



THE MAC | EAST HILLS ORCHARD HILLS

East Hills Family Health & Fitness Day

Sponsored by East Hills Athletic Club

Join us for a day of healthy activities for the whole family!
East Hills Athletic Club will be open to the public for this special event.

EVENTS INCLUDE:

*** Group Fitness Classes**

Body Combat, Body Flow, Body Pump, Body Step, Cycling

*** Fitness Center Activities**

Free blood pressure, body fat measurement, training tips

*** GR SportsCenter**

Golf clinic, swing analysis, fitness tips

*** Demonstrations**

Chair massage, Pilates reformer

PLUS:

Try out our recently renovated fitness center and group exercise studios — see what our clubs have to offer at www.ehac.com.

Learn about the additional activities East Hills has for the whole family. We have aquatic programs for young and old, youth sports and activities, tennis, racquetball and much more!

***Advanced Screening** — offering vascular and heart screening services offered on-site. *Prior registration is required. Fees apply. Call for details (800) 541.8110.*

Saturday, February 24, 2007, 9 a.m.–noon

East Hills Athletic Club, 1640 East Paris Ave.

For more information, contact Kristi Tuck at 224.5444 x309.