NEW MUSIC

West Hills Athletic Club is teaming up with the SPCA of Southwest Michigan to celebrate the launch of all new music and choreography in our Group Fitness Classes!

The SPCA does amazing work for homeless pets in our area, and to support their mission we’ll be accepting donations on their behalf. Bring in those donations now through our Fitness Launch event on May 11.

May 11 class schedule:
7:35 a.m. BODYCOMBAT
7:45 a.m. SPRINT
8:30 a.m. BODYPUMP
8:45 a.m. GRIT
9:30 a.m. BODYSTEP
10:45 a.m. YOGA

MORE INFO AND DONATION LIST >

ALWAYS REMEMBER

Did you know Memorial Day has been observed since 1868? We’re proud to continue honoring and remembering those who have served and sacrificed for our freedoms.

Join Dre for this special morning workout. West Hills Athletic Club will open for this event only.

May 27 at 8 a.m.
$20 member, $25 guest
EMAIL DRE >

WORKOUT FIESTA!

It is a great morning to gather upstairs and get our day started!
Let’s get our hearts pumpin’, bodies shakin’, and calories burnin’!
WHAC may not promise pinatas, but Dre will provide great movement.

May 5 at 8 a.m.
$20 member, $25 guest
EMAIL DRE >
Team work. With a personal trainer, and customized meal plans.

Dr. Jim Springstead is an associate professor of Chemical and Paper Engineering at WMU, and the winner of our recent weight loss challenge. Our Biometrics program was at the nucleus of Jim’s success, which combines a customized meal plan with strength training. The meal plan is designed by a dietician, and focuses on the use of normal food in the correct portions and frequency for the individual. When combined with strength training, the frequency of eating is an effective way to create a caloric deficit and stimulate the body's metabolism, making it a more efficient calorie-burning machine.

The team of four, including Jim’s wife Emily, worked with personal trainers Olivia Green and Reece Hughes. The workouts were specifically designed for the team and largely used strength training to protect and even increase muscle mass, adding a supercharged effect to their metabolism.

The pictures tell the tale, but Jim lost 46 lbs. of fat and 29 inches in circumference measurements, all while gaining 4 lbs. of muscle in 10 weeks. Jim and Emily are thrilled that the lifestyle change has had an influence on their kids. They are more active than ever and are not even interested in video games now (WHAT?). Congratulations to Jim and to all the other participants that also had incredible results, including his wife Emily.

Fitness and fun! Week 6 had a costume contest, Jim’s team chose to dress like Fitness Director Dre Ballines.

MORE INFO >
MEMBERSHIP
Options for benefits-eligible employees

Targeted Club Access
M–F
11 a.m.–2 p.m.
4:30–6:30 p.m.

Employees
$150 will be reported as extra income and will be taxed.

Spouses
$150/year upfront cost

Targeted Club Access
M–F
5 a.m.–5 p.m.

Employees
$270 will be reported as extra income and will be taxed.

Spouses
$270/year upfront cost

Full Access
All hours of operation

Employees
$318/year or $26.50/mon.

Spouses
$336/year or $28/mon.

New Membership Includes

Option 1 and 2 can update to full access at any time.

Add on weekend access for only $18 a month

KIDS—Same Access Option as Parents
Ages 12 and under FREE
Ages 13–20 Add. $228/year or $19/mon. (Must be 13 to use the Fitness Center.)

Kids all in the same household.

Tennis
Tennis lessons
Tournaments
Court rental

Pickleball
Intro classes
Tournaments
Open play

Fitness
Group Fitness classes
Personal Training
Small Group Training
Pilates Reformer

Weight Management
Smart Start
Biometrics
Nutrition and Fitness

Services
Massage Therapy
Pro Shop
Kids Club
Sauna and Whirlpool

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