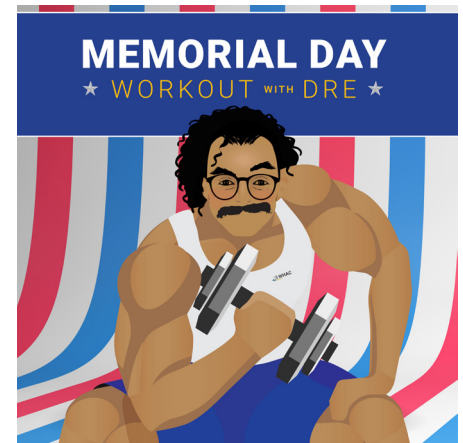




GET FITTER ♥ HELP A CRITTER  
**GROUP FITNESS LAUNCH**  
and SPCA DONATION DRIVE



## WORKOUT FIESTA!

**It is a great morning to gather upstairs and get our day started!**

Let's get our hearts pumpin', bodies shak'n, 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 >**

## 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 >**

# BIGTIME SUCCESS

WHAC Weightloss Team Challenge

## 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

outs were specifically designed for the team and largely used strength training to protect and even increase muscle mass, adding a supercharged effect to thier 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.

[MORE INFO >](#)



The pictures tell the tale. In 10 weeks Jim lost 46 lbs. of fat and 29 inches in circumference measurements, all while gaining 4 lbs. of muscle.

nucleus of Jim's success, which combines a customized meal plan with strength training. The meal plan is designed by a dietitian, 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 work-



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

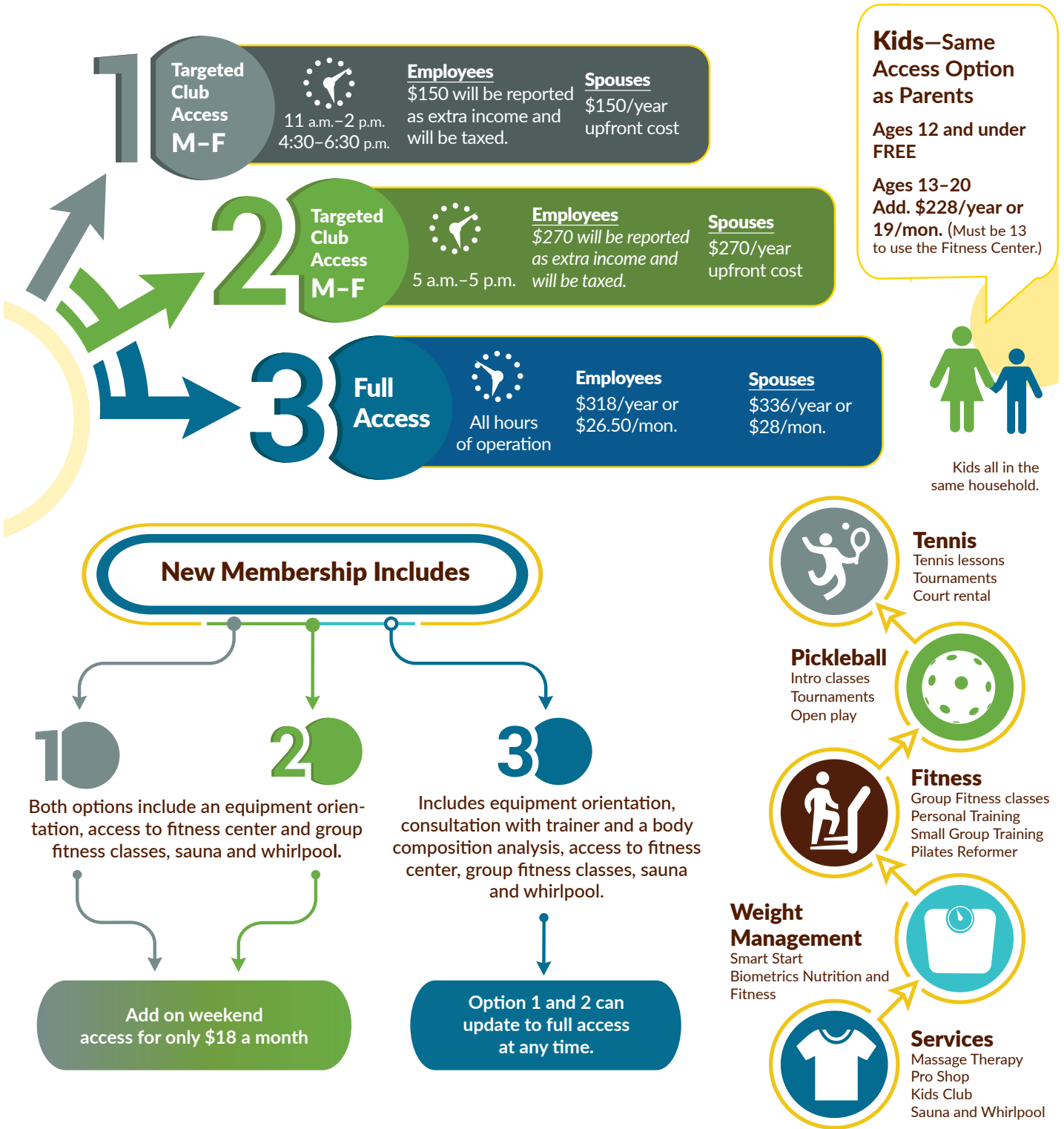
**WEIGHT LOSS**

**Jim Springstead**

**JIM'S TESTIMONIAL >**

# 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 >**