



Fitness News

Inspiring Healthy Lifestyles

September 2009

A Member of Saint Mary's Health Care Network

Coming to The MAC & East Hills...



Coming to The MAC and East Hills this fall..... BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated - and fizzing with energy.

LES MILLS

BODY  VIVE™

For additional Fall information view our website at www.ehac.com

General Manager's Corner

Dear Members and Friends,

Welcome to fall, '09! September traditionally signals the end of summer and a return to some measure of "normalcy". For many, this last year has been anything but "normal" with the rocky economics of the last several months and the fallout in its wake.

Our business, like most today, has felt the impact and has had to adjust and rebalance. However, we believe so strongly in our mission, namely, To Inspire Healthy Lifestyles, that we know we will weather this storm. Instead of retreating and cutting programs and services, our mantra is "in times like these, it is more important than ever to improve your health". After all, it is good health that allows us to enjoy most other things in life.

So while we are working hard to be good stewards of our energy, supply, facility and staff resources, we are also forging ahead! We will continue to offer you the signature programs that are so important in meeting your needs. Our group fitness, personal training, tennis, swimming and youth teams are all ready and willing to service you and your families. Our playroom, pro shop, lounge and service desk teams continue to strive to deliver a high level of customer service. Our housekeeping, business office, human resources and maintenance teams are working hard behind the scenes to support the long-standing reputation and heritage we have in our community in the arena of health and fitness.

We will continue to offer high quality services such as massage, food and drink in the East Hills lounge or a haircut and style in the "Mane Attraction" hair salon at the MAC. Grand Rapids Sports Center is still available at both the MAC and East Hills to help you transition from injuries back into the mainstream.

In addition, we have several new programs to offer this fall. Our new Wellness Coaching program promises to be one that will aid you in making healthy changes in your lifestyle. We have also expanded our Cardio Tennis schedule to include several evening choices. And, MAC and Super Members, don't forget our brand new GAME ON room for your kids at the MAC!! Check your activity guide for information on all of our great programs and services!

In other words, our mission has not changed! We have the experienced and capable team to deliver! Let us help you feel better, feel stronger, have more energy, handle the stresses of your everyday life and have fun in our clubs with your families!

To that end, here's to building and maintaining a healthy lifestyle at East Hills, The MAC and Orchard Hills! Have a great fall!

Best Regards,

MJ Smith,
VP, Saint Mary's Health Management Company

Go Paperless! Sign-up at the front desk to get important news and offers by email!

Hours of Operation Effective September 2009

*We offer
Adult Group,
Private,
and Semi-
Private Swim
Lessons!*

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- 8:00pm
Sunday	8:00am- 8:00pm

*Save Time
Checking-In!
Update your
Photo ID.*

Orchard Hills:

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

Save The Dates!

September 12:	Annual Gymnastics Open House National Gymnastics Day! 4-6pm at EHAC
September 21:	Café East Opening
October 24:	Fall Open House The MAC, EH, and OH

Optimal Health & Wellness Coaching

Health & Wellness Coaching is an emerging profession that began about 10 years ago. The objective of this type of coaching is to assist clients to clarify and reach their wellness goals. In the process, clients will enjoy developing and strengthening their true selves through thoughtful inquiry and collaborative problem solving. Behavioral scientists have shown that one-on-one coaching is among the most effective approaches to helping people make and sustain improvements in their lives.

Today's coaches need to have coaching skills as well as the knowledge, skills, and abilities in exercise, fitness, nutrition, stress and weight management, and the management of health risks. Our coaches have the combination of education and experience and are ready to work with you to meet your health and wellness goals.

Contact Kristi Tuck for package pricing and to get scheduled today: kristi@michiganathleticclub.com

What is a "Super"?

"Super" Discounts:

- All Programing: Tennis, Aquatics, Youth Sports, Private Skills, Pilates, Birthday Parties, and much more
- 10% Discount on all "Grab n' Go" cooler purchases and Café items in the lounge
- 10% Discount on select Pro Shop purchases
- 10% Discount on massages
- Savings on all weekly programming: Special events, Kid fit, Cardio Tennis, Power Tennis, and Adult Evening Drills
- Savings on OHSS Pool Membership

"Super" Referral:

As a Super member you will receive a \$75.00 referral credit for referring a new Super member, which is \$25.00 more than our usual referral reward. Super students will receive a \$50.00 referral for referring a new Super student membership.



"Super" Locations:

As a Super member, take advantage of all three of our indoor facilities at The MAC, East Hills, and Orchard Hills. Check out our "Game On" Room at The MAC!

"Super" Summer Celebration:

You won't want to miss next summer's **Super Summer Bash at the pool!** This great event will include all Super members and their families and promises to be one of the highlights of your summer fun!



"Super" Options:

New Super membership options give you more value for your membership dollars.

These will include:

- Super Three- to service a family group of three
- Super Four Plus- to service a family group of four or more
- Prime Plus Super Single- to service members 60 years or older
- Prime Plus Super Couple
- Super Student- to service a full-time student

Call our Sales Office today for more information. EHAC: Ext 211, MAC: Ext 222.

Get Fit

Small Group Training

Gather your friends!

Once a week you will meet with a certified personal trainer dedicated to your individual and group needs.

- Strengthening & conditioning
- Specifically designed workouts

Times Vary Based on Your Group's Schedule

Contact Kristi Tuck by email at: Kristi@michiganathleticclub.com



SPORTS MEDICINE

to offer Physician Clinics

Is that knee pain keeping you from performing your best in Spinning class? Is that nagging shoulder keeping you from swimming? Time you get that checked out! Look no further than the club! We are very pleased to announce that we will again be offering physician clinics at GR Sports Center located within the East Hills Athletic Club. We are fortunate to be joined by Dr. Patrick Zietz and Dr. Karl Roberts of West Michigan Orthopaedics. We will be taking new patients on Wednesday afternoons from 3-6 by appointment. Just call us at 233-3599 and we'll get you scheduled, verify your insurance benefits and promise to provide the most comprehensive care around.

Pro Shop

September 2009

SALE

HUGE

East Hills~Orchard Hills~the MAC

Enjoy HUGE SAVINGS on CLOSE-OUTS

Clothing~Women's, Men's & Children's
Racquets ~ Shoes ~ Bags

SHOP EARLY for BEST SELECTION

Sale begins Monday, September 7, 2009

Located at The MAC:

THE MAIN ATTRACTION HAIR SALON

Pro Shop

Welcome Back String Special

When was the last time you had your
racquet re-strung? Can't remember?

How does your grip look? That bad, huh?

Take advantage of this month's String Special

\$24.95

Wilson "K-Gut" Premium String AND

The NEW, Longer Lasting Prince Resi Pro or Resi Soft Grip

STRING SPECIAL is available for racquets "Dropped Off"
between September 1-30, 2009 at East Hills,
Orchard Hills and the MAC. LIMITED QUANTITIES!

Find us on

Visit www.ehac.com for a link to the page!

NEW
EVENING
TIMES!



Dates: September 8 - December 18

Monday	9:00am - 10:00am	EHAC
	7:00pm - 8:00pm	EHAC
	6:00pm - 7:00pm	MAC
Tuesday	6:00pm - 7:00pm	MAC
Wednesday	6:00pm - 7:00pm	MAC
	9:00am - 10:00am	OHSS
	9:00am - 10:00am	MAC
	11:00am - 12:00pm	EHAC
Thursday	6:00pm - 7:00pm	MAC
Friday	9:00am - 10:00am	OHSS
	9:00am - 10:00am	MAC
	1:00pm - 2:00pm	EHAC