



PILATES REFORMER

The six principles of Pilates are: centering, concentration, control, precision, breath, and flow.

All classes are 50 minutes. If you have three or more people you can start your own class.

It is recommended you meet with a Pilates Reformer instructor prior to signing up. You will learn a few of the basic exercises and decide which class best suits your needs.

**SET UP A PILATES
REFORMER DEMO >**

Next session of classes will begin:

March 16

Call: (269) 387-0410, or look online:

wmich.edu/westhills/pilates



LEAP INTO FITNESS

Join our Small Group Training program any time on or before Feb. 29 and enjoy our special leap year pricing for your first 30 days! You will have access to **unlimited** sessions so you can really leap toward your fitness goals.

Experience the benefits of personal training within a fun and supportive group setting!

Featuring a variety of workouts including full body strength training with some H.I.I.T. and muscular endurance mixed in, this budget-friendly option is designed to help you reach your fitness goals.

On or before Feb. 29

First month, new clients only:

\$99 member, \$149 guest

Call to register: (269) 387-0410



FITNESS LAUNCH

**DISCOVER COMMUNITY,
FITNESS AND JOY!**

All new music and choreography delivered by our awesome instructors. We'll motivate you on your fitness journey!

Fitness Launch Weekend, Feb. 24–25, is a great way to explore which group fitness class is right for you. Several mini classes featuring the new music and choreography from Les Mills to help you discover your fit! Let your friends and family know, as all West Hills guests can attend the Group Fitness Launch at no cost.

Feb. 24–25

MORE INFO AND SCHEDULE >

OVER 40?

By Kathy Humiston, Certified Pilates Reformer instructor

10 REASONS EVERYBODY OVER 40 SHOULD BE DOING PILATES REFORMER

What is Pilates Reformer? Pilates is a type of exercise that was invented by Joseph Pilates to improve your quality of life through movement. Springs, leverage and body weight are used as a resistance while you perform precise movements targeting specific muscles. Do, why should everybody over 40 be doing Pilates Reformer?

1] Whole body fitness. In a one-hour session you will work every part of your body. It is one-stop shopping!

2] Flat abs. Estrogen levels dip after 40, causing the loathed belly bulge. Pilates exercises combat the bulge by engaging and strengthening the deeper abdominal muscles responsible for a flat tummy.

3] Look leaner. Regular Pilates practice tones, elongates and lengthens your muscles, making you appear longer and leaner. Who doesn't want that?

4] Stress reduction. Life after 40 brings on a whole new set of stressors. Pilates emphasizes proper breathing. Your breath becomes deeper and less frequent, promoting relaxation.

5] Increased energy and better mood. Put down the energy drink and pick up a Pilates class. Reformer exercises use breath with movement to get your circulation going. This stimulates the muscles, giving the body energy and an overall sense of well-being.

6] Reduced back pain. Lower back pain is a common complaint for people over 40. Through functional exercises on the Reformer that focus on core strength, you work the body as a whole, helping you move through daily life pain-free.

7] Increased flexibility. As we age, our hamstrings, hips and calves get noticeably tighter. If we work at a

desk we bring our head forward and round our shoulders, shortening the chest muscles as well. Pilates movements stretch the muscles and the range of motion within the joints, increasing overall flexibility.

8] Boost brain power. Have you ever walked into a room and forgotten why you're there? Pilates can help with that. Each movement is practiced with focus and total attention, increasing the brain's alpha peak power, which is related to memory performance.

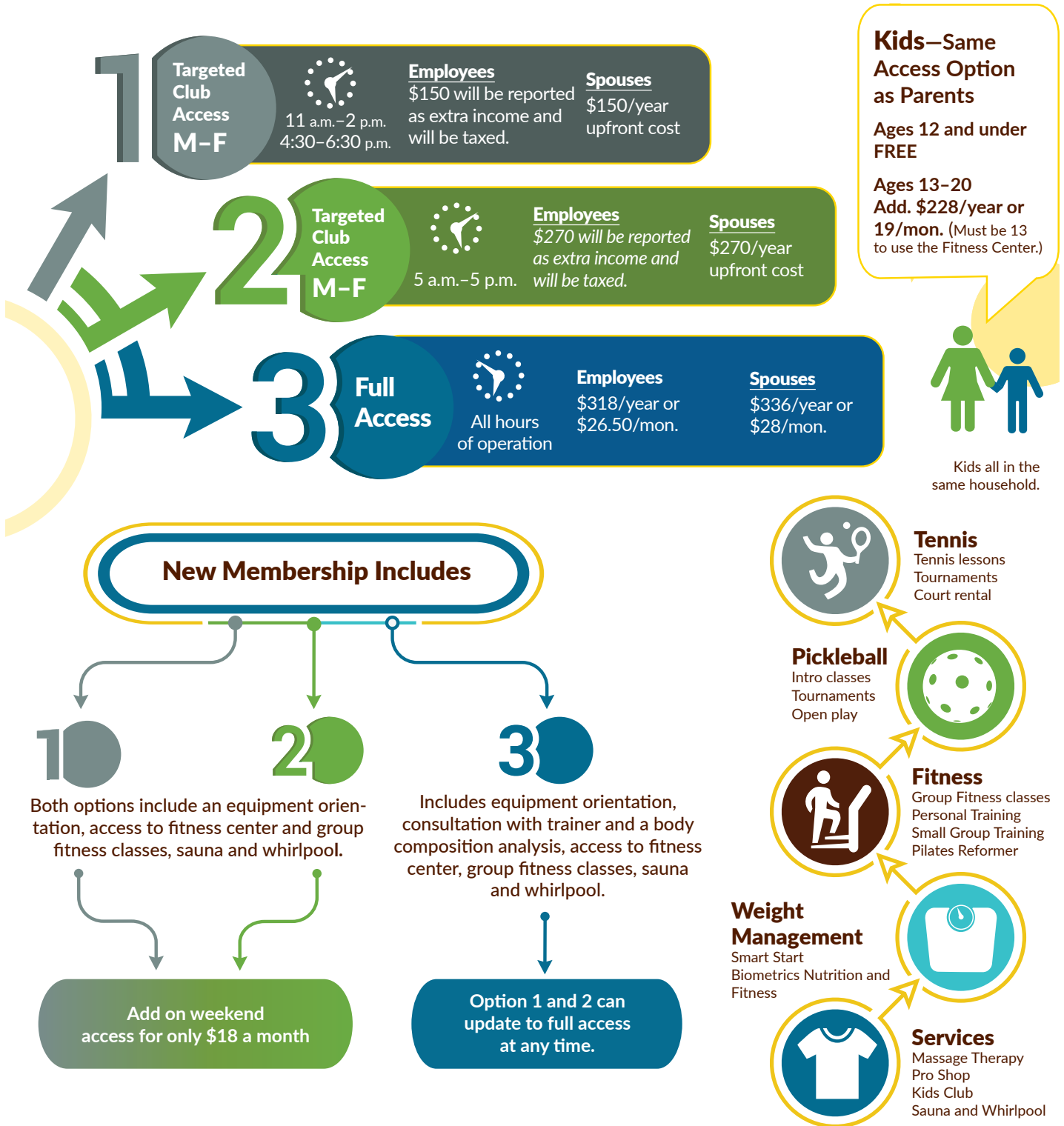


9] Improved posture. We tend to start to hunch over as we get older. Developing core strength supports the frame of your body, allowing the neck and shoulders to relax. In turn, the rest of the muscles and joints are freed to do their job and help us stand tall.

10] It's fun! There are hundreds of different exercises you can do on a Pilates Reformer. Each workout will be different, removing the boredom factor.

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 >