

Wheaton Sport Center

January Newsletter



 **Wheaton Sport Center**
January Enrollment Special

Ring in 2023
with
\$23 Enrollment!

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



 **Wheaton Sport Center**
Refer a Friend in January
and Receive

One 10-Pack to

10 free classes to your choice of one of the Boutique Studios listed above.
Valid for new members only. New members must enroll by January 31st, 2023.

Thank you to the following members for referring new members to the club, *as of December 29th.*

Chris Dracopoulos Cynthia Brady Erin and Scott Brown
Kaitlin Underdown Olivia Holingsworth Michael Gamauf
Evan and Haley Rahn Ina Kacenaikas Erin Marshall
Alex Adams Erin Anthony Wes Swanson Katie Pecora

We greatly appreciate your support in growing our fitness community!

PICKLEBALL

JANUARY PICKLEBALL

●●●●● OPEN PLAY ●●●●●

Join your friends on court and meet other picklers with some friendly competition at our Pickleball Open Play. Players provide their own paddles and pickleballs.

Monday, 5:00pm-6:30pm

- Basketball Gym

Thursday, 9:00am-10:30am

- Basketball Gym

Friday, 10:00am-11:30am

- Basketball Gym

Saturday, 9:00am-10:30am

- Basketball Gym

Sunday, 4:00pm-5:30pm

- Court 14 & Basketball Gym

Space is limited - Sign up on the WSC App (in the "Classes" tab) beginning at 12:00pm one day prior to the scheduled Open Play.

JAN**3****Pickleball League WSC
Member Registration
Opens -**

Our leagues fill quickly so don't miss out - sign up soon. Visit the Pickleball page of the WSC Website to register. WSC Guest registration begins 1/9.

JAN**6****Pickleball Primer and
Intermediate Drill & Play
Classes Begin -**

Grab your paddle, join us on the court and brush up on your pickleball skills!

[Register Here](#)**JAN****21****Beginner Pickleball
Clinic -**

Join us on the pickleball court and learn to play the fastest growing sport in the U.S.

[Register Here](#)**JAN****21****Drills for Better Skills &
Live Match Play Coaching**

Intermediate level and higher pickleball players will benefit from this clinic featuring live ball drills and active match play coaching from WSC Pickleball Pro Anne Mache.

[Register Here](#)**JAN****23****Pickleball Leagues
Begin -**

Our leagues fill quickly so don't miss out - sign up soon. Visit the Pickleball page of the WSC Website on January 3rd to register.

JAN**23****Beginner Pickleball and
Intermediate Strategy
Clinics -**

Our pickleball clinics are so popular, we've added a second option! The clinics fill quickly so register today!

[Register Here](#)

TENNIS

JAN**23****Summer Camp Sale - 25% off! -**

Don't miss the best summer junior tennis camp discount of the year! Visit the Junior Tennis page of the WSC Website on January 23rd to view camp details and to register. Sale ends February 13.

JAN

15

Kangaroo Cardio Tennis -

Kick off the Australian Open, the first Grand Slam of 2023, with a

heart pumping tennis workout! Register in the WSC App, or online by clicking the link below.

[Register Here](#)

JAN

21

Evolution World Tour

Melbourne -

G'Day Mates! Red, Orange & Green players, join us on

the court to celebrate all things Aussie! This event is FREE for players in our Winter 1 Tennis Session.

[Details Here](#)

JAN

23

Winter 2 Tennis Programs Begin -

Adults and juniors, join us on the court - whether

you're a new or an advanced player, we have a tennis program to meet your needs!

[Register Here](#)

MAR

7-11

Indian Wells BNP Paribas Tennis Tournament -

Join us for live professional tennis in

beautiful Palm Springs, California!

Registration deadline is December 31st.

Email Lori Mills for trip details.

[Email Lori](#)

THE STUDIO



HIP MOBILITY SPECIALTY CLASS

Friday, January 13th | 5:00pm-6:30pm
Led by Jessica Ruck

Experiencing physical pain or discomfort around the lower back, hip or knee that you want to relieve? Feel like you have tight hips or hamstrings? Gaining hip mobility may be the answer for you.

We will take the time to explore the fundamentals of hip joint movement and mobility exercises, ending with a hip yoga series, and savasana.

[Register Here](#)

\$15 Studio Member | \$25 WSC Member | \$35 WSC Guest

Intro to Yoga Class

WITH JEN HEYEN AND KAREN FLYNN

Friday, January 20th
5:00pm-6:30pm

Have you ever wanted to take a yoga class but felt too intimidated or have you taken yoga classes and felt unsure about the postures and how to do them correctly? Then this Introduction to Yoga class is for you!



Join 500 RYT instructors, Jen Heyen and Karen Flynn, as they break down the main postures in a typical vinyasa yoga flow class. You will experience individual adjustments and assists in a relaxed, small group setting and have the chance to ask questions. What's more, you will gain the familiarity and confidence you need to start or deepen your individual yoga practice.

[Register Here](#)

\$15 Studio Member | \$25 WSC Member | \$35 WSC Guest



WINTER SCHEDULE

MONDAY	
9:30-10:30am [95]	STUDIO POWER Allie
11:00-12:00pm [105]	STUDIO HOT FUSION Karen
6:00-7:00pm [105]	STUDIO HOT Jen
7:30-8:30pm [75]	STUDIO RESTORE Ronda

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

KEY	
xP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

WEDNESDAY	
8:15-9:15am [85]	STUDIO SCUPT Allie
9:30-10:30am [85]	STUDIO FLOW 2 Heather
6:00-7:00pm [105]	STUDIO HOT FUSION Dawn
7:30-8:30pm [75]	STUDIO RESTORE Dawn

THURSDAY	
6:30-7:45am [75] +	STUDIO YIN Karen
9:30-10:30am [95]	STUDIO POWER Karen A)/Heather (B)
11:30am-12:30pm [105]	STUDIO HOT FUSION Dawn
4:30-5:30pm [75]	STUDIO FLOW 1.5 Jen
6:30-7:30pm [85]	STUDIO FLOW 2 Kirsten

FRIDAY	
7:30-8:30am [95]	STUDIO POWER Karen
10:00-11:00am [105]	STUDIO HOT Jessica
11:30AM-12:30pm [75]	STUDIO ROLLER RELEASE Jessica NEW CLASS

SATURDAY	
8:00-9:00am [75]	STUDIO FLOW 1 Jeannie (A) / Beth (B)
9:15-10:15am [85]	STUDIO FLOW 2 Jeannie
10:30-11:30am [85]	STUDIO SCUPT Jen (A) / PD (B)

SUNDAY	
9:30-10:45am [75] +	STUDIO FLOW 1.5 W/ MUSIC MEDITATION Carrie
11:45am-12:45pm [105]	STUDIO HOT Dawn

Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 1/02/2023.

GROUP FITNESS



We are excited to announce that

BNB >>>

ON DEMAND

will be available in Studio 3
starting January 2nd!

What is **BOX 'N BURN ON DEMAND**?

Starting January 2nd, members will be able to use Studio 3 during non-class hours and get a safe, guided, realistic boxing workout that is fun and challenging without an instructor, all on their own time. **New, 12-round interactive, heavy bag workouts will be available daily, because it's about you getting better when it's best for you.**

Each workout is structured and demonstrated by Olympic-medalist boxer, Tony Jeffries, to help you improve your boxing skills and fitness with guided heavy bag boxing workouts. Get fun, authentic boxing heavy bag workouts that begin whenever you show up!

*Members must provide their own boxing gear to On Demand sessions.
No registration necessary, just show up and get started!*



Group Fitness Winter Schedules

ASCEND CYCLE STUDIO

WINTER 2023 Effective 1/01/23

MONDAY	THURSDAY
5:45-6:30am CYCLE [A]E Kriegan	5:45-6:30am CYCLE [A]E Kriegan
9:30-10:15am CYCLE [A]E Kriegan	9:30-10:15am CYCLE [A]E Berh
TUESDAY	FRIDAY
5:45-6:30am CYCLE [A]E Lisa	5:30-6:15am CYCLE [A]E Berh
8:30-9:15am CYCLE [A]E Berh	8:30-9:15am CYCLE [A]E Berh
9:30-10:15am CYCLE [A]E Berh	8:15-9:00am CYCLE [A]E Sheryl
WEDNESDAY	SUNDAY
5:45-6:30am CYCLE [A]E Sun	8:00-8:45am CYCLE [A]E Janice S.
9:30-10:15am CYCLE [A]E Kriegan	

KEY

NEW INSTRUCTOR NEW TIME

Updated 12/29/22

STUDIO 4 Group Fitness Classes Winter Schedule



MONDAY	WEDNESDAY	SATURDAY
8:30-9:25am YOGA 3.2 [A]E Heather / AJ (Sun) (E)	8:00-8:55am MAT PILATES [A]E Cait	10:00-10:55am YOGA LEVEL 3.2 [A]E Janice V.
9:45-10:40am YOGALATTES [A]E Beth	10:30-11:25am GENTLE YOGA [A]E Cait	SUNDAY 8:15-9:10am YOGA LEVEL 3.2 [A]E Heather / AJ (Sun) (E)
10:30-11:25am OMAR YOGA [A]E Jearnie	6:30-7:25pm YOGA LEVEL 3.2 [A]E Amy (S) / Mary (E)	
6:30-7:25pm YOGA LEVEL 1.2 [A]E Cait	THURSDAY	LOCATION KEY
	7:30-8:25am YOGA LEVEL 1.2 [A]E Cait	[S] STUDIO 1 [E] STUDIO 2 [A] STUDIO 3 [E] STUDIO 4
TUESDAY 7:30-8:25am CORE CONNECTION [A]E Ronda	10:30-11:25am PILATES/PILATES [A]E SANTA YOGA	
8:30-9:25am YOGA LEVEL 1.2 [A]E Ronda		
9:00-9:55pm MAT PILATES [A]E Sheryl		
	9:30-10:25am YOGALATTES [A]E Sheryl	
	10:45-11:40am OMAR YOGA [A]E Cait	
	10:45-11:40am GENTLE YOGA [A]E Cait	

Effective 1/01/2023

Aquatics Schedule WINTER 2023

MONDAY	THURSDAY
12:00-12:45pm [S, P] AQUATICS AEROBICS Julie	8:00-9:15am [S, P] DEEP WATER RUNNING Cait
12:00-12:45pm [S, P] BALANCE, WALK, STRETCH Julie	10:00-11:15am [S, P] WATER MUSCLE STRENGTHENING Julie
	1:30-2:00pm [S, P] WARM WATER DANCE Cait
TUESDAY	FRIDAY
8:00-9:15am [S, P] DEEP WATER RUNNING Cait	11:00-11:45am [S, P] AQUA ZUMBA Cait
10:45-11:40am [S, P] WATER MUSCLE STRENGTHENING Julie	12:00-12:45pm [S, P] AQUA YOGA Cait
12:00-12:45pm [S, P] WARM WATER CORE CHALLENGE Julie	
WEDNESDAY	SUNDAY
8:30-9:15am [S, P] AQUA CROUNTS Julie	8:00-9:15am [S, P] WATER CARDIO Sun
10:45-11:40am [S, P] AQUATICS AEROBICS Julie	
12:00-12:45pm [S, P] AQUA YOGA Cait	

[S, P] LAP POOL [W] THERAPY POOL

[A] / [E] ROTATING INSTRUCTORS

Updated 12/29/22

All water classes are 30 minutes in length, unless otherwise noted.

CARDIO & STRENGTH TRAINING

ATHLETIC CONDITIONING
This challenging strength, cardio and plyometric workout is designed to improve your cardiovascular and muscular fitness. You'll burn calories and build strength in an athletic setting.

CARDIO BARRIERS
This class focuses on building strength and endurance through a variety of cardio and strength exercises. You'll burn calories and build strength in an athletic setting.

LEARN STRENGTH / CORE CONNECTION
This class will take your fitness to the next level. You'll learn proper form and technique for a variety of strength exercises. You'll burn calories and build strength in an athletic setting.

YOGA
Using breath and mindfulness, this class combines yoga with Pilates exercises to build strength and flexibility.

POWER INTERVALS
This class is a high-intensity workout that combines cardio and strength training. You'll burn calories and build strength in an athletic setting.

STRENGTH/ENDURANCE
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

CARDIO CLASSES

CARDIO CORE
This class combines cardio and core exercises to build strength and endurance. You'll burn calories and build strength in an athletic setting.

LOW IMPACT/LOW SPIN AND ZUMBA
This class is a low-impact workout that combines cardio and Zumba. You'll burn calories and build strength in an athletic setting.

ZUMBA / ZUMBA CORE
This class is a high-energy workout that combines cardio and Zumba. You'll burn calories and build strength in an athletic setting.

STRENGTH TRAINING CLASSES

BARRIERS
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

STRENGTH CONDITIONING
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

STRENGTH ENDURANCE
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

STRENGTH/ENDURANCE
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

BARRE/LOW IMPACT
This class is a low-impact workout that combines cardio and strength training.

CYCLE
This challenging cardiovascular workout will get you through a variety of terrain and speed work in the heart of the studio. You'll burn calories and build strength in an athletic setting.

CHALLENGE
This high-intensity workout combines a variety of cardio, strength and endurance exercises. You'll burn calories and build strength in an athletic setting.

BOX 'N BURN
This training and fitness class challenges you with leg lifts, squats, lunges, and interval cardio. You'll burn calories and build strength in an athletic setting.

MIND & BODY CLASSES

OMAR YOGA
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

YOGA CONNECTION
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

GENTLE YOGA
This class is a low-impact workout that combines cardio and strength training.

MAT PILATES
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

YOGALATTES
This class is a low-impact workout that combines cardio and strength training.

WATER CLASSES

AQUATICS AEROBICS
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

AQUA CROUNTS
This class is a low-impact workout that combines cardio and strength training.

AQUA INTERVALS
This class is a high-intensity workout that combines cardio and strength training.

WATER MUSCLE STRENGTHENING
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

AQUA YOGA
This class is a low-impact workout that combines cardio and strength training.

AQUA ZUMBA
This class is a high-energy workout that combines cardio and Zumba.

BALANCE, WALK, STRETCH
This class is a low-impact workout that combines cardio and strength training.

DEEP WATER RUNNING
This class is a low-impact workout that combines cardio and strength training.

WATER CARDIO
This class is a low-impact workout that combines cardio and strength training.

WARM WATER CORE CHALLENGE
This class is a low-impact workout that combines cardio and strength training.

WARM WATER DANCE
This class is a low-impact workout that combines cardio and strength training.

SENIOR / RECOVERY CLASSES

BALANCE STRENGTH AND FLEXIBILITY
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

FUNCTIONAL FITNESS
This class focuses on building strength and endurance through a variety of strength and cardio exercises.

ELDER CARE / THERAPY POOL ARE SUITABLE FOR ALL CAPABILITIES.

Updated 12/29/2022 10:22 AM

THE SPA



Available January only, pamper yourself with our three

**HydroPeptide®
Specialty Facials!**

**Apple Harvest Winter Facial,
Moisture Miracle Facial &
Signature Anti-Aging Facial**

Book Now!

**Take home a
FREE**

**HydroPeptide®
Polish and Glow
Peel Kit!**

when you book
a HydroPeptide
Specialty Facial
in January!
(\$59 value)

*While supplies last.
Must book by January
31st, 2023.*




The Spa

**vital body
THERAPEUTICS®
CBD Pain Relief**

Where there is overactivity, inflammation or pain, CBD can trigger the body's ability to regulate and maintain balance in the immune and nervous systems to decrease pain, protect nerves, and promote recovery.

**Shop Vital Body's
CBD products
at The Spa!**



FITNESS

Join us on Mondays and Thursdays for **TREAD/ROW45!**

TREAD/ROW45 is a 45-minute total body cardiovascular class, using the Treadmills and Rowers. In this efficient conditioning program, you will strengthen your core as you build speed, power, and endurance.

And with the use of the MyZone heart rate monitors, members are held accountable and coached to meet individual goals.



NEW YEAR, NEW YOU MYZONE CHALLENGE 2023

January 1st - January 31st

Powered by Myzone, this challenge will track your MEPs (Myzone Effort Points) in January –the more MEPs you earn, the more chances you have to win a great raffle prize!

- Earn 1300 MEPs = 1 raffle entry
- Earn 3000 MEPs = 2 total raffle entries
- Earn 5000 MEPs = 3 total raffle entries
- Earn 7500+ MEPs = 4 total raffle entries
- ZONE360 MEP workout = 1 raffle entry (max 2)

THREE GRAND PRIZE WINNERS!

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

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

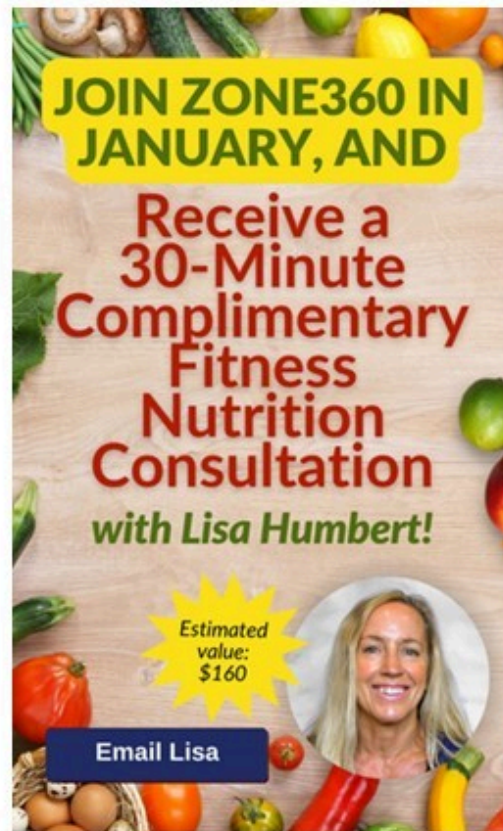
[Get Started!](#)



TRAIN FOR YOUR SPRING RACE AT WSC

On Saturday and Sunday mornings starting January 7th, eight treadmills will be available to reserve for marathon training from 6:15am to 9:15am. You can reserve your spot for up to three hours. Gatorade, water and nutritional supplements will be available. \$5 per reservation.

[Reserve Here!](#)



JOIN ZONE360 IN JANUARY, AND

Receive a 30-Minute Complimentary Fitness Nutrition Consultation with Lisa Humbert!

Estimated value: \$160

[Email Lisa](#)



Winter 2023 SCHEDULE effective 01.02.23

MONDAY		WEDNESDAY		SATURDAY	
6:00-7:00am	ZONE60 Suzi B.	5:30-6:30am	ZONE60 Megan F.	6:30-7:30am	ZONE60 Leslie/Stephanie
7:45-8:15am	STRENGTH30 Megan F.	8:30-9:15am	TRX45 Olivia E.	8:00-9:00am	ZONE60 Stephanie (every other Saturday)
8:30-9:15am	TREAD/ROW45 Megan F.	9:30-10:30am	ZONE60 Suzi B.		
9:30-10:30am	ZONE60 Leslie K.	THURSDAY		SUNDAY	
TUESDAY		5:30-6:30am	ZONE60 Stephanie B.	7:30-8:30am	ZONE60 Lisa H.
5:30-6:30am	ZONE60 Leslie K.	6:45-7:30am	TREAD/ROW45 Stephanie B.	9:00-10:00am	ZONE60 Jaime S.
6:45-7:45am	ZONE60 Leslie K.	9:00-9:30am	STRENGTH30 Megan F.		
8:45-9:15am	STRENGTH30 Olivia E.	9:45-10:30am	TREAD/ROW45 Megan F.		
9:30-10:15am	TRX45 Olivia E.	6:00-7:00pm	ZONE60 Tara L.		
6:00-7:00pm	ZONE60 Tara L.	FRIDAY			
		5:30-6:30am	ZONE60 Jaime S.		
		6:45-7:15am	STRENGTH30 Dawn S.		
		9:30-10:30am	ZONE60 Suzi B.		

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

Updated 12/27/2022



Wheaton Sport Center **Pre-Team**

Designed to help swimmers who want to get to the next level—and also swimmers who are almost ready to compete—dive into a swim team environment.

Practices are held on Tuesdays, Wednesdays, and Thursdays, starting January 10th.

- Pre-Team 1: 4:45pm-5:30pm
- Pre-Team 2: 5:30pm-6:15pm

Drop-In: \$17/member; \$25/guest
10-pack: \$150/member; \$200/guest



Assessments for proper placement are necessary. Once completing the assessment, register for your swimmer's recommended level online or the WSC App.

Schedule your assessment below:

[Click to Schedule](#)

WORKOUT WITH **JUNIOR MASTERS SWIM**

Saturdays from 8:00am-8:45am
Led by Masters Swim Coach David Doerr

Calling all junior swimmers, ages 13-19!

Looking for a way to stay in swimming shape while getting some extra technique work during these cold winter months? Come check out our Junior Masters sessions on Saturdays from 8:00am-8:45am. Coach Dave will provide a fun and engaging atmosphere for all, whether you're already an accomplished swimmer, or just trying to develop your stroke, we've got a spot for you!

[Register Here](#)

10-Pack: \$150 | Drop In: \$20



JOIN OUR **WSC Group** **Swim Lessons!**

Register for lessons
today!

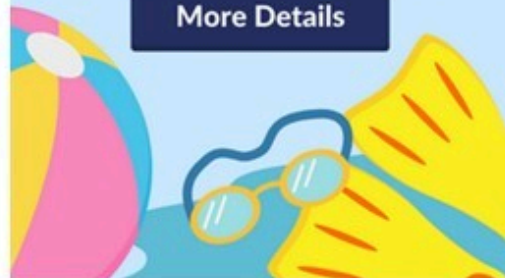
[Register Here](#)



WSC offers **Private Swim** **Lessons for** **EVERYONE!**

Ages 3 years and up
are welcome!

[More Details](#)



PILATES



precision
STUDIO

Our next Group Reformer Session begins January 2nd!

Contact Karen Flynn if you are interested in joining a group glass. It's not too late to reserve your spot!

[Email Karen Flynn](#)



flexibility | strength | balance

WINTER 2023

MONDAY

5:30-6:25pm REACH
Ronda

TUESDAY

5:30-6:25am REACH PLUS
Lisa D.

WEDNESDAY

10:30-11:25am REACH
Karen

5:00-5:55pm REACH

THURSDAY

5:30-6:25am REACH PLUS
Sheryl

8:00-8:55am REACH
Gail

10:00-10:55am REACH
Dawn O.

FRIDAY

9:00-9:55am REACH
Karen

KEY

NEW INSTRUCTOR

NEW TIME

NEW CLASS

NEW FORMAT

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 1/2/2023



SOLE UNIQUE



Happy New Year
FROM SOLEUNIQUE!

We are planning our June 2023 recital and hope you will join us as we celebrate these amazing dancers.
**Must be enrolled in Term 3 to participate.*

SOLEUNIQUE
DANCE COMPLEX

**SEASON AT A
GLANCE**



Keep up to date on all things Sole Unique!

[View Here](#)



June recital costume details will be emailed soon!

If you have not received your costume invoice by January 4th, 2023, please email Gera Klug at gera@soleunique.com



SOLEUNIQUE
DANCE COMPLEX

REFERRAL PROGRAM

We've been so lucky to see new dancers coming through the doors based on your referrals and we want to thank you for keeping up the momentum.

Since you've been spreading the word about your favorite dance studio, ***we are sharing the love and offering you even better rewards than before when your referral brings a new student to class!***

[Learn More!](#)

CHILD CARE



Thank you WSC Members for donating again this year to WSC's 28th Annual Holiday Gift Drive!

This gift drive helped to fill the shopping tables at Outreach Community Center's Christmas Store!

Thank you WSC Members and Staff for purchasing Usborne Books at our WSC Child Care Winter Book Fair!

50% of book fair proceeds went towards "free" books and materials for our WSC Child Care library and donations for Ronald McDonald House Charities!

We also donated another box of recycled pop and tennis container tabs to RMHC as well! The charity received the market value of the metal in the tabs, plus a charitable match from their recycling partner, United Scrap Metal!



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