

Fitness News

Inspiring Healthy Lifestyles

September 2008

Holly Provost,
EH/OH/MAC
Aquatics Director

2008 Orchard Hills Pool Wrap-Up!

A million thanks to the members, guests, and 2008 Orchard Hills staff on another successful summer. This 14th season in the sun was a successful one with the new shade umbrellas, painted waterslide, and "Poe" the dragon taking center stage on opening weekend and during the first-ever Orchard Hills Open House in May.

When the final school bell rang in June, it was exciting to get all of the Orchard Hills summer programming underway. Fun 'N Sun camps have been a hit once again with kids of all ages participating in activities ranging from sports like basketball, soccer and even horseshoes to working together in team games during this summer's Fun 'N Sun Olympics. Congratulations to our team from Peru who took home the gold! Our team from Australia won the silver and Ireland landed the bronze. Bravo to all of our teams, and a giant thank you to this summer's camp counselors, as none of our activities and events would have run as safely and smoothly without your guidance.

In addition to Fun 'N Sun camps, Mini-Camp has perhaps been more popular than ever under the primary direction of Kathy Miller. With each week focused on a different letter and theme, the educational components and overall structure of this camp continues to appeal to adults and toddlers alike.

Sport camps were also popular with school-age children looking to pick-up extra pointers and skills on

both the court and in the field. Miss Teri's gymnastics camps have also run smoothly, presenting many shows this summer and performing beautifully under expert instruction. Additionally, the 2008 Orchard Hills Swim Team swam to victory under the direction of Kathy Swieter and can boast another undefeated season! It looks like the addition of the Competitive Training Series as well as summer swim lessons gave many swimmers a boost in the right direction. Thank you to everyone who helped make these activities engaging and successful including sport and swim coaches and our water safety instructors!

As July gave way to August, Orchard Hills awarded prizes for two contests including a "Name the Dragon," and "Poe Coloring Contest." Thank you to all of the members who participated. The ice-cream social would not have been as nice without all of the decorated dragons adorning the pool complex. Perhaps next summer we'll finally get around to naming our friendly frog!

This August, it was also nice to see the West Michigan Tennis Academy join us at Orchard Hills for the last few weeks of summer. Play was intense and both participants and coaches appeared to be enjoying match play by the poolside.

With the back-to-school vibe and fall breeze becoming more apparent, everyone at Orchard Hills wishes you well as we wrap-up another season. We look forward to seeing you at East Hills and The MAC this fall where we will continue to meet your fitness needs as well as offer a variety of both youth and adult programming.

Once again, thank you to our members, guests, and staff for another incredible season at the pool. We are excited to see everyone back next summer!



Mary Jo Smith
EH/OH/MAC
General Manager

Dear Members and Friends,

I hope you had a great summer! It always seems to be over as soon as it starts!

Michigan summers are very special and my hope is that you had an opportunity to enjoy some time with your families and friends over the last several weeks.

We have been very busy over the summer at all of our "Family" of clubs. Some of that busy-ness has been to service those of you who hang in there with your indoor summer fitness routines! We have also been working hard to deep clean areas of the clubs, to refresh and update areas that need it and to prepare for and execute several capital projects.

We recently installed a new chlorination system in the MAC pool. This is a system that uses salt to generate chlorine through a process of electrolysis. The result is pool water that doesn't smell, taste or create allergies like regular chlorine but has the same level of purification. Another project that is underway is the entrance renovation at East Hills. This project was tabled four years ago when the interior of the club was renovated, due to cost overruns in other areas. There are many reasons this renovation is badly needed, including handicapped access at the front entrance, preserving the metal building surface, having readable building signage from East Paris, more efficient parking lot lighting, a badly needed new surface in the northwest and platform parking lots and most of all, a safe walkway and entrance access for members and employees who park in the lower northwest lot.

We have several other projects in the works, including the exploration of new tennis lighting at East Hills and a new road sign at the MAC. We will also continue to add new fitness center equipment at both the MAC and East Hills as we have done in the past. Watch for continuing updates on these and other projects in the works!

I would like to thank those of you who took the time to complete and return the member surveys which were sent out from all three clubs in the spring. These provide valuable insight into how you are feeling

about your clubs and what we can do to make your experience better than ever. However, once in a while we receive critical feedback on a survey with no name. This makes it difficult to have meaningful dialogue with someone who has strong feelings. I would encourage you to sign your survey especially if you feel strongly about a particular area so that we can follow up with you. We do care deeply about our clubs, our service to you, our business success, our facilities, staff, and programs, and our parent company's performance expectations. A short summary of the survey findings and our action plans will be available later in September. Please feel free to call me anytime if you have questions about this process.

The Orchard Hills pool had a very nice summer although the weather was definitely not as consistently warm as summer '07. The addition of our new water toys, "Poe", the dragon, and tumble buckets and shade umbrellas were well received! Please see the recap in this newsletter from our pool manager, Holly Provost.

I would like to update you on our energy conservation initiatives. As you may remember, we began an aggressive plan in the fall of '07 to use our resources responsibly at all of our clubs. This has had some success for us in terms of managing the use and rising cost of those energy resources. These initiatives included better management of our light use, the installation of more efficient bulbs and fixtures where needed, sensors to keep lights off in low traffic areas, the purchase and installation of updated, more efficient mechanical heat and cooling systems, using an unoccupied temperature strategy to reduce heat and cooling costs and conservation of our computer usage. With three buildings that together represent over 330,000 square feet of indoor space, you cannot imagine what our heating, cooling and electric bills are alone! At any rate, we are continuing to look for ways that we can be good stewards of our resources.

One other note of interest, we are now recycling plastic bottles in all of our clubs, as well as all of our cardboard and paper. We are also encouraging all of you to consider going "paperless" on your monthly statement. This will not only help conserve a vital natural resource, it will reduce your paper clutter! Call the business office at the MAC or East Hills to give us your email address and note that we protect your email privacy.

Please consider attending our FALL OPEN HOUSE at the MAC and EAST HILLS on October 25th. This will be a chance to take part in some special activities planned at all clubs and is our way of thanking you for being a member! Activities will be club specific so watch for the schedule of activities and times to be available later this month.

In summary, I am excited about the fall! For many, it brings an end to summer fun but also a renewed commitment to fitness routines and healthy living. We are excited to be part of this process in your lives and hope that we can help to "Inspire a healthy lifestyle" for you. Please don't forget to go through your copy of our FALL ACTIVITY GUIDE as it has all of our many programs and activities outlined for you and your family!

Thanks to all of you who are pursuing the goal of healthy living! We stand ready to service you every day.

Best regards,
MJ Smith
General Manager, EHAC, MAC, OHSS

East Hills and the MAC Youth Basketball League

Be a part of our Youth Basketball tradition. All teams will be coached by one of our talented coaches and will practice weekly with games on Saturday. There will be both boys and girls teams formed. The fall league begins November 1st and runs until December 20th. The winter league starts in February.

Call Noelle Brown @224-5400
for more details.

Member Business Fair

Do you have a business? Would you like to be in a business fair for members of East Hills, Orchard Hills, and The MAC? Contact Lisa Stankowski in the Sales office if interested. What a great way to sell your business to members and friends!

Refer A NEW Member to any of our Clubs and receive a \$50 credit* to your account.
(*Student Referral \$25)

David Brouwer
EH/OH/MAC
Tennis Director

Dear Tennis Parents:

We hope that you've had a wonderful summer and have had many opportunities to soak up the Michigan sunshine! It's been a terrific summer for our tennis program and we thank you SO much for the opportunity to continue to coach your kids in this great lifetime sport of tennis!

As a staff, we pride ourselves on having the most comprehensive, vision-oriented, and structured tennis program in the state. Our 20 indoor courts, 12 outdoor courts, and summer tennis academy programs have helped us develop countless high school and college tennis players and impact the lives of thousands of junior tennis players positively. In an effort to continue to maximize the potential of our juniors and set the pathway for their success, we will be implementing a significant change in our class structure beginning this fall indoor season.

Beginning this fall, we will re-name all of our junior classes in a progression of levels. Each level will have a specific set of goals attached to it which will then progress students, as a group, to the next level. This is a process that we have been using for the past four years, but have now decided to take it one more step and re-name all the classes with specific goals attached to them. Each level will be offered multiple times throughout the week and should be able to easily accommodate your busy schedules after school and on the weekends.

We believe that with this systematic progression, students will be able to compete and practice with players of their own ability level and therefore be coached on the same level. This will aid in a more rapid development of the four key areas in which we train young students: Technique, movement, strategy, and the mental skills required to play tennis.

Save Trees! Go paperless with email statements. Call the office for details!

Testimonial by

Sophia Wilson

In August 2007, I visited a friend in Cincinnati who had a baby 6 months prior. I could not believe how much weight she had lost - she had lost 40lbs and my one question was, "How did you do it?". I was 2 months pregnant and at that time I decided after delivery I was going to lose all the "baby weight" and more. After I had my baby in February 2008, I enrolled with EH and my goal was to lose 40lbs in 6 months. I recall my first meeting with my personal trainer, Stefanie Shuker. She asked me about short and long term goals, and after I told her what I wanted to do, she told me, "You can do it". She gave me some exercise guidelines and tips on how to eat better. In the beginning it was difficult, and I had to constantly motivate myself to keep going. Over the next few months, with encouragement from Stefanie, things progressively got easier; to the point that I have now started to enjoy it.

Now, 4 months later, I definitely look great and feel great. I have dropped in weight from 205lbs to 168lbs, and from a size 12 to a size 6. A lot of this was also made possible with the help of the staff at the EH Playroom, who took good care of my children while I did my work outs.

I never imagined I could achieve these results with a good exercise program, but I am now a firm believer, and will continue to look forward to, and enjoy good exercise.

Visit our Websites at:

WWW.EHAC.COM or WWW.MICHIGANATHLETICCLUB.COM

Café opens at EHAC on September 8!

Starting in September, we have Super Prime Plus Memberships and Super Student Memberships available. Stop by the sales office and *Super Up* today.

Welcome Back

String Special

East Hills ~ Orchard Hills ~ the MAC

Wilson (K)ONTROL Replacement Grip

With the purchase of any Racquet Re-Stringing

Offer Available for racquets dropped off September 2nd ~ September 30th, 2008
Quantities are Limited ~ No Substitutions on Grip Type—Offer not valid for "Own String" service

Our Pre-Season Basketball Clinic at East Hills Athletic Club will get your athlete ready for the upcoming basketball season. This clinic is designed to equip players with the training methods and drills necessary to reach the next level. This clinic will concentrate on fundamentals and game-like situations.

Sunday October 5, 12, 19, 26th
Girls ages 13-18 Sunday's 3:30-5:00pm
Boys ages 11-13 Sunday's 5:00 6:30pm
Boys ages 13-18 Sunday's 6:30-8:00pm

Hours of Operation

The MAC

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

East Hills:

Monday-Thursday	5:00am- 10:00pm
Friday	5:00am- 9:00pm
Saturday	7:00am- 9:00pm
Sunday	7:45am- 8:00pm

Orchard Hills:

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

National Gymnastics Day Open House on Sept 13th!



Attention Members!
Please don't forget to rerack your weights when you are finished!