



THE MAC | EAST HILLS  
ORCHARD HILLS

# Fitness News

The MAC, East Hills, Orchard Hills

A Member of Saint Mary's Health Care Network

January 2011

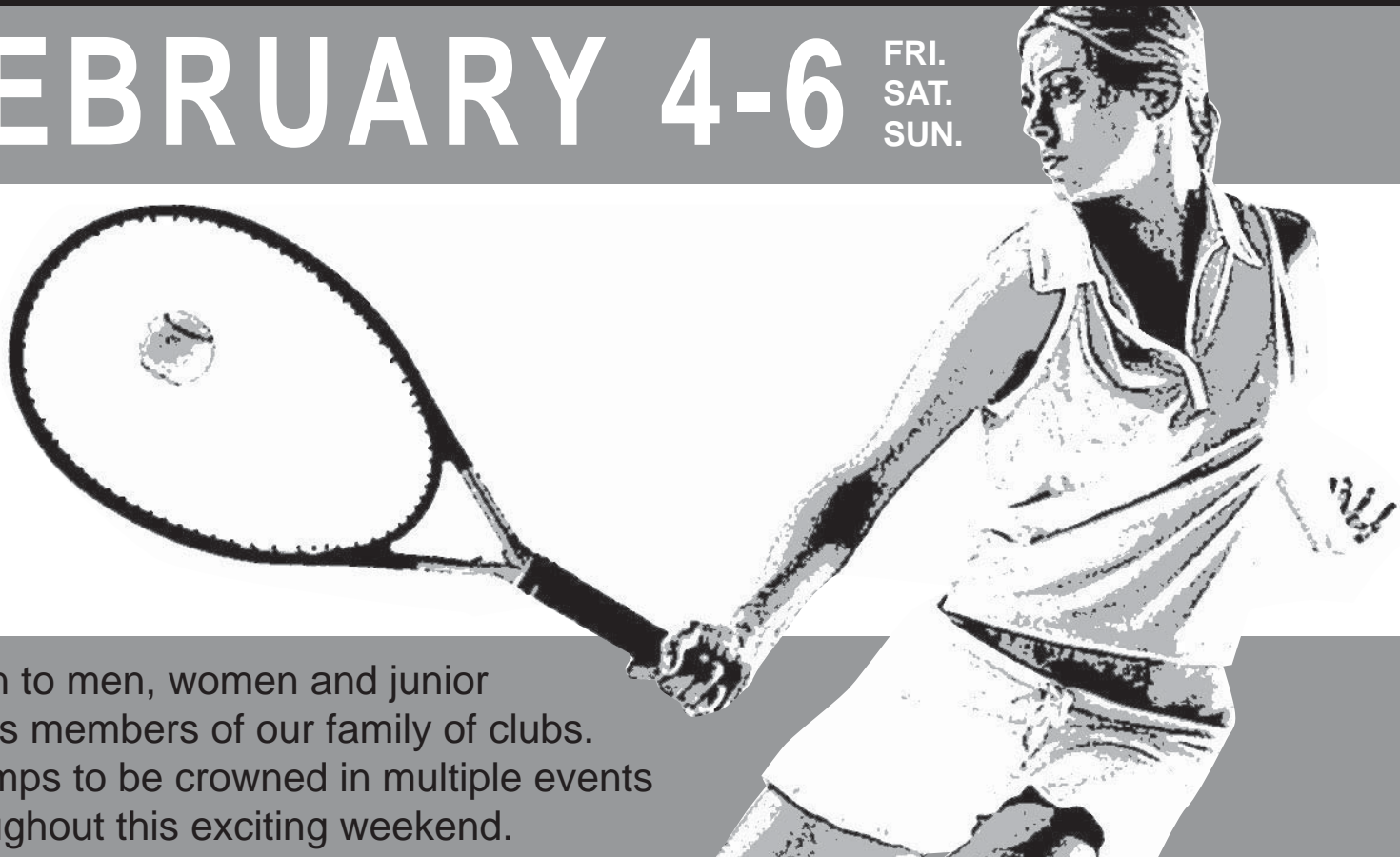


## 3-WAY CLUB CHAMPIONSHIP

THE MAC • EAST HILLS • ORCHARD HILLS

# FEBRUARY 4-6

FRI.  
SAT.  
SUN.



Open to men, women and junior tennis members of our family of clubs. Champs to be crowned in multiple events throughout this exciting weekend.

# Dear Members and Friends,

I am writing this General Manager's Corner in memory of Wesley Weldon Tobias. Many of you knew Wes since he was often seen daily in the Fitness Center and other areas of the East Hills facility. For those of you who did not know him, Wes was one of our full time Maintenance Department Team members.

Wes passed away recently, on December 3rd, 2010, after an intense battle with lung cancer. Wes resided in Hastings, Michigan, and was with our company for 13 years. As part of our Maintenance Team, Wes was largely responsible for the upkeep and preventative maintenance schedule in the Fitness Center. He was also a certified pool operator and helped with various pool duties, including trouble shooting equipment issues. Wes also helped out with a myriad of other maintenance duties, including painting, grounds and various mechanical equipment maintenance processes.

Wes was easy to spot with his "signature" long, grey ponytail and was always willing and able to jump in and help out with various tasks as they cropped up during the course of a week. Many of you know that he took great pride in "his" equipment and the efficiency with which he kept it in good working order.

Our company will miss Wes. He was a part of our team. He gave us good work and it was with a smile and pride. We thank him for all that he brought to us and gave to us.


Best Regards,

MJ Smith,  
VP SMHMC


## New MAC & EH Playroom Hours

Effective immediately:

Monday-Thursday.....8:15am - 8:00pm  
 Friday.....8:15am - 7:00pm  
 Saturday.....8:00am - 3:00pm  
 Sunday.....1:30pm - 7:00pm



**THE MAC | EAST HILLS**  
ORCHARD HILLS



**SAINT MARY'S**  
HEALTH CARE

# The MAC's 9th Annual Health & Wellness Fair

## Saturday, January 8, 2011

### 10:00am - 1:00pm

*Look for new and exciting health & wellness opportunities!  
 Certified Personal Trainers and Wellness Coaches will be available for all your health and fitness questions.*

Located at:  
**The MAC, 2500 Burton Street**  
 For more information, call 616.956.0944  
 Contact Kristi Tuck at [kristi@michiganathleticclub.com](mailto:kristi@michiganathleticclub.com)

## To all our Members:

After careful consideration and discussion of our dues structure and pricing, you may be interested to know that we will NOT be asking for a dues increase in January, 2011. Our dues have not been raised since January, 2008, which has been challenging for us from an expense perspective. You do need to know that we are working diligently on a process that will bring consistency to the individual club dues for The MAC and East Hills. More information will be available later this spring. Please direct any questions that you may have on this subject to MJ Smith, VP SMHMC.

### "I Lost it at the Club"



Join us in our 4th year of this fun and exciting program!

An 8-week motivational, weight loss and activity-based program that has something for everyone.

Kick off event begins  
Wednesday, January 5th, 2011

Program runs  
Monday, January 10 ~ Sunday, March 6, 2011

For additional information visit our website at  
[www.TheMAC-EastHills.com/ilostit](http://www.TheMAC-EastHills.com/ilostit)

## Yoga and Weight Loss - A Mindful Approach

Are you interested in a more mindful approach to eating and living? Get ready to start listening and trusting your body to tell you what it needs. We will examine how yoga and meditation can support your journey toward health and wellness. We will also provide you with the support and education that you need about food and yoga in a class-like setting to help you achieve your goals. This class will be taught by Certified Yoga Instructor, Melissa Gaudette, and Laura Burkett, Holistic Health Counselor trained through the Institute of Integrative Nutrition.

Dates: January 10 - February 29

Monday 1:00-2:30 pm MAC

Tuesday 7:30-9:00 am EHAC

Dates: April 11 - June 6 - Omit May 30

Monday 1:00-2:30 pm MAC

Tuesday 7:00-8:30 pm EHAC

Cost per person:

Super	Member	Non-Member
\$203	\$225	\$281

## New Information Software System at the clubs!

Our software conversion has taken place and we have been "LIVE" at all clubs now for the past few weeks. We are extremely excited to let members know about this upgrade and the many new options for all involved.

This software change will provide the opportunity to shore up our processes and systems where it is needed. This may mean a few changes for our members. However, these changes will enhance and protect your membership privileges.

While we continue to experience a bit of a learning curve during this transition, the long term results are starting to show. Your patience has been greatly appreciated. However, please help us by taking note of the following:

1. Our system will require a key card check-in from all members. This is important in allowing us to care for your immediate needs, maintain the security of the clubs and track usage. Your current key card will continue to work. New cards are available immediately if you do not have one.
2. All members need to have their photo ID retaken. This is also critical to maintain the integrity and security of your membership. Please stop by the Welcome Center at your next visit or see the Membership Desk to make sure we have a current photo on file.
3. As with our members, all guests will be asked to check-in at the Welcome Center desk. They will be asked for some basic information, emergency contact and a waiver signature so that we can ensure a safe and pleasant visit for them. Please remember our guest policy allows each of your guests to visit our clubs once per month, twelve times per year, when you accompany them.
4. For your security, all purchases will require a signature.
5. "Kid Care", an exciting new software feature for our playrooms, will enhance the security and safety of your children. Please check your child in and out on this new computerized system.
6. For your convenience, you will be able to view all your account information online. East Hills / Orchard Hills members recently received an email with username and password, while MAC members will be sent the same email in a few short days as we work to complete membership update forms and loading them in the system. Instructional navigation cards are available at the Welcome Center desks.
7. Our monthly statement process will change in January, 2011. You will receive a paper statement only if you have a current account balance. All others will be able to view their transactions and statements online through membership login. All participants will receive an email informing them when the statement is available for viewing; transactions may be viewed on a daily basis.

## Welcome Duy Tran, Jr.

Duy Tran Jr. has begun as a full time teaching professional at Orchard Hills Swim & Sports Club. He has been coaching and teaching tennis for three years after graduating from MSU; Duy is certified through the PTR at the highest level of professional. His teaching experience has included all ages from three years old to adults. Duy started coaching at summer camps during college and has taught part time at Orchard Hills for many years. He also has had experience as an assistant coach for the Varsity Boys and Girls Tennis Teams at East Kentwood High School.



Duy has been playing competitive tennis for over ten years, holding Midwest rankings throughout his junior career. He played number one singles at East Kentwood High School as well as being team captain for two years. While playing club tennis at Michigan State University, Duy competed exclusively at the number one singles spot and was the Vice President of the team for two years.

Duy will be available for private and group lessons and can be contacted by calling 224-8700, ext 243.

## Welcome Elliott Pettit



The teaching staff at East Hills Athletic Club welcomes USPTA Professional Elliott Pettit to our full time team! Elliott is a graduate of Ferris State's Professional Tennis Management program where he played on the tennis team his senior year. Elliott hails from Eaton Rapids, MI and

has spent time teaching full time in Michigan and Arizona.

Elliott will be teaching all levels of players from four years old to adult and is available now for private or group lessons. He can be reached by calling East Hills at 224-5444, ext 418.

**2011 Heart & Sole 5K**  
**February 19**

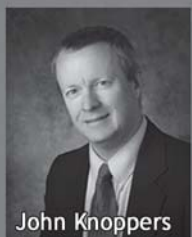
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900 East Paris Avenue  
Grand Rapids, MI 49546

Member FDIC

## MAC & EHAC Hours

Monday-Thursday.....5:00am -10:00pm  
Friday.....5:00am - 9:00pm  
Saturday.....(EHAC) 7:00am - 9:00pm  
Saturday.....(MAC) 7:00am - 8:00pm  
Sunday.....8:00am - 8:00pm

## Save the Dates

**January 5**

I Lost it at the Club Kick-Off Event at EH

**January 8**

MAC Health & Wellness Fair

**January 7, February 4, March 4**

Kids Night Out at EH

**January 21, February 18**

Kids Night Out at The MAC

**February 4-6**

3-Way Club Championship

**February 21**

Heart & Sole Run at The MAC