

August Newsletter

Refer a Pickleball Member in August and you'll receive
Free Entry to All Pickleball Skill-Based Play Opportunities in September
Or One 10-Pack to   

Free entry to pickleball classes does not include Pickleball University or private lessons, and only applies to referred Pickleball memberships. All referring members are eligible to select 10 free classes to your choice of one of the Boutique Studios listed above. Valid for new members only. New members must enroll by August 31st, 2023.

Wheaton Sport Center Annual Membership Golf Outing
Wednesday, August 23rd, 2023 | 4:00pm Shotgun Start

WSC is excited to see our members at this year's Golf Outing hosted at Prairie Landing Golf Club in West Chicago! Please join us on August 23rd for nine holes of golf and dinner to follow.

Dinner, Prizes & Fun!

[Register Here!](#)

Registration deadline is August 9th, 2023. Participants register as a single player or for their group. Spots are limited. Event fee is \$65 per player.

TRAVEL CLUB 

Announcing the Wheaton Sport Center Travel Club

Join us each year on exciting inclusive adventures to faraway places. **We are excited to announce our first trip to be held in 2024 will be to Greece.**

Join us as we travel for 9 days to Athens and the Greek Islands on April 23rd – May 1st, 2024. Three nights in Athens, two nights in iconic Mykonos and two nights in beautiful Santorini. There is also a three night optional extension to Kalambaka and Delphi.

You can find out more about the tour at an **informational presentation on September 20th from 6:30 to 7:30PM**. A detailed brochure will be available.

You won't want to miss this opportunity to travel with WSC friends to awe-inspiring Greece. This trip will be fully guided with 10 meals, sightseeing, baggage handling and airfare included.

(Non-WSC members are welcome)

Interested?

[Click Here](#)

THE SPA

HydroPeptide®

Advanced Antioxidant Facial:

Radiant Skin Awaits

Get an extra dose of glow with the Advanced Antioxidant Facial. Nutrient-packed products like the Nordic Detox Mask infuse biominerals and illuminate to reveal a smoother, softer texture.

Leave with skin protected and cleansed from environmental stressors, with an instantly more radiant appearance.

Facials must be booked and used in the month of August. No other discounts apply.

\$99 IN AUGUST!

Book Today

The ☐ Spa

All Specialty Facials

\$99 in August

- **NEW Hydropeptide Advanced Antioxidant Facial**
- Hydropeptide-Anti-Aging Facial
- Hydropeptide Apple Harvest Facial
- Eminence Tropical Superfood Booster Facial
- Eminence Strawberry Rhubarb Hyaluronic Facial
- Eminence Dew-Over Facial

Book Today!

Facials must be booked and used in the month of August. No other discounts apply.

August 1st - August 31st

SAVE 20% ON ALL SPF PRODUCTS

at The ☐ Spa



No other discounts apply.

Stock up for the Summer!

SAVE 30%

when you purchase a
MOROCCANOIL[®]
Shampoo and Conditioner
Set from The Spa



THE STUDIO

The Studio offers

Private Yoga with Jessica!

Private lessons are great for improving your yoga practice, no matter where you are starting. Advanced and beginner yogis alike can benefit from private, semiprivate or small group sessions with Jessica, an expert yoga instructor in The Studio. Work on your technique and perfect your poses so you can get the most from all the mental and physical benefits of yoga.

Interested in expanding your yoga practice?

Contact Karen Flynn
for more information.

[Learn More!](#)



The Studio SCHEDULE

| MONDAY | WEDNESDAY | SATURDAY |
|---|---|---|
| 9:30-10:30am [95] STUDIO POWER Jeannie | 8:15-9:15am [85] STUDIO SCULPT Corie | 9:00-10:00am [85] STUDIO FLOW 2 Jeannie |
| 11:00-12:00pm [105] STUDIO HOT FUSION Karen | 9:30-10:30am [85] STUDIO FLOW 2 Heather | 10:30-11:30am [85] STUDIO SCULPT Jen |
| 6:00-7:00pm [105] STUDIO HOT Corie | 6:00-7:00pm [105] STUDIO HOT Jen | |
| 7:30-8:30pm [75] STUDIO RESTORE Corie | 7:30-8:30pm [75] STUDIO RESTORE Corie | |
| TUESDAY | THURSDAY | SUNDAY |
| 5:30-6:15am [85] HP STUDIO FLOW 2 Karen | 6:30-7:45am [75] + STUDIO YIN Karen | 9:30-10:45am [75] + STUDIO FLOW 1.5 W/ MUSIC MEDITATION Corie |
| 6:30-7:30am [75] STUDIO YIN Karen | 9:30-10:30am [95] STUDIO POWER Heather | 3:30-4:00pm [105] STUDIO HOT Corie |
| 8:30-9:15am [85] HP STUDIO BARRE FUSION HP Beth | 11:30am- 12:30pm [105] STUDIO HOT Corie | 4:15-5:00pm [75] HP STUDIO RESTORE Corie |
| 10:00-11:00am [95] STUDIO POWER Jessica | 4:30-5:30pm [75] STUDIO FLOW 1.5 Kirsten | |
| 11:30am- 12:30pm [105] STUDIO HOT Jessica | 6:30-7:30pm [85] STUDIO FLOW 2 Corie | |
| 6:30-7:30pm [95] STUDIO POWER Karen | FRIDAY | |
| | 7:30-8:30am [95] STUDIO POWER Karen | |
| | 12:00-11:00am [105] STUDIO HOT Jessica | |
| | 11:30am- 12:30pm [75] STUDIO ROLLER RELEASE Jessica | |

KEY

- HP EXPRESS CLASS (90 or 45 min)
- + 75 minute class
- [75] 75 degrees
- [85] 85 degrees
- [95] 95 degrees
- [105] 105 degrees

Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 8/14/2023.

CLASS FORMATS

Studio Flow 1.5 (75°)

Skill Level: Intermediate
Building on foundational poses that you learned in Flow 1, Flow 1.5 will add some more challenging poses and sequencing to the mix to help you continue to develop your practice.

Studio YIN (75°)

Skill Level: All Levels
Develop physical and mental balance in this slow-paced (yet challenging) practice. Studio YIN is a series of mat-based poses held for longer periods of time to work deep into the connective tissues. Challenge your mind to find peace through the physical sensations of your practice.

Studio Restore (75°)

Skill Level: All Levels
Center your breath and your body in this restorative yoga class. Poses are held for an extended period of time with the aid of props to find your most comfortable expression of the pose. Practice stillness; allow the mind to quiet and body to rest.

Studio Sculpt (85°)

Skill Level: Intermediate
Build lean muscle mass, boost metabolism, and sweat it out in this high-energy strength training class. Combine familiar yoga poses with weights and cardio to work your whole body, mind, and spirit.

Studio Power (95°)

Skill Level: Intermediate
Challenge your strength, balance, and flexibility in this powerful vinyasa style class. Strong emphasis on breath to movement, building strength, and toning the whole body.

Studio Flow 2 (85°)

Skill Level: Intermediate/Advanced
Pick up the pace with this challenging vinyasa flow. Explore new sequences and poses that will push your practice to the next level. Check the class schedule for specific class temperature.

Studio Hot (105°)

Skill Level: All Levels
A distinct sequence of breathwork and poses, this class is a challenging practice for the body and the mind. Prepare to move slowly, hold steady, and sweat!

Studio Hot Fusion (105°)

Skill Level: Intermediate
A fusion of traditional vinyasa flow and hot poses, this class challenges your strength, balance, and focus, all while providing opportunities to connect breath to movement.

Studio Barre Fusion (85°)

Skill Level: All Levels
Pilates, yoga, core, dance and barre elements combined in an upbeat format using various pieces of state-of-the-art equipment.

Studio Roller Release (75°)

Skill Level: All Levels
A combination of myofascial massage and gentle yoga techniques. Together we will utilize the tool of a roller to release tension in the body and use a gentle yoga practice to release tension in the spirit. Every part of you will feel cared for and more relaxed after this class.



LEUKEMIA & LYMPHOMA SOCIETY®


45 Games of Pickleball in August

Wheaton Sport Center will **donate \$10 to the Leukemia & Lymphoma Society** for each member who completes 45 pickleball games in the Pavilion during August.

Play a game, submit your scores in the box located on the pickleball courts, and raise money for this great cause! We will tally your games for you.

[Learn More](#)





PICKLEBALL RATING CLINICS

Tuesdays at 7:30pm-8:30pm
Wednesdays at 1:00pm-2:00pm

We encourage all adult WSC pickleball players to participate in one of our rating clinics. Knowing your rating will allow you to sign up for the correct level for our skill-based programs and help you have a positive and successful pickleball experience at WSC.

The WSC Pickleball coaches use the Professional Pickleball Registry's rating system to provide consistency among players and help facilitate more effective programming. Players sign up for one, 1-hour clinic. Clinics are held on a weekly basis.

[Register Here](#)

Member Play Opportunities in WSC's Pickleball Pavilion

Be a part of the
pickleball action! Don't
miss the fun on the
court – join us for:

- Paddle Up & Play
- Cream of the Crop
- Round Robin Play
- Family Pickleball



**JOIN US IN THE
PICKLEBALL PAVILION!**

[Click Here for Details](#)

Get ready to take your game to the Next Level with





Suze Anderson

PICKLEBALL ACADEMY



Classes are limited – don't miss out,
sign up today!

For program details and to register,

[Click Here!](#)



LEARN TO PLAY PICKLEBALL FOR FREE!

Are you new to pickleball?
Join Pickleball 101 which is a
free, one-day introductory class
for individuals who are new to
Pickleball and want to learn what
it's all about.

[Register Here](#)

COMING THIS FALL

Check Out Our NEW Pickleball Classes

- Pickleball Ball Machine Skills & Drills
- Pickle Fit Cardio
- Pickleball Skill-Master Drills



AQUATICS

MASTERS SWIM UNLIMITED

Membership +\$59/month

Add Masters Swim Unlimited to your membership for unlimited access to all of our Masters Swim classes!

Tuesdays at 5:30am & 5:30pm
Thursdays at 7:00am & 5:30pm
Saturdays at 7:00am* *90 minute class

TAKE A CLASS!

[Click Here!](#)

Non-Masters Swim Unlimited Drop In Classes: \$20 per class



SPEND SUMMER AT THE POOL!

Join our **GROUP SWIM LESSONS!**

Everyone is welcome to learn to swim with our expert instructors!

[Register Here](#)

THERAPY POOL OPEN SWIM SCHEDULE

Starting 6/26/23

Monday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Tuesday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Wednesday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Thursday

5am - 9am
2pm - 4:30pm
7pm - 9pm

Friday

5am - 12pm
1pm - 9pm

Saturday

6am - 8:30am
12pm - 6pm

Sunday

6am - 6pm

All other times, open swim in the Therapy Pool is unavailable due to WSC programs.

Questions about Aquatics?

Email aquatics@wheatonsportcenter.com to learn more!

PILATES

We want to gift you
A FREE



**3-Pack for the
month of August!**

[Claim Your Gift](#)

Pilates is for women and men of all age groups, body types, and abilities.

Through use of the reformer and specialized equipment, our skilled instructors will provide you with a high intensity total Mind/Body experience.

The Benefits of
REACH
flexibility | strength | balance

- Muscle strength without excess bulk
- Improved total body awareness
- Improved flexibility
- Lengthen and strengthen
- Improved alignment
- Improved efficiency of movement and mobility
- Stress relief and more



Take a class today!

[Register Here](#)

A photograph of two women lying on Pilates reformers in a studio. The woman in the foreground is wearing a black tank top and black leggings, and the woman in the background is wearing a grey tank top and black leggings. They are both looking towards the camera. The reformers are blue and black. The background is dark with some studio equipment visible.

precision
STUDIO

Our Pilates Group Reformer classes run monthly.
**It's not too late to sign up for your
spot in our August session.**

Contact Karen Flynn if you are interested in joining!

[Email Karen Flynn](#)

REACH
flexibility | strength | balance

| MONDAY | THURSDAY |
|--------------------------------|------------------------------|
| 9:30-10:25am REACH Katie | 5:30-6:25am REACH PLUS Katie |
| 5:00-5:55pm REACH Corie | 6:30-7:25am REACH Katie |
| | 10:00-10:55am REACH Corie |
| TUESDAY | 6:30-7:25pm REACH Katie |
| 5:30-6:25am REACH PLUS Lisa D. | FRIDAY |
| 4:00-4:55pm REACH Corie | 9:00-9:55am REACH PLUS Karen |
| WEDNESDAY | 12:00-12:55pm REACH Corie |
| 6:00-6:55am REACH PLUS Corie | SATURDAY |
| 10:30-11:25am REACH Karen | 10:00-10:55am REACH Corie |
| 5:00-5:55pm REACH Karen | |

KEY
 NEW INSTRUCTOR NEW TIME
 NEW CLASS NEW FORMAT

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spots online. Effective 8/1/2023

precision
STUDIO

**SMALL GROUP
PILATES REFORMER
CLASS SCHEDULE**

| MONDAY | WEDNESDAY |
|---|---|
| Pilates Strong Flow Intermediate 8:00-8:55am Gail | Pilates Intermediate 9:15-10:10am Gail |
| TUESDAY | THURSDAY |
| Pilates Strong Flow Intermediate 8:15-9:10am Katie | Pilates Strong Flow Intermediate 8:15-9:10am Corie |
| Pilates Strong Flow Intermediate 10:00-10:55am Katie | SATURDAY |
| Pilates Strong Flow Intermediate 6:00-6:55pm Jenna | Pilates Strong Flow Intermediate 7:00-7:55am Corie |

Small Group Pilates Group Reformer Sessions run on a monthly basis. Contact Karen Flynn at kflynn@wheatonsportcenter.com for more details.

PILATES REFORMER
STRENGTHEN DEFINE ENERGIZE

TENNIS

AUG 7 Fall Adult In-House League Registration Opens - Tennis members will meet other players with a little friendly competition in our in-house tennis leagues!

[Details Here](#)

AUG 18 Evolution End of Summer Party - Red, Orange, and Green Players, celebrate the end of summer with us on the tennis court!

[Register Here](#)

AUG 21 Fall Tennis Programs Begin - Don't forget to plan WSC tennis as part of your fall activities! We offer tennis for junior and adult players of all levels - whether you're new to tennis or an experienced player, join in the fun!

[Register Here](#)

Back to School Tennis Bag Sale!

From August 1st through August 31st,
**ALL IN-STOCK TENNIS BAGS
ARE 25% OFF.**

Check out our available inventory on the wall
across from the Tennis Welcome Center.



Additional discounts do not apply.

Learn to Play Tennis with WSC's

FREE Tennis University

4-Week Class For All WSC Members Ages 18 & Over



[Click Here for Details](#)

FITNESS



**NOW THROUGH
AUGUST 15**

**VIKTOR
RUSENAS**

PERSONAL TRAINING SPECIAL!

25% OFF

Five 30-minute
Sessions with Viktor!!

CHOOSE FROM HIS PERSONALIZED
TRAINING OPTIONS, INCLUDING
ONE-ON-ONE SESSIONS, GROUP
WORKOUTS, AND ZONE360 CLASSES.
JOIN VIKTOR ON THIS
TRANSFORMATIVE FITNESS JOURNEY
AND UNLEASH YOUR POTENTIAL.

Sign Up Here!

Sale Price: \$168.75; Original value: \$225. First-time Personal Training clients only. Must purchase by August 15, 2023. Other discounts do not apply. Sessions expire six weeks from date of purchase.

**SIZZLING SUMMER CHALLENGE:
JULY 1 - AUGUST 31**

**myzone™
CHALLENGE**

- Earn 2,400 MEPs = 1 raffle entry
- Earn 5,000 MEPs = 2 total raffle entries
- Earn 12,000 MEPs = 3 total raffle entries
- Earn 15,000+ MEPs = 4 total raffle entries
- ZONE360 MEP workout = 1 raffle entry (max 4)

MEPs must be in the Blue, Green, Yellow, or Red zone to apply.

**THREE GRAND
PRIZE WINNERS!**

1st place: \$100 Club Cash
2nd place: \$75 Club Cash
3rd place: \$50 Club Cash

Get Started!

Club Cash can be used anywhere in WSC and The Spa, with the exception of membership dues. Participants must be active WSC members.




**PERSONAL
TRAINING**

Reach Your Goals

- ✔ Workouts that fit your schedule
- ✔ Motivation and accountability
- ✔ New workout ideas
- ✔ Learn proper and safe technique

Our Personal Trainers are available 7 days a week for 30-minute and 60-minute sessions!
Book Your Session Today!

Contact Us

**Youth
Certification**

**FOR CHILDREN
AGES 10-13**

We encourage all WSC Members ages 10-13 to get Youth Certified, so that they are able to safely and effectively use the fitness floor with parental supervision. This certification can be achieved with two 45-minute sessions with a WSC Personal Trainer.

Our goal is to educate children on the essentials of fitness and weight training, as well as proper technique and machine safety to empower them to stay active AND safe.



SCHEDULE YOUR FIRST SESSION!

Contact Us

AUGUST 2023

360 ATHLETE

SCOTT SLATE



"Several years ago, when the ZONE360 studio was in its early days, my husband convinced me to join WSC and take a few classes. I tried one of the evening classes that were offered at the time, and I really liked the combination of strength and cardiovascular training and weight work. Overall, I found the workouts to be very effective for me. Working with a personal trainer in a small group setting puts the emphasis of good form over repetition and weight, which was very important to me to avoid injury.

Before ZONE360, I was hesitant to just come to the Wheaton Sport Center on my own because I felt a lack of direction and self-motivation. I was also concerned about proper form with the use of weights. The classes were helpful in teaching form, with everything from free weights, the treadmill, and the rowing machine.

Early on, I found the individual attention from the trainers to be especially helpful. The coaches were so welcoming and encouraging—they really started fostering community in the workouts. Lately, I've even been mixing up my routine, adding other classes in the ZONE360 studio and across WSC to my schedule. I've added STRENGTH30 (again, Megan F. is awesome!) which helps me to concentrate on strength and resistance. I really enjoy this format. I've also added and enjoy the power yoga class too."



"To me, one of the best aspects of the ZONE360 studio environment is community. The sense of community with the other members and trainers has been key to my success. I've found community to be important to me for accountability, encouragement, and making the workouts fun. It's great to know and trust the personal trainers, too, so consistency in the training team helps.

Now that I've been a member for some time, I highly recommend the ZONE360 studio to new and existing WSC members. My advice to new members of the community is to keep coming and don't give up. Once ZONE is part of your routine, you'll really want to keep it up!"



2023 SCHEDULE

| MONDAY | |
|--------------|------------|
| 5:45-6:45am | ZONE60 |
| 7:00-7:30am | STRENGTH30 |
| 7:45-8:15am | STRENGTH30 |
| 8:30-9:00am | STRENGTH30 |
| 9:30-10:30am | ZONE60 |

| TUESDAY | |
|-------------|------------|
| 5:30-6:30am | ZONE60 |
| 6:45-7:30am | ZONE45 |
| 8:45-9:15am | STRENGTH30 |

| WEDNESDAY | |
|--------------|------------|
| 5:30-6:30am | ZONE60 |
| 7:00-7:30am | STRENGTH30 |
| 8:30-9:15am | TRX45 |
| 9:30-10:30am | ZONE60 |

| THURSDAY | |
|--------------|-----------------|
| 5:30-6:30am | ZONE60 |
| 6:45-7:15am | STRENGTH30 |
| 9:00-9:30am | STRENGTH30 |
| 9:45-10:30am | TREAD/ ROW45 |

| FRIDAY | |
|--------------|------------|
| 5:30-6:30am | ZONE60 |
| 8:45-9:15am | STRENGTH30 |
| 9:30-10:30am | ZONE60 |

| SATURDAY | |
|-------------|--------|
| 6:30-7:30am | ZONE60 |
| 8:00-9:00am | ZONE60 |

| SUNDAY | |
|-------------|------------|
| 7:30-8:30am | ZONE60 |
| 8:45-9:15am | STRENGTH30 |

Schedule effective 07.01.23

Unlimited = \$59/month
 Additional family = \$49/month
 Drop-in = \$15

Updated 06.29.23

For limited time only,

Z³⁶⁰ NE 10-PACKS

are available for purchase during August!

Purchase your 10-Pack at the Front Desk today!

GROUP FITNESS

Welcome

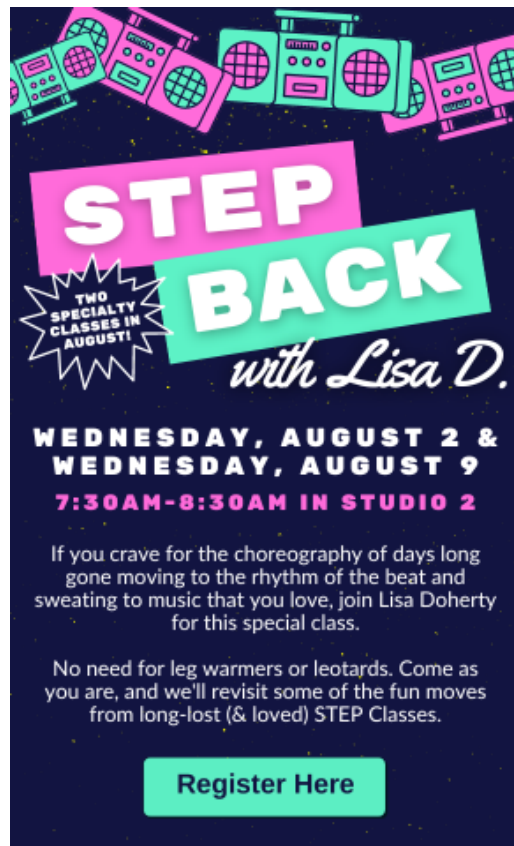
Erin Rea
Group Fitness Instructor



This is my first year as a Group Fitness instructor! I have always had a passion for exercise and fitness, as well as helping other people reach their own personal goals, so becoming a group fitness instructor was the perfect melding of both. I ran track and cross country in college so I also believe that exercise in a group setting can push you to be your very best. I was born and raised in Wheaton and even grew up coming to the Wheaton Sport Center! I am married and have a sweet baby boy, and we love to spend our time walking, biking, hiking, golfing, and heading up to the family lake houses in Michigan and Wisconsin!

Check out the Group Fitness Schedule!

[Take a Class!](#)



STEP BACK
with Lisa D.

TWO SPECIALTY CLASSES IN AUGUST!

WEDNESDAY, AUGUST 2 & WEDNESDAY, AUGUST 9
7:30AM-8:30AM IN STUDIO 2

If you crave for the choreography of days long gone moving to the rhythm of the beat and sweating to music that you love, join Lisa Doherty for this special class.

No need for leg warmers or leotards. Come as you are, and we'll revisit some of the fun moves from long-lost (& loved) STEP Classes.

[Register Here](#)

Group Fitness offers over 100 workout classes every week at no additional cost, including classes in three of our Boutique Studios:
Box N Burn, Ascend Cycle, and Studio 4

ALL OF THESE FUN AND INCLUSIVE FITNESS CLASSES ARE OPEN TO ALL MEMBERS!

Register online or on the WSC App—with so many great options, there is a class for everyone!

Questions?

[Click Here](#)

Class registration is required and opens at 12pm the day prior. Class offerings and instructor scheduling are subject to change.

Group Fitness Schedules

BOX N BURN SPRING 2023

Monday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Tuesday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Wednesday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Thursday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Friday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Saturday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Sunday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Dining and Fitness Class that helps:

- Increase Muscle
- Increase overall strength
- Increase your confidence
- Reduce stress
- Improve your focus

** GLOVES ARE AVAILABLE TO BORROW**

Sign up on the WSC App or on the website www.wscfitnesscenter.com

ASCEND CYCLE STUDIO

2023 Effective 07.01.23

Monday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Tuesday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Wednesday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Thursday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Friday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Saturday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Sunday
 5:45-6:30am: CYCLE
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

KEY
 NEW INSTRUCTOR
 NEW TIME

Updated 6/29/23

STUDIO 4 Group Fitness Classes

Monday
 6:30-7:00am: YOGA L1
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Tuesday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Wednesday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Thursday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Friday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Saturday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

Sunday
 6:30-7:00am: HIIT
 7:00-7:30am: HIIT
 7:30-8:00am: HIIT
 8:00-8:30am: HIIT
 8:30-9:00am: HIIT
 9:00-9:30am: HIIT
 9:30-10:00am: HIIT
 10:00-10:30am: HIIT
 10:30-11:00am: HIIT
 11:00-11:30am: HIIT
 11:30-12:00am: HIIT

LOCATION KEY
 (1) STUDIO 1
 (2) STUDIO 2
 (3) STUDIO 3
 (4) STUDIO 4

[View More Schedules](#)

CHILD CARE

WSC CHILD CARE

TUESDAY, AUGUST 8TH
10:00-11:30AM



WSC Child Care Welcomes:

NICK KALINA,
JERRY EVANS SCHOOL OF MUSIC



Educating WSC children through the use of puppets, rhythmic literature, and movement activities. Featuring Mini Musicians for the following age groups and time frames:

- Tot Lot (toddlers to 2 years old) 10:00am-10:30am
- Main Room (2 & 3 year old children) 10:30am-11:00am
- Kids Club (4-7 year old children) 11:00am-11:30am



For further information: contact WSC Child Care at (630) 315-5313 or go online to www.wheatonsportcenter.com

WSC CHILD CARE

MONDAY, AUGUST 14TH
10:00-11:30AM



WSC Child Care Welcomes:

SOLE UNIQUE DANCE COMPLEX
CO-OWNER, DIANA TRUE
AND SNOOKIE THE CLOWN



Educating WSC children through dance and movement activities. Featuring dance programs for the following age groups and time frames:

- Main Room (2 & 3 year old children) 10:00am-10:30am
- Kids Club (4-7 year old children) 10:30am-11:00am
- Windy City Lounge (8-13 year old children) 11:00am-11:30am



For further information: contact WSC Child Care at (630) 315-5313 or go online to www.wheatonsportcenter.com



WSC Child Care
Fall Hours
begin Wednesday,
August 16th.
Child  Care

SOLE UNIQUE

SOLEUNIQUE
DANCE COMPLEX

SEASON AT A GLANCE

Keep up to date on all
things Sole Unique!

[View Here](#)

**FALL CLASS
REGISTRATION
IS OPEN!
REGISTER
TODAY!**

[Click Here](#)

WSC CHILD CARE MONDAY, AUGUST 14TH 10:00-11:30AM

WSC Child Care Welcomes:
**Sole Unique Dance Complex Co-owner, Diana True
And Snookie the Clown**

Educating WSC children through dance and movement activities.

Featuring dance programs for the following age groups and time frames:

- Main Room (2 & 3 year old children) 10:00am-10:30am
- Kids Club (4-7 year old children) 10:30am-11:00am
- Windy City Lounge (8-13 year old children) 11:00am-11:30am

For further information: contact WSC Child Care at (630) 315-5313
or go online to www.wheatonsportcenter.com. *Child Care
Reservations are required for this event.*



**Did you know there is a dance studio right inside the
Wheaton Sport Center?** Another fun activity for your child
to explore in a safe, nurturing and positive environment!

Sole Unique Dance Complex (SUDC) is thrilled to be partners with the
Wheaton Sport Center. Our goal is to bring professional dance
instruction to the children in our local communities. We offer all styles
of dance to a variety of ages and levels. We offer free trial classes.

The core members of the faculty & admin staff consist of the four,
founding members of the Sole Unique Dance Complex and an
assembly of talented, local artists and educators. They have worked
side-by-side in the fields of dance education and dance studio
management for decades and are individually proficient in their
distinct fields of artistry and leadership.

**GRAB YOUR FRIENDS AND COME DANCE WITH US!
WE LOOK FORWARD TO MEETING YOU SOON!**



C connect → community

C2 PROGRAM

Learn More About Our
C2 Partnership Program

Host Your Next Corporate Event at
Wheaton Sport Center!

- Pickleball Classes
- Ascend Cycle Classes
- Box 'N Burn Classes
- ZONE360 Classes
- The Studio Yoga Classes
- And More!

[Learn More](#) Fees may apply.



©2024 Wheaton Sport Center | 1000 W. Prairie Ave., Wheaton, IL

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by **Mad Mimi®**
A GoDaddy® company