

Winter Group Fitness Class Selections Beginning January 4, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	BODY PUMP Kristin/Sara-2	Cycling Kelly-3	Free Style Strength Charles B-2	Cycling Staff Rotation-3	BODY FLOW ▲ *Steve-2		
5:30		BODY STEP Toula-1	BODY COMBAT *Kristin-1	BodyVive ▲ Stacy-2			
7:00						7:05 Cycling Nancy/Karen -3	
7:30			Cycling Karen-3			8:00 Play Room Opens	
8:00	Stretch & Balance Cyn-1	Free Style Strength Debbie-2	Stretch & Balance Cyn-2	Yoga Melissa-2	STAY Fit Cyn/Debbie-1	Step Judy-1	Cycling Kelly-3
8:00			BODY STEP Lisa-1		Free Style Strength Charles D/Cyn-2	BODY PUMP Cathy-2	
8:30 Play Room Opens							
8:30	Zumba *Debbie-2			Zumba *Debbie-1			
9:00	Cycling Karen-3	BODY FLOW ▲ *Debbie/Teri-2	Zumba *Cathy/Leesa-1	8:30 Cycling Karen-3	Power Zumba *Leesa-2	Cycling Kelly-3	
9:00	BODY COMBAT *Leslie-1	Cycling Fit Bill/Debbie-3		BODY COMBAT *Cassi-2	BODY STEP Leslie-1	BODY COMBAT *Cassi/Kristin-1	
9:00		S.P.E.W. Cassi/Leslie-1	BODY PUMP 45 min. Cassi-2		Cycling Debbie-3	BodyVive ▲ Cathy-2	
9:30	BODY PUMP Cathy-2						
9:30			BODY COMBAT *9:45 Cassi-2 45 min.		Mommy Boot Camp 9:45 Courtney-Gym▲		
10:00	Class Act© Angie-1	Mommy Boot Camp 9:45 Deb/Kristin-Gym▲	BodyVive ▲ Debbie-1	BODY PUMP Cassi-1	Pilates Mat *Janine-2	Zumba *Staff Rotation -1	
10:00		BODY STEP Cathy-1			BODY FLOW ▲ *Debbie/Teri-1	BODY FLOW ▲	
10:00		BODY PUMP Angie-2	Core Conditioning 10:30 Cassi-Gym 15 min.			Cycling Staff-3	
10:30	10:30 Pilates *Janine-2		Advanced Yoga Melissa-2				
11:00	Stretch & Flex Yoga *Jane/Jenny-1			Stretch & Flex Yoga *Cyn-2		BODY PUMP 11:10 Jola/Toula-2	
Noon	BODY PUMP Angie-2	Zumba *Leah-1	BODY FLOW ▲ *Teri-2		BODY PUMP Mary-2		
1:00	Pilates Basics *Mary/Shelley-1	Free Style Strength Mollie-2	Cycle Lite-45 Shelley-3	Free Style Strength Cyn-2			1:30pm Playroom Opens
3:00						3:00 Playroom Closed	\$Country Line Dance 3:00 Steve-1
4:00							BODY PUMP Jola/Sara/Toula-2 45 min.
4:30	BODY FLOW ▲ *Steve-2		BODY PUMP Toula-2	BODY STEP Cassi-2			BODY STEP 4:45 Lisa/Toula-1 45 min.
5:30	BODY STEP Toula-1	BODY PUMP 45 min. Jola-2					BODY COMBAT 4:45 Jola/Sara-2 45 min.
5:30			BODY STEP Toula-1	BODY PUMP Jola-2	Hot Yoga Daniel-2		BODY FLOW ▲ 5:40 *Staff - 2
6:00	BODY PUMP Steve-2	Zumba *Cathy-1	5:30 Cycling Mark O.-3				
6:00	Cycling Greg.-3	Cycling Jenny/Nancy-3		Cycling Sara W.-3			
6:30		BODY COMBAT 6:15 *Jola-2 45 min.	Pilates Mat *Janine-2	Zumba *Jola-2			
6:30	BODY COMBAT *Margie-1			BODY COMBAT Lisa G.-1			
7:00		BODY FLOW ▲ 7:10 *Cathy-2			7:00pm Play Room Closes		7:00 Play Room Closes
7:30	Free Style Strength Charles B-2		Free Style Strength Charles B-2				
8:30 Play Room Closes							

Aqua Class Selections

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00						
9:00		Aqua Challenge▲ *Cyn		Aqua Challenge▲ *Theresa	Go Deep▲ Shelley	Aqua Challenge▲ *Cyn
10:00		Arthritis© Cyn		Arthritis© Theresa	Arthritis© Debbie/Teri	
1:00	Aqua Challenge▲ *Cyn	Arthritis© Theresa	Aqua Challenge▲ *Adriana	Arthritis© Leah/Teri	©Aqua Fit▲ Mary	
2:00	Arthritis© Cyn		Arthritis© Mary			
5:30	Aqua Challenge▲ Adrianna		Aqua Challenge▲ *Adriana			
6:30	©Aqua Fit▲ *Adriana					

*Youth (ages 8-13)
May participate in the following classes when accompanied by a parent.

- Aqua Challenge
- Aqua Fit
- Aqua Kickboxing
- BodyCombat
- BodyFlow
- BodyVive
- Pilates
- Stretch/Flex Yoga
- Yoga
- Zumba

To view the Group Fitness Schedule or print a current copy, visit www.ehac.com and click on the group Fitness link on the Home Page.

Aqua

Aqua Arthritis-An approved program to help improve range of motion and strength. 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 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. 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-A multi-generational program that can serve numerous purposes. BodyVive is as intense as you make it so seniors, teens, novices, and weekend warriors all see tremendous benefits from the program. For the intense athlete BodyVive offers an active alternative to a day "off". Multi Level. www.lesmills.com

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

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

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

Power Zumba-A great Zumba class with intervals of strength and high intensity cardio. Fitness Enthusiast.

S.P.E.W. Supreme Physical Exertion Workout-High-end cardio & 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 only), BodyVive, Cycle Lite, Mommy Boot Camp (EH only), Stretch & Flex Yoga, STAY Fit (EH only). For more class selections, see www.ehac.com.

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.

Strength

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

Mind, Body & Flexibility

Advanced Yoga-A powerful class emphasizing correct body alignment, strength, flexibility and balance when performing more advanced asanas (poses) such as inversions, arm supports and backbends. Previous yoga experience required. Multi-Level

BodyFlow-A beautifully 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 traditional Yoga class in a warmer room. Feel the difference. 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

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

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

Stretch and Flex Yoga--Learn the basics or review the fundamentals. Emphasis on detailed instruction, basic alignment and body/breath awareness. Multi-Level

Yoga-Improve your balance, get stronger and relieve stress in this great all-around class. Multi-Level

Les Mills Programs

East Hills is the only club in West Michigan to offer 5 of the World-rekown Les Mills Choreographed Programs: BodyPump, BodyCombat, BodyStep, BodyFlow and BodyVive. For more information, go to www.lesmills.com

▲Fitness For Two Classes are FREE for Members, punchcard available to Pre/postnatal NM \$8.00/class. See Service Desk for details.

◎-Class available to non-members with a punchcard. \$8.00 per class. See the Service Desk for details.

*8-13 youth may participate if accompanied by a parent.

Ⓣ-Paid Program for Member and NM.

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.

EAST HILLS GROUP FITNESS

WINTER 2010 SCHEDULE



EFFECTIVE January 4, 2010

Group Fitness Director
Teri Harmon

Group Fitness Assistant
Cathy Harrall

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