

# **WHAC Small Group**



Full body strength training, with some H.I.I.T. and muscular endurance mixed in. The trainers mix things up and every class will be different. Get in a great socially distanced workout in a fun, and encouraging social environment. All levels welcome. Modifications will be made when needed.

| TIME       | MON.                  | TUES.                 | WED.                  | THURS.            | FRI.                           | SAT.                                 |
|------------|-----------------------|-----------------------|-----------------------|-------------------|--------------------------------|--------------------------------------|
| 6 a.m.     | <b>SMG</b><br>Evan    | <b>SMG</b><br>Dre     | <b>SMG</b><br>Evan    | <b>SMG</b><br>Dre | <b>SMG</b><br>Evan             |                                      |
| 7:30 a.m.  |                       |                       |                       |                   |                                | <b>Stretch</b><br>(30 min.)<br>Staff |
| 8 a.m.     |                       |                       |                       |                   |                                | <b>SMG</b><br>Staff                  |
| 9 a.m.     | <b>SMG</b><br>Dre     | <b>MG</b><br>Josh     | <b>SMG</b><br>Angela  | <b>MG</b><br>Josh | <b>SMG</b><br>(30 min.)<br>Dre |                                      |
| 12:30 p.m. | <b>SMG</b><br>Dave M. | <b>SMG</b><br>Dre     | <b>SMG</b><br>Dave M. | <b>SMG</b><br>Dre |                                |                                      |
| 5:30 p.m.  | <b>SMG</b><br>Dave M. | <b>SMG</b><br>Dave M. | <b>SMG</b><br>Dave M. |                   |                                |                                      |

## Monthly fees

Members: \$129  
Guests: \$199

## Drop-in rates

Members: \$18  
Guests: \$21.75

30 minute drop-in:

Members: \$13  
Guests: \$15.50

If you do not have a monthly SMG membership, individual trainer drop-in rates apply.

## Monthly membership

Monthly membership is for unlimited classes. All classes are 45 minutes. If you do not have a monthly membership you must pay the drop-in fee at the service desk prior to attending class. All classes take place on the turf in the Fitness Center.

There are no monthly contracts, but you must sign provide payment information prior to attending a class. Memberships run from the first day of the month until the last day of the month. You can cancel your membership up until the last day of the month for the following month. To cancel your membership you must contact Dre or Angie. There is no prorating of months. Monthly fees are deducted from your credit/debit/checking/savings account on the 2nd of each month for that current month.

To get signed up for the unlimited monthly membership contact:  
Dre Ballines E: andres.ballines@wmich.edu T: (260) 336-3526.