



October Wellness News 2023



PERSONAL TRAINING

For new personal training clients.

- Two 30-minute sessions per week.
- One-on-one training only.
- Non-refundable.
- All training sessions must be used by Friday, Nov. 10.
- Current packages will not be refunded.
- Cannot be shared.
- Other restrictions may apply.

Oct. 2–Nov. 10

Six-week program

\$299 Members, \$349 Guest

Call West Hills: (269) 387-0410, or

EMAIL DRE >

LAUNCH INTO FITNESS

Oct. 28–Dec. 9. Get a fun workout in with our amazing instructors, punch your pass and win swag!

During this 6 week period, join us for 18 regular classes PLUS 2 cycling classes to be entered to win prizes.

Oct. 28–29 Launch weekend

We will run several mini classes with new music and choreography from Les Mills, find your fit! Try new classes!

Let your friends and family know, as all West Hills guests can attend the Group Fitness Launch.

CALL WEST HILLS: (269) 387-0410

TENNIS TOURNAMENT

All levels are welcome to play, public is welcome to watch!

EVENTS

Men's Doubles
Women's Doubles
Mixed Doubles

MATCH TIMES

Will be posted at noon on Oct. 18

DINNER

Saturday, Oct. 21

5:30–9 p.m.

Participants of the tournament—FREE
Guests—\$15

Oct. 20–22, 2023

Registration deadline: Oct. 14

MORE INFO >

BIOMETRICS

6 WEEKS TO BUILD NEW HABITS

Biometrics is a 6-week program that includes:

Customized meal plan

- Designed by dietitian
- Tailored to individual taste and to meet metabolic/caloric needs
- Includes weekly shopping lists and breakdown of meals and snacks
- Normal eating that focuses on portion size and frequency of eating

Pre/Post assessment

- Body composition analysis (fat, muscle, bone density)
- Circumference measurements

Personal training

- 30-minute sessions, three times per week

- Incorporates a strength training protocol to preserve muscle and stimulate metabolic/caloric expenditure
- Designed to maximize fat metabolism

The average participant loses 20 inches in circumference measurements.

Biometrics follows the nutritional guidelines of the American Heart Association and the American Dietetic Association, as well as the exercise recommendations of the American College of Sports Medicine.

MORE INFO >



Kolby talks with Tyler about her experience with West Hill's Biometrics Nutrition and Fitness system.

"Overall, I loved the program and was very succesful on it. And I would encourage anyone that is looking into it to go for it!" Kolby said. She was looking for a program because she felt like she didn't have any energy, her pants wouldn't fit and would be out-of-breath just bending over to tie her shoe. She knew she had to find something to do. She liked that Biometrics Nutrition and Fitness combines healthy eating with personal training.

MEET OUR NEW TENNIS PRO

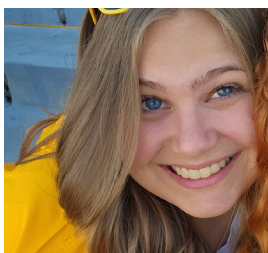


Cameron Muller—Academy Director

We are excited to announce that Cameron Muller (Cam), has accepted the Tennis Academy Director position. Cam has big plans for the junior tennis program and is eager to share his philosophies on training and competitive play. Cam returns to Michigan, after coaching at the JMG Tennis Academy in California. While at JMG, Cam had the opportunity to coach some of the best junior players and touring professionals in the US—coaching at the

French Open, Wimbledon, and several ATP (Association of Tennis Professionals) and WTA (Women's Tennis Association) events. Along with his coaching accomplishments, he has also played professionally, attaining an ATP ranking.

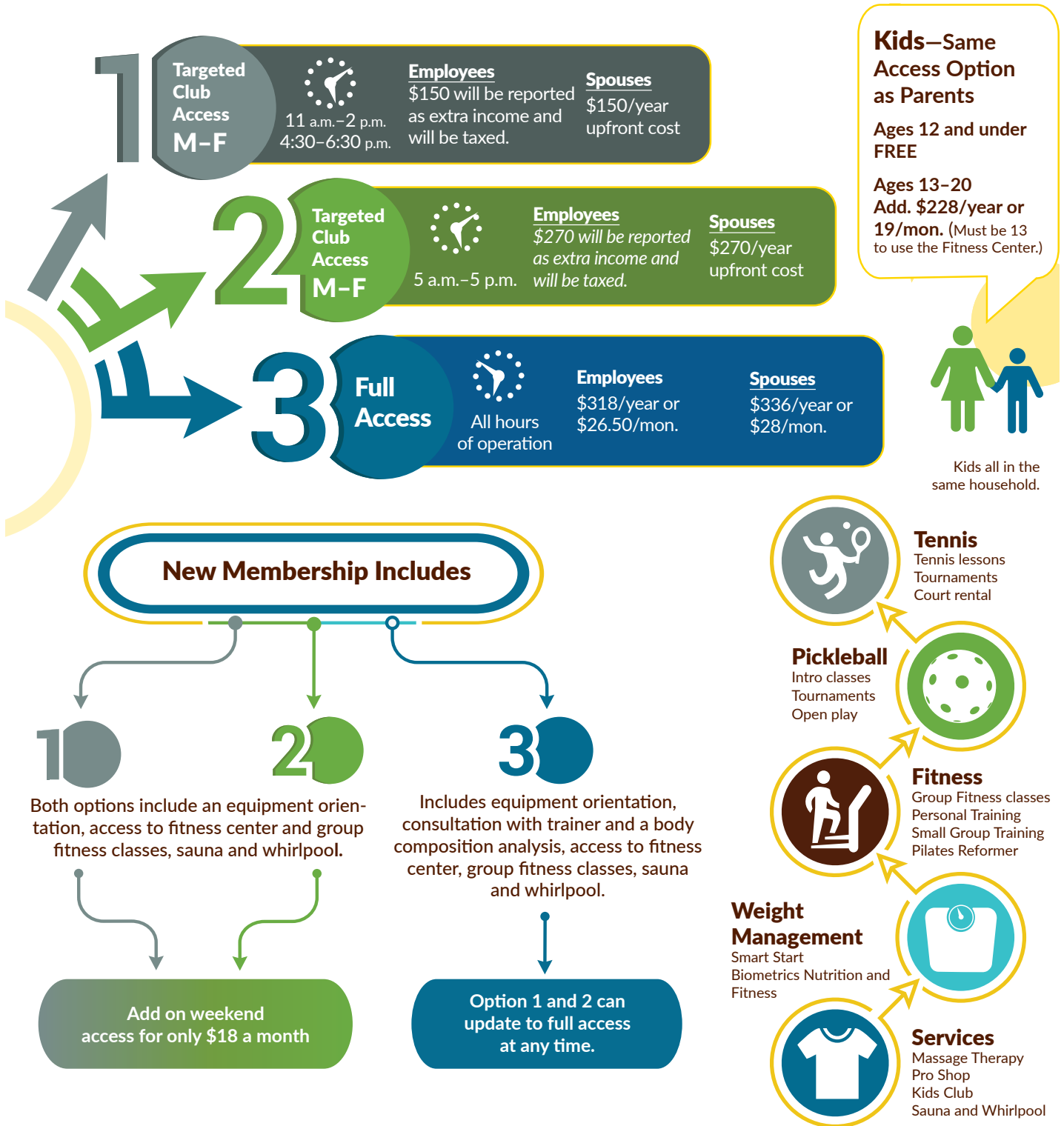
Cam is motivated to create a culture of success focusing on technique, discipline, and mentality. We look forward to Cam elevating the West Hills Junior Tennis Program to the next level.



WELCOME ALL OUR NEW TENNIS STAFF >

MEMBERSHIP

Options for benefits-eligible employees



For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410.

MORE INFO >