contact Mary White at 956-0944 ext. 330

## CORPORATE MEMBERSHIP DISCOUNTS "THE BENEFIT OF HEALTHY LIVING"

Would you like the benefit of monthly discounts? Select area companies are already enrolled in our program and their employees are enjoying a 10-15% discount off of their membership dues. This program is offered at no cost to employers, and employees receive a great new benefit. The number of employees participating determines eligibility and discount.

Interested? Have your employer contact Sally VerStraete at the MAC at 956-0944; corporatesales@michiganathleticclub.com or Lisa Stankowski at East Hills at 224-5400; www.ehac.com.

## MARCH MADNESS

**3 ON 3 BASKETBALL  
TOURNAMENT  
March 28, 29, 30**

Registration forms available on line at [www.ehac.com](http://www.ehac.com) or at The Front Welcome Center at East Hills.  
Registration deadline March 17, 2008.

**TAKE A BREAK FROM YOUR REGULAR CLASS ROUTINE – TRY SOMETHING NEW!** This is a great time of year to try out new classes. Pick up our group fitness schedule and try something different! Or step up to Pilates Reformer training. For small group or private training, please contact the MAC at 956-0944 or East Hills at 224-5400.

## THE SHOETREE CLASSIC PADDLE TENNIS TOURNAMENT

**Saturday March 29th**

East Hills Athletic Club's paddle tennis tournament is a nonsanctioned, casual, one day tournament for beginner, intermediate and advanced players. All paddle players in the area are encouraged to enjoy a day of paddle and socializing! Three matches are guaranteed weather permitting.

The cost is \$65 per player and includes lunch, beverages, prizes and a tournament favor.

For more information, please call/email Wendy Petersen, 616-285-3756

## YOUTH ACTIVITY REMINDERS

**Kid's Night Out** - Just drop the kids off for a night of fun. 6:00-9:00 pm March 21 and April 18.

**Spring Break Sports Camp!** 9:30-12:00 each morning, April 7-11.

Don't forget to sign up for **Gymnastics** with Miss Beth, **Dance** with Miss Susan, and/or **Basketball** with Coach Rich Conner.

**Contact Mary White for any of the above details at the MAC 956-0944 ext 330.**

# DISEASE RISK SCREENING

Accurately predict your risk of developing chronic disease within the next five years

Stoke, Coronary Heart Disease, Congestive Heart Failure, (COPD, Cancer, Diabetes)

The Mac in Alliance with Advance Screening & Wellness is holding a

**Disease Risk Assessment on Friday March 14, 2008**

Pre Registration Required  
Call 800-541-8110

Location: Mac 2500 Burton Street SE  
Grand Rapids, MI 49546

Cost: I lost it at the club participants \$75.00

All other members \$99.00

## ATTENTION! Please add the following changes to your membership handbook:

- 1) Beginning April 1, 2008 there will be a \$15 fee added for any status changes made to your membership account that result in the net reduction of dues paid for the month.
- 2) All status changes made to your membership account must remain in effect for 30 days.



## LOOKING FOR A PLACE TO CELEBRATE?

We can host **Birthday Parties** over the weekend – sports, games, swimming, cake, and more. Many options to choose from. We do the work; you have the fun! Contact Mary White for details at the MAC 956-0944 ext 330.

**MEMBER GRAND Giveaway**  
REFER A NEW MEMBER TO ANY OF OUR 3 CLUBS DURING THE MONTH OF  
**MARCH - APRIL**  
AND BE ENTERED IN A DRAWING FOR ONE OF THE FOLLOWING MONTHLY PRIZES:

**MARCH**  
IPOD SHUFFLE, ARM BAND, ITUNES GIFT CARD  
VALUE: \$150

**APRIL**  
BILL & PAUL'S GIFT CARD  
VALUE: \$200

A REFERRAL IN EITHER OF THESE 2 MONTHS ALSO ENTERS YOU INTO THE GRAND GIVEAWAY DRAWING  
A WEEKEND PACKAGE AT THE  
**NEW JW MARRIOTT**  
DOWNTOWN GRAND RAPIDS  
VALUE: \$300

## Pro Shop News

March 2008

East Hills ~ Orchard Hills ~ The MAC

# DEMO SALE

*at East Hills*

**Starts  
Monday**

**MARCH 10  
9:00AM**

We are offering our gently used Demo racquets for sale starting on Monday, March 10th at 9:00am. These demos are for models that have been discontinued and are on clearance. All demos will be sold "As Is". All Demo sales are Final.

## SUMMER MAC & EHAC HOURS

Please note that we will move to our summer hours on 5/27/08 and will be as follows:

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