

Aqua

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

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

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

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

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.**

Cardio Interval -This class combines various forms of cardio and strength exercise to make this a fun and exciting class. Fitness Enthusiast

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

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

Cycle Lite-Learn to comfortably ride a spin bike or come to improve your cardiovascular fitness. Fitness Seeker.

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

Free Style Step-A step class perfect for those desiring more complex choreography to challenge the mind as well as the body. 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. Fitness Enthusiast. www.Zumba.com

Zumba-A fusion of Latin and International music & dance themes, creating a dynamic, exciting, effective fitness class. 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 and Flexibility

Advanced Pilates Mat-Take your Pilates workout to the next level with more challenging postures. Previous Pilates experience recommended. Fitness Enthusiasts.

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

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

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

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-Increasing flexibility and improving posture is the main focus of this class. Multi-Level

Stretch and Balance-Just like the Stretch class with an added bonus! Work on improving your balance in a functional way. Multi-Level

Stretch and Flex Yoga-For those new to Yoga or those looking to work primarily on flexibility and balance. Fitness Seeker/Special Populations

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

Yoga/Pilates Fusion- A combination of Yoga and Pilates for the best of both worlds! 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. \$6.00 per class. See the Service Desk for details.

☺-Class available to non-members with a punchcard. \$6.50 per class. See the Service Desk for details.

*9-13 year old youth may participate if accompanied by a parent.

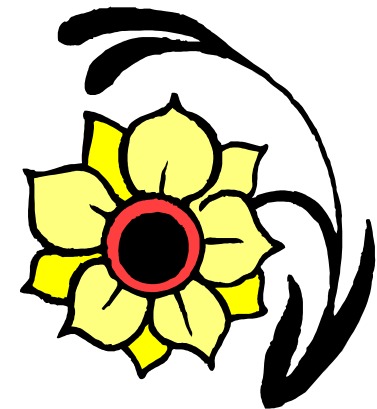
\$-Paid program

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. Punchcard available for \$96.

EAST HILLS GROUP FITNESS

SPRING 2008 SCHEDULE



**EFFECTIVE
April 14, 2008**

Group Fitness Director

Teri Harmon

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