



Wheaton Sport Center

December Newsletter

Refer a friend in December and you'll receive
**One 10-Pack to REACH or Master Swim,
or Free Pickleball University Session**

Valid for new members referrals only. New members must enroll by December 31st, 2023.

Holiday Hours

CHRISTMAS EVE,
DEC. 24TH: 7AM-2PM

CHRISTMAS DAY,
DEC. 25TH: CLOSED

NEW YEAR'S EVE,
DEC. 31ST: 7AM-2PM

NEW YEAR'S DAY,
JAN. 1ST: 7AM-2PM

We are excited to announce that these NEW BENEFITS are now in effect!

- Allocation of 6 guest passes annually, added to Health Club, Pickleball and Senior memberships
- Inclusive access to ZONE360 and The Studio classes for all members
- Inclusive entry of pickleball league play for Pickleball and Tennis memberships
- Extended Club hours, now until 10 pm, Monday through Thursday

Guests are welcome!

Please review the following guest policy.

- Primary members may bring up to three (3) guests per day.
- Dependent members over the age of 14 may bring up to one (1) guest per day.
- Guest pass is for visiting the WSC for the entire day.
- Members must enter and remain at the WSC during the duration of the guest usage of the WSC.
- Guests are limited to 5 visits per year.
- Guests must sign guest waiver at the Front Desk upon entry.
- New and returning guests 16 years and older must show a valid photo ID at each visit upon entry.
- Please contact Membership if your guest would like to participate in any class or have any questions.

Health Club and Pickleball Members receive 6 guest passes per year. Tennis Members receive 12 guest passes per primary member on the account annually.

Members must use either guest passes or pay guest fees to bring a guest.



**WELCOME
KATIE MARTIN
MIND / BODY MANAGER**

Katie Martin began her yoga journey in 2010 practicing Bikram Yoga. She fell in love yoga's physical and spiritual benefits. As a busy mom, she knew she needed to tend to herself so she could give her best to others. Katie took her first vinyasa class at in 2013 and instantly was hooked. The beautiful flow reminded her of her days as ballet dancer.

Katie has been teaching ballet and Pilates for 20 years and yoga has helped her to remain strong and flexible both in mind and body. Katie is certified in vinyasa, restorative, and trauma sensitive yoga as well as Pilates and Progressing Ballet Technique (PBT). She has led multiple yoga teacher trainings and enrichment programs.

Katie resides in the western suburbs with her six children. She is thrilled to be sharing her passion for movement and self care with her students at the Wheaton Sport Center.

AQUATICS

WSC AQUATICS

Holiday Camp

Session 1: December 26-December 28

Session 2: January 2-January 4

Join us for 45 minutes of swimming fun! A 30-minute swim lesson, then practice your skills with water games!

[Register Here](#)

WSC Member \$51 / Guest \$75

Interested in **MASTERS SWIM** ?

If you are looking for an aquatic training group to help challenge you, and looking for tips and drills from a coach, come out and join us. These workouts and drills are designed for all swimmers that have some basic knowledge of the freestyle stroke at least.

**PURCHASE
A 10-PACK
TODAY!**

[Purchase Here](#)

Why You Should Choose

MASTERS SWIM

1. Swim with a community with goals similar to yours
2. Get all of the benefits of a coach-led workout and get outside your comfort zone
3. Receive technique help and drills to become a more efficient swimmer
4. Add accountability to your workout!



THERAPY POOL OPEN SWIM SCHEDULE

Effective December 1, 2023

Monday

5am - 11:45am
12:45pm - 4:30pm
6:30pm - 10pm

Tuesday

5am - 11:45am
1:45pm - 4:30pm
6:30pm - 10pm

Wednesday

5am - 11:45am
12:45pm - 4:30pm
6:30pm - 10pm

Thursday

5am - 10am
11am - 12pm
2pm - 4:30pm
6:30pm - 10pm

Friday

5am - 12pm
1pm - 9pm

Saturday

6am - 8:30am
11am - 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!

THE SPA

Spa Gift Card Sale

December 1st through
December 23rd

For every
\$50 Gift Card
Purchase,


Receive
\$10 Spa Cash
for any product in
The Spa!

The  Spa

Coupon expires January 31st, 2024. Valid for full-priced products only. Cannot be combined with any other offer or discount. No cash back will be given on unused portion.

Need a gift?
**Shop Our
Luxury Brands**
at The  Spa

 **ÉMINENCE**
ORGANIC SKIN CARE

 **HydroPeptide®**

 **Grande
Cosmetics**

MOROCCANOIL.

 **vital body**
THERAPEUTICS

 **HEMPZ®**
PURE HERBAL EXTRACTS



INSTYLE



BABY AND TOT
Pop Up Shop
December 1-31
*Sizes and quantities are limited,
so shop early!*



PICKLEBALL

View Our Pavilion Schedule Here



**25% OFF PICKLEBALL
PADDLES AND BAGS**
DECEMBER 18-DECEMBER 24

In store only. No other discounts apply.



WSCup Series

Doubles Tournament

Holiday Cup

December 15th-17th



DIVISIONS:

Friday, December 15th
4.0-4.5 COED at 5:00pm

Saturday, December 16th
3.5-4.0 MENS at 5:00pm
3.0-3.5 WOMENS at 11:00am
3.0-3.5 MENS at 2:00pm

Sunday, December 17th
3.5-4.0 COED at 2:00pm
3.0-3.5 COED at 11:00am
2.5 COED at 8:00am



\$65 WSC Member Team
Use Code "Member" for an Exclusive Discount
\$70 Member & Guest Team
Use Code "Memberandguest" for an Exclusive Discount
\$75 Guest Team

[Register Here](#)

WSCup Series T-shirt included in tournament fee

Registration closes 4 days prior to tournament. Refunds except for \$5 service fee available until December 9th, 2023. No refunds after December 9th.

PRIVATE PICKLEBALL LESSONS

Private pickleball lessons are a great way to receive personalized instruction and accelerate your game. Whether you're a new or an advanced player, our pickleball professionals will provide individual instruction to help you meet your goals.

Our most popular private lesson format is the "Three and Me":

Players organize friends to create a private group lesson of 3 players plus the coach who plays in to give personalized instruction. Players can also schedule 1-on-1 or any other group size for private lessons.

To schedule your private lesson, you can contact the pro directly, or email Pickleball Coordinator Tristan Setterdahl, tsetterdahl@wheatonsportcenter.com.

JUNIOR PICKLEBALL WINTER CAMP

JANUARY 2-4 1:00-3:00PM

Calling all junior picklers, ages 7-12! Enjoy pickleball fun while learning the key shots and strategies. Take the court with us and join our Winter Break Camp. Sign up online for one, two, or all three days.

[Register Here](#)

Camp Fees For:
One Day: \$25 per player
Two Days: \$45 per player
Three Days: \$60 per player



NEW TO PICKLEBALL?

Learn to Play for Free with Pickleball 101!

Click here for more information.

[Register Here](#)



Suzee Anderson PICKLEBALL ACADEMY

It is time to embark on the path to pickleball greatness! The Suzee Anderson Pickleball Academy at Wheaton Sport Center will help you master the skills needed to progress to the next level. Former Top 10 Player, Suzee Anderson, has thoughtfully designed this progressive program that focuses on both technical and tactical development.

Take your game to the Next Level!

[Register Here](#)



TENNIS

DEC

Winter Break Tennis
Camps Begin -

26

Players will keep active and improve their tennis skills at our winter break tennis camps!

[Register Here](#)

DEC

Evolution Winter Quest
Tournament -

29

Evolution Kids Tennis: Red, Orange & Green players, join us on court for fun tennis competition!

[Details Here](#)

PILATES

REACH
flexibility | strength | balance

MONDAY		THURSDAY	
9:30-10:25am	REACH Jessica	10:00-10:55am	REACH Jessica
5:00-5:55pm	REACH Corie		
TUESDAY		FRIDAY	
5:30-6:25am	REACH PLUS Lisa D.	6:00-6:55am	REACH PLUS Corie
		9:00-9:55am	REACH PLUS Karen
WEDNESDAY		KEY	
6:00-6:55am	REACH PLUS Corie	NEW INSTRUCTOR	NEW TIME
10:30-11:25am	REACH Karen	NEW CLASS	NEW FORMAT
5:00-5:55pm	REACH Karen		

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 10/28/2023

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 Beginner	6:30-7:35am Corie	Pilates Intermediate	12:00-12:55pm Gail
Pilates Beg/Int	8:00-8:55am Gail		
Pilates Intermediate	6:00-6:55pm Gail	SATURDAY	
		Pilates All Levels	7:00-7:55am Corie

PILATES REFORMER
STRENGTHEN DEFINE ENERGIZE

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

FITNESS

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 require 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](#)

GROUP FITNESS



Wednesday,
December 13th at
6:35pm-7:20pm

In the Warm Water Therapy Pool with Crista

Performed in the warm water, Ai Chi integrates mental, physical, and spiritual energy by using a combination of deep breathing and slow, broad movements of the arms, legs, and torso. This water-based total body strengthening and relaxation progression of movements is inspired by Tai Chi martial arts and Qi Gong movement.

Ai Chi is ideal for creating improved range of motion and mobility, lowering pain in the joints and muscles, while lowering the hormones that cause anxiety and stress. All levels of fitness are welcome.

[Register Here](#)

\$10 WSC Members | \$15 WSC Guests

SLEIGH ALL DAY

BOOTCAMP & POWER INTERVALS
SPECIALTY CLASS

FRIDAY, DECEMBER 22ND
9:30AM-10:30AM

In the WSC Gym with Leslie and Ali

[Register Here](#)



Christmas Break

HIGH SCHOOL FULL COURT PICK-UP BASKETBALL

Join us for short side full court basketball games during Christmas Break from 12:00pm to 2:00pm. Rotate in and have fun competing against your friends!

Tuesdays and Thursdays during Christmas Break

December 26 & 28 and January 2 & 4



ZUMBA
NEW YEAR'S BLAST
Specialty Class
SATURDAY,
DECEMBER 30TH
9:30AM-11:00AM
In Studio 1 with
Crista, Sheeba
and Sue L
[Register Here](#)



Wishful Shrinking
STEP
Specialty Class
WEDNESDAY,
JANUARY 3RD
7:00AM-7:45AM
In the Studio 2 with Lisa D.
[Register Here](#)

Group Fitness offers over 100 workout classes every week at no additional cost, including:
The Studio, ZONE360, 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

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

The Studio SCHEDULE



MONDAY	WEDNESDAY	SATURDAY
5:45-6:45am [105] STUDIO HOT Tony	5:45-6:45am [105] STUDIO HOT Tony	8:30-9:00am [85] STUDIO SCULPT Jen
9:45-10:45am [95] STUDIO POWER Danielle	7:00-8:00am [85] STUDIO SCULPT Corie	9:30-10:30am [85] STUDIO FLOW 2 Jen
12:00-1:00pm [105] STUDIO HOT FUSION Tony	9:30-10:30am [85] STUDIO FLOW 2 Heather	SUNDAY
6:15-7:15pm [105] STUDIO HOT Corie	6:15-7:15pm [105] STUDIO HOT FUSION Karen	9:30-10:45am [105] STUDIO FLOW 1.5 W/ MUSIC MEDITATION Carrie
7:30-8:30pm [75] STUDIO RESTORE Corie	7:30-8:00pm [75] xP STUDIO RESTORE Amy (A/ Mary (B) NEW CLASS	3:00-4:00pm [105] STUDIO HOT FUSION Corie

TUESDAY	THURSDAY
5:30-6:15am [85] xP STUDIO FLOW 2 Tony	5:30-6:15am [85] xP STUDIO POWER Tony
6:30-7:30am [85] STUDIO YIN Corrie	6:30-7:45am [85] + STUDIO YIN Karen
8:30-9:15am [85] xP STUDIO BARRE FUSION Beth	6:30-10:30am [95] STUDIO POWER Heather
10:00-11:00am [95] STUDIO POWER Jessica	11:30am-12:30pm [105] STUDIO HOT Jessica
11:30am-12:30pm [105] STUDIO HOT Jessica	5:00-6:00pm [75] STUDIO FLOW 1.5 Kirsten

KEY	FRIDAY
xP EXPRESS CLASS (30 or 45 min)	7:30-8:30am [95] STUDIO POWER Karen
+ 75 minute class	10:00-11:00am [105] STUDIO HOT Jessica
[75] 75 degrees	11:30am-12:30pm [75] STUDIO MEDITATION & MOTION Jessica
[85] 85 degrees	
[95] 95 degrees	
[105] 105 degrees	

Please reserve spot online.
Effective 11/17/2023.

Z360 NE WINTER SCHEDULE

MONDAY	THURSDAY
5:30-6:30am Muscle Hustle Full Body Viktor	5:30-6:30am HIIT (&) The Weights Stephanie
8:30-9:00am LIFT: Full Body Strength Lisa	6:45-7:45am HIIT (&) The Weights Stephanie
9:30-10:30am Muscle Hustle Full Body Viktor	8:30-9:15am Circuit Training Megan

TUESDAY	FRIDAY
5:30-6:30am Team Endurance Stephanie	5:30-6:30am Muscle Hustle Lower Body Viktor
6:45-7:45am Team Endurance Stephanie	8:30-9:00am LIFT: Full Body Strength Viktor
8:45-9:15am TRXpress Blast Olivia	9:15-9:45am Core & More Lisa
10:30-11:15am TRX Basic Body Olivia	
12:30-1:00pm Lunch Time Power Viktor	
6:00-7:00pm Muscle Hustle Full Body Viktor	

WEDNESDAY	SATURDAY
5:30-6:30am Muscle Hustle Upper Body Viktor	6:30-7:30am Muscle Hustle Viktor
8:30-9:15am TRX Strength Olivia	8:00-9:00am Muscle Hustle Viktor
11:30-12:15pm TRX Strength Olivia	
12:30-1:00pm Lunch Time Power Viktor	

■ CARDIO & STRENGTH ■ TRX
■ STRENGTH

SCHEDULE STARTS 12/12/23
Updated 12/20/2023

BOX N BURN

MONDAY	FRIDAY
5:30-6:30am [85] BOX N BURN Corie	5:30-6:30am [85] BOX N BURN Corie
6:30-7:30am [85] BOX N BURN Corie	6:30-7:30am [85] BOX N BURN Corie
7:30-8:30am [85] BOX N BURN Corie	7:30-8:30am [85] BOX N BURN Corie

TUESDAY	SATURDAY
5:30-6:30am [85] BOX N BURN Corie	5:30-6:30am [85] BOX N BURN Corie
6:30-7:30am [85] BOX N BURN Corie	6:30-7:30am [85] BOX N BURN Corie
7:30-8:30am [85] BOX N BURN Corie	7:30-8:30am [85] BOX N BURN Corie

WEDNESDAY	SUNDAY
5:30-6:30am [85] BOX N BURN Corie	5:30-6:30am [85] BOX N BURN Corie
6:30-7:30am [85] BOX N BURN Corie	6:30-7:30am [85] BOX N BURN Corie
7:30-8:30am [85] BOX N BURN Corie	7:30-8:30am [85] BOX N BURN Corie

THURSDAY
5:30-6:30am [85] BOX N BURN Corie
6:30-7:30am [85] BOX N BURN Corie
7:30-8:30am [85] BOX N BURN Corie

Boxing and Fitness Class that helps:

- Weight & Fat loss
- Increase Muscle
- Increase overall strength
- Increase your confidence
- Release stress
- Improve your focus

** GLOVES ARE AVAILABLE TO BORROW**

Sign up on the WSC App or
online at www.boxnburn.com

Classroom Capacity: 20/Class | Instructors: 1/Class | Updated: 01/12/23

ASCEND CYCLE STUDIO

2023 Effective 08.14.23

MONDAY	THURSDAY
5:45-6:30am [85] CYCLE Megan	5:45-6:30am [85] CYCLE Megan
6:30-7:30am [85] CYCLE Corie	6:30-7:30am [85] CYCLE Beth
8:30-9:15am [85] CYCLE Corie	8:30-9:15am [85] CYCLE Beth

TUESDAY	FRIDAY
5:45-6:30am [85] CYCLE % CORE Lisa	5:45-6:30am [85] CYCLE Megan
6:30-7:30am [85] CYCLE EXPRESS Olivia	6:30-7:30am [85] CYCLE Megan
8:30-9:15am [85] CYCLE Beth	8:30-9:15am [85] CYCLE Megan

WEDNESDAY	SATURDAY
5:45-6:30am [85] CYCLE Beth	8:30-9:15am [85] CYCLE Anna / Beth
6:30-7:30am [85] CYCLE Beth	9:30-10:15am [85] CYCLE Anna

SUNDAY
10:00-10:45am [85] CYCLE Anna

KEY
■ NEW INSTRUCTOR ■ NEW TIME

Updated: 06/28/23

STUDIO 4 Group Fitness Classes



MONDAY	WEDNESDAY	FRIDAY
8:30-9:25am [85] YOGA 1-2 Heather	8:30-9:25am [85] MAT PILATES Sall	8:30-9:25am [85] YOGALATTES Corie
9:30-10:25am [85] YOGALATTES Beth	9:30-10:25am [85] GENTLE YOGA Corie	10:45-11:40am [85] CHAIR YOGA Heather
10:45-11:40am [85] CHAIR YOGA Jessica	6:30-7:25pm [85] YOGA LEVEL 1-2 Amy (A/Nary (B)	10:45-11:40am [85] GENTLE YOGA Corie
6:30-7:25pm [85] YOGA LEVEL 1-2 Mary		

TUESDAY	THURSDAY	SATURDAY
7:30-8:15am [85] CORE CONNECTION Corie	7:30-8:15am [85] YOGA LEVEL 1-2 Beth +	10:00-10:55am [85] YOGA LEVEL 1-2 Joey P
8:30-9:25am [85] YOGA LEVEL 1-2 Corie	10:30-11:25am [85] HEALTHY/INTENT/VOCA Danielle	

SUNDAY
8:15-9:10am [85] YOGA LEVEL 1-2 Corie

LOCATION KEY
 [1] STUDIO 1
 [2] STUDIO 2
 [3] STUDIO 3
 [4] STUDIO 4

Effective: 11/01/2023

View More Schedules

CHILD CARE

WSC CHILD CARE

MONDAY, DECEMBER 18
9:00AM-12:00PM



WSC Child Care Welcomes:

WSC SANTA IS COMING TO TOWN!

Join us for Holiday Story Time and Activities with WSC Santa and his Elves in Kids Club from 9:00am until 10:00am and Main Room from 10:00am until 10:30am. We also welcome all families to take the opportunity to visit Santa in the Windy City Lounge from 10:30am until 12:00pm!



WSC CHILD CARE DROP-OFF SERVICE

At WSC, We Care About Your
Total Health & Wellness

Let your children enjoy the fun activities in Wheaton Sport Center Child Care while you enjoy a well-deserved break. \$20 per child.

CLICK HERE TO RESERVE YOUR CHILD FOR
WINTER BREAK, DECEMBER 26-JANUARY 5

SEE CHILD CARE FOR ADDITIONAL DETAILS

Register at WSC Child Care or online at www.wheatonsportcenter.com

(Available only to WSC Members who have children linked to their membership)

SOLE UNIQUE

GET READY FOR
HOLIDAY
THEME WEEK

DECEMBER 16TH - 22ND

Wear your festive holiday
clothes to class!



NO CLASSES OVER
Holiday Break

December 23rd
to January 7th



SUDC Term 3 begins December 18th

*Last chance to register to
participate in our June recital!*

[Register Here](#)

SOLEUNIQUE
DANCE COMPLEX

SEASON AT A GLANCE

Keep up to date on all
things Sole Unique!

[View Here](#)

 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.



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