AQUA

Aqua Challenge-Challenge your cardiovascular system and muscles at the same time. Multi-level
Aqua Fit-A gentle-on-your-joints aqua fitness class for those seeking a great workout in a fun and friendly environment. Fitness Seeker/Special Populations
Aqua Yoga-A combination of traditional yoga poses and other dynamic moves that improve joint range of motion, balance, flexibility, muscle tone and muscular strength. Multi-Level
Aqua Zumba– Known as the Zumba "pool party," this formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Zumba.com
FINS-Fitness in Swimming-An ongoing program designed for adults who want a challenging, organized lap swim workout.

CARDIO

Body Attack-The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Fitness Enthusiasts
M3 Cycle-Top of the Line Keiser M3 series Indoor Cycling Bikes with computers showing RPM's, watts & heart rate. Bring your heart rate monitor or purchase one from the Pro Shop
TurboKick-The hottest kickboxing class around! Turbo Kick combines athletic moves, sports drills, hip-hop flavor and mixes it all up to the very best music. Multi Level. TurboKick.com
Zumba-A fusion of Latin and International music & dance themes, creating a dynamic, exciting, highly effective fitness class. No experience necessary. Multi-Level. Zumba.com

STRENGTH

Body Barre- A fast and effective way to change the shape of your entire body. Utilizing small isometric meovements, you will create lean and long muscles, without the bulk. Serious results-seriously quick. Multi Level.
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 that focuses on strengthening your abdominals and back for better posture and better health. Multi Level

PLAYROOM HOURS

Monday	8:15am - 1:30pm
	4:00pm - 8:00pm
Tuesday - Thursday	8:15am - 8:00pm
Friday	8:15am - 1:30pm
	4:00pm - 7:00pm
Saturday	8:00am - 3:00pm
Sunday	1:30pm - 7:00pm

MIND, BODY & FLEXIBILITY

BodyFlow-A 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 Yoga Level II class in a warmer room. Feel the difference. Hot yoga is presented as a level II class in a warmer studio, Multi Level .
Pilates Mat I - Learn the fundamentals of Pilates and improve your core strength and flexibility. Fitness Seeker.
Pilates Mat II-Mind/Body class utilizing the exercises developed by Joseph Pilates to strengthen your entire core. Multi-Level
$Pilates Reformer-Pilates Reformer Group classes by appointment only. Contact Teri Harmon: tharmon@ehac.com or the instructor for further information.
Yoga I-Learn the basics or review the fundamentals. Emphasis on detailed instruction, basic alignment and body/breath awareness. Multi-Level

CARDIO/STRENGTH

Get Started 45-Twenty minutes low impact movement to improve your cardiovascular system and wake your body up, 20 minutes light resistance work with tubing to build overall strength and 5 minutes to stretch and relax. This is a perfect all around beginner class with fun music and an easy-going environment! Fitness Seeker/Special Populations
S.P.E.W. Supreme Physical Exertion Workout-High-end cardio & strength boot camp style intervals for the brave enthusiast. Fitness Enthusiasts.

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. 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.

▲Fitness for Two▲

Our Fitness For Two program is FREE for Members. 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/MAC), Body Vive (EH only) Mommy Boot Camp (EH only), Yoga 1, STAY Fit (EH only). For more class selections: www.TheMAC-EastHills.com.

Les Mills Programs
The MAC offers 3 of the World-reknown Les Mills Choregraphed Programs:
Body Attack, BodyPump and BodyFlow.
For more information, go to www.lesmills.com

MAC & EHAC Hours

(September - May)

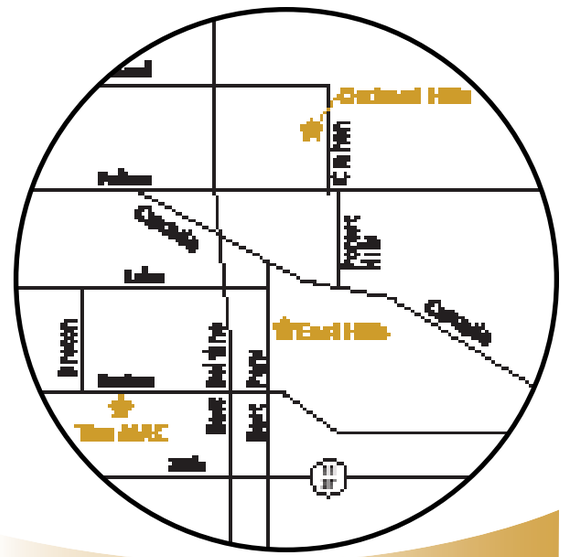
Monday-Thursday.....5:00am -10:00pm
Friday.....5:00am - 9:00pm
Saturday..... 7:00am - 8:00pm
Sunday.....8:00am - 8:00pm

OHSS Hours

(September - May)

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

The only clubs in Grand Rapids offering three full-service facilities within a convenient 2-mile radius!



The MAC (616) 956-0944
2500 Burton SE GR, MI 49546
East Hills (616) 224-5400
1640 East Paris SE GR MI 49546
Orchard Hills (616) 224-8700
115 Crahen NE GR, MI 49525
www.themac-easthills.com

The MAC

Spring 2013 Group Fitness Schedule
Effective April 8, 2013

THE MAC | EAST HILLS
ORCHARD HILLS

Group Fitness Director: Teri Harmon
tharmon@ehac.com

Group Fitness Programs

A wide range of Group Fitness classes are offered with varying intensity levels for your enjoyment each week. In order to achieve the benefits of cross training, we encourage participation in a variety of classes while exercising at a comfortable, yet challenging level. For a more detailed description of classes and intensity levels, please contact:

Teri Harmon, Group Fitness Director
tharmon@ehac.com
956-8003, ext. 246
Jennie Jorstad, Group Fitness Assistant
956-8003, ext. 346
Contact Teri Harmon
to set up your Complimentary Consultation.

ABOUT OUR INSTRUCTORS

The MAC Group Fitness Team attends in-service training, off-site workshops, seminars and conventions. Our certified instructors bring variety and uniqueness to each class they teach. Please enjoy the individuality of each instructor.

Karene Alton
Doreen Barnes
JD Bodine
Judy Bouley
Deb Buchan
Stacy Calcatera
Kevin Collins
Jen Delavaux
Jesse Dick
Lisa Eldersveld
Dan Gelderloos
Teri Harmon
Cathy Harrall
Carrie Heim
Karen Honholt
Debbie Kinney
Lisa Kuhn
Janine Kropf
Jennie Jorstad
Jola Lanier
Brent McCarrick
Terri McElwee
Katolo Mendamenda
Laurel Olson
Jenn Prince
Stacy Pulley
Jennifer Quakenbush
Jenn Shaw
Sandy Seville
Jane Tornga
Mollie VonEhr
Mary White
Susan Wilson
Courtney Yarch

MONDAY

5:30-6:30	Turbo Kick	2	Stacy C.
5:45-6:00	Core Conditioning-15	G	Brent
6:00-7:00	M3 Cycling	1	Kevin
8:30-9:00	Circuit City	G	Carrie
8:45-9:45	BODY PUMP	1	Courtney
9:00-9:15	Core Conditioning-15	G	Brent
9:15-10:15	Aqua Fit▲*	P	Sue
9:50-10:50	Yoga I▲*	1	Jennifer Q.
5:30-6:30	S.P.E.W.	1	Sandy
6:00-7:00	Zumba*	2	Judy B.
6:30-7:30	BODY PUMP	1	Jen D.
7:30-8:15	M3 Cycling-45	1	Katolo

TUESDAY

5:25-6:25	BODY PUMP	1	Jenn P.
5:30-6:30	FINS	P	Swim Staff
8:00-9:00	Pilates Mat I*	2	Jane
8:30-9:30	M3 Cycling	1	Jen S.
9:30-10:30	Zumba*	1	Lisa/Teri
12:00-1:00	M3 Cycling + Core	1	Karen
4:30-5:30	Aqua Challenge▲*	P	Lisa E.
4:45-5:45	BODY FLOW ▲	1	Jennifer
6:00-7:00	BODY ATTACK	1	Jennie J.
7:00-8:00	Hot Yoga	1	Stacy C.

WEDNESDAY

5:30-6:30	M3 Cycling	1	JD
6:00-6:45	Aqua Challenge-45▲*	P	Lisa E
8:30-9:00	Circuit City	G	Terri M.
8:30-9:30	BODY PUMP	1	Jen D.
9:00-9:15	Core Conditioning-15	G	Brent
9:15-10:00	AquaFit-45▲*	P	Sue
9:30-10:30	BODY ATTACK	1	Cathy/Deb
9:45-10:45	Pilates Mat I▲	2	Jen S.
10:00-10:30	Aqua Yoga-30▲	P	Sue
5:15-6:15	Pilates II	1	Jennifer Q.
6:30-7:30	BODY PUMP	1	Katolo
7:30-8:15	M3 Cycling-45	1	Sandy

THURSDAY

5:25-6:25	BODY PUMP	1	Jenn P.
5:30-6:30	FINS	P	Swim Staff
8:30-9:30	BODY FLOW ▲	1	Debbie K.
9:30-10:30	Zumba*	1	Cathy
11:00-12:00	$Pilates Reformer	4	Jane
12:00-12:45	M3 Cycling-45	1	Dan
4:30-5:30	Aqua Challenge▲*	P	Lisa E.
4:30-5:30	BODY PUMP	1	Courtney
5:45-6:45	Turbo Kick*	1	Jennie
6:45-7:45	Body Barre	1	Jola

FRIDAY

5:30-5:45	Core Conditioning-15	1	Dan
5:45-6:30	M3 Cycling-45	1	Dan
6:30-7:30	Zumba*	2	Lisa K.
8:00-9:00	Pilates Mat I*	2	Sue
9:00-10:00	BODY PUMP	1	Mollie
9:00-9:15	Core Conditioning	G	Jesse
9:15-10:00	Aqua Zumba-45▲*	P	Sue
9:30-10:30	BODY ATTACK	2	Cathy
10:00-10:30	Aqua Yoga-30▲	P	Sue
10:00-11:00	Yoga I▲*	1	Laurel
11:00-12:00	Body Barre	1	Laurel
5:30-6:30	BODY ATTACK	1	Cathy/Deb

SATURDAY

7:20-8:20	BODY PUMP	1	Laurel
8:30-9:30	BODY FLOW ▲	2	Laurel
8:30-9:30	Aqua Challenge▲*	P	Lisa E
8:30-9:30	M3 Cycling	1	Doreen
9:30-10:30	Turbo Kick*	1	Karene/Stacy
10:30-11:30	BODY ATTACK	1	Jennie J,

SUNDAY

9:00-10:00	BODY PUMP	1	Jola
4:00-5:00	Turbo Kick*	1	Jen D.
5:10-6:10	Yoga I ▲*	1	Jennifer/Stacy C.

1 = Studio 1 **2** = Studio 2 **4** = Studio 4
P = Pool **G** = Gym
▲Fitness For Two Classes are FREE for Members, punchcard available to Pre/postnatal Non-Members $8.00/class
$ Paid Program for Members and Non-members.
* Youth ages 8-13 may participate when accompanied by a parent.