



Wheaton Sport Center

January Newsletter



Get ready to race!

WSC Tri Classes


Run and Bike Training Classes with Parker
 Wednesdays 11:00am
 6:00-7:30am Starting in January 2024
 for \$99 per month
 & Exclusive 33% Discount on Masters Swim 10-Packs

Personalized Workout Plan created by Parker
 for \$99 per month

Train with USA Certified Triathlon Coach, Parker Kerth, to reach your race goals.

WSC Tri provides community, accountability and coaching for triathletes of all levels training for their next race. Hit your PR goals and have fun in training AND competition!

[Register Here](#)



Rank	Name	Time
1	Parker KERTH	8:56:29
2	Jessica RYTER	9:18:33
3	Heather LEE	9:20:28

LEAP INTO 2024 CHALLENGE
 JANUARY 2 - FEBRUARY 29

myzone CHALLENGE

- Earn 1,500 MyZone Effort Points = 1 raffle entry
- Earn 2,800 MEPs = 2 total raffle entries
- Earn 5,500 MEPs = 3 total raffle entries
- Earn 7,000+ 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.

EVERY WORKOUT IS A CHANCE TO WIN!

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.

Quality is important to us.

Our Fitness Floor is now equipped to respond more efficiently to mechanical maintenance across over 200 machines. With your help, we can ensure all machines are functioning properly for the benefit of our entire membership.

Watch to see how together we can make a difference!

[Watch Here](#)



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](#)

AQUATICS



WSC AQUATICS

Holiday Camp

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 \$75 / Guest \$113



Join our

GROUP SWIM LESSONS!

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

Learn to swim in our heated indoor pools.

[Register Here](#)

GET READY FOR SUMMER FUN!

THERAPY POOL OPEN SWIM SCHEDULE

December 26, 2023 - January 7, 2024

Monday

WSC Closed 12/25

Merry Christmas

January 1st

7am - 11:45am

12:45pm - 2pm

Tuesday

5am - 10am

1:45pm - 10pm

Wednesday

5am - 10am

12:45pm - 10pm

Thursday

5am - 10am

11:30am - 1pm

2pm - 10pm

Friday

5am - 12pm

1pm - 9pm

Saturday

6am - 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 STUDIO

 The Studio

Begin Again:
NEW YEAR YOGA
CHALLENGE

JANUARY 1ST-
FEBRUARY 10TH

Yoga teaches us that with each new breath is the possibility to begin again. Commit to your practice and discover the joy of beginning again.

Challenge yourself to take 30 classes in 40 days. All finishers will get a prize and be entered into a grand prize drawing.

[Register Here](#)

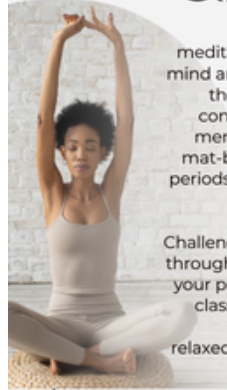


New Class Format:

Studio Meditation and Yin

We begin with a relaxing meditation to calm the body and mind and focus on our breath. We then move into a yin practice concentrating on physical and mental balance with a series of mat-based poses held for longer periods of time working deep into the connective tissue.

Challenge your mind to find peace through the physical sensations of your practice. This is a very gentle class and requires no standing. Leave feeling peaceful and relaxed. Class finishes with a deep meditation at the end.



[Register Here](#)

75 degree class. Suitable for all skill levels.

The Studio SCHEDULE



MONDAY	
5:45-6:45am [105]	STUDIO HOT Tony
9:45-10:45am [95]	STUDIO POWER Danielle
12:00-1:00pm [105]	STUDIO HOT FUSION Katie
1:30-2:30pm [75]	STUDIO MEDITATION & YIN Katie NEW CLASS
6:15-7:15pm [105]	STUDIO HOT Corie
7:30-8:30pm [75]	STUDIO RESTORE Corie

WEDNESDAY	
5:45-6:45am [105]	STUDIO HOT Tony
9:30-10:30am [85]	STUDIO FLOW 2 Heather
12:00-1:00pm [95]	STUDIO POWER Katie
1:30-2:30pm [75]	STUDIO MEDITATION & YIN Katie NEW CLASS
6:15-7:15pm [105]	STUDIO HOT FUSION Karen
7:30-8:00pm [75] xP	STUDIO RESTORE Amy (A)/ Mary (B)

FRIDAY	
7:30-8:30am [95]	STUDIO POWER Karen
10:00-11:00am [105]	STUDIO HOT Jessica
11:30am-12:30pm [75]	STUDIO MEDITATION & YIN Jessica

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

THURSDAY	
5:30-6:15am [85] xP	STUDIO POWER Tony
6:30-7:45am [75] +	STUDIO YIN Karen
8:00-9:00am [85]	STUDIO SCULPT Cori NEW CLASS
9:30-10:30am [95]	STUDIO POWER Heather
11:30am-12:30pm [105]	STUDIO HOT Jessica
5:00-6:00pm [75]	STUDIO FLOW 1.5 Kirsten
6:30-7:30pm [95]	STUDIO SCULPT Sara NEW CLASS
8:00-8:45pm [75] xP	STUDIO YIN Sara NEW CLASS

SATURDAY	
8:00-9:00am [85]	STUDIO SCULPT Jen
9:30-10:30am [85]	STUDIO FLOW 2 Jen
11:00-12:00pm [105]	STUDIO HOT Tony NEW CLASS

SUNDAY	
8:00-9:00am [85]	STUDIO SCULPT Sara NEW CLASS
9:30-10:45am [75] +	STUDIO FLOW 1.5 W/ MUSIC MEDITATION Carrie
3:00-4:00pm [105]	STUDIO HOT FUSION Corie
4:15-5:00pm [75] xP	STUDIO RESTORE Corie

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

Please reserve spot online.
Effective 01/01/2024

PICKLEBALL

View Our Pavilion Schedule Here



DINK IN THE NEW YEAR!
TEAM PICKLEBALL TOURNAMENT

Sunday, January 21

Grab your paddle and join our fun, social, team tournament. Players can register as a team of 4 or we'll place individuals on a team.

[Register Here](#)

WINTER I PICKLEBALL LEAGUES

WINTER I PICKLEBALL LEAGUES BEGIN THE WEEK OF JANUARY 8 - SPOTS ARE FILLING QUICKLY SO SIGN UP TODAY!

Pickleball leagues are included in all pickleball and tennis memberships.

[Details Here](#)

NEW TO PICKLEBALL? Learn to Play for Free with Pickleball 101!

[Click here for more information.](#)

[Register Here](#)



SA | **Suzee Anderson**
PICKLEBALL UNIVERSITY

Take your game to the next level and sign up today for WSC's instructional pickleball classes designed by former Top 10 player, Suzee Anderson.

[Register Here](#)

TENNIS

JAN

**Evolution World Tour
Melbourne -**

13

Red, Orange & Green
players, go on walkabout
with us to celebrate all things Aussie!

[Register Here](#)

JAN

**Aussie Open Coed
Doubles Tournament -**

19

Take the courts with us
and celebrate the first
Grand Slam of 2024. Sign up with a
partner, or we can pair you with one.

[Details & Register Here](#)

JAN

Winter 2 Tennis Programs Begin -

22

Adults and juniors, sign up today for winter tennis! Whether
you're a new or an advanced player, we have a tennis program
to meet your needs.

Click the buttons below for more information and to register.

[Adult Tennis
Register Here](#)

[Junior Tennis
Register Here](#)

25% OFF

SUMMER TENNIS CAMP SALE

January 22 to February 16

Don't miss the best summer junior tennis camp discount this year!

Camp registration information and details will be available on the WSC website Junior Tennis page on January 22.

HIGH SCHOOL BOYS PREP CLINICS

WEDNESDAYS at 8:00-9:00pm
January 24 to February 21

SATURDAYS at 3:00-4:00pm
January 27 to February 24

High School Boys Tennis Team tryouts are right around the corner. Players will refine their skills and work on strategies so they can perform their best at tryouts and throughout their high school season. Clinics are taught by 2 Certified PTR Pros who are also veteran high school coaches.

Clinic Levels: Freshman/Sophomore & Junior/Senior
Limit of 4 players of each level per clinic.

Space is limited—sign up today!

[Register Here](#)

Fee Per Clinic: WSC Tennis Member: \$23; WSC Health Club Member: \$25; WSC Guest: \$28

THE SPA

NEW PRODUCTS FOR EVERY SKIN TYPE!

The Spa carries the leading skin care brands trusted by professionals to offer solutions for all skin types.

EMINENCE BAKUCHIOL + NIACINAMIDE COLLECTION NEW

Gentle retinol alternative that smooths the look of fine lines and wrinkles, replenishes the skin barrier and locks in hydration and more without irritation.

HYDROPEPTIDE TARGETED RETINOL SOLUTIONS NEW

Unique retinol formula that refines pore size and diminishes the appearance of wrinkles, fine lines, and uneven skin tone for visibly radiant skin.

PILATES



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




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 lflynn@healthtopsportcenter.com for more details.

GROUP FITNESS



Tony Gulley

Group Fitness Coordinator

tgulley@wheatonsportcenter.com

Tony is very excited to take on the role of Group Fitness Coordinator. Currently, he is a Hot Yoga Studio Instructor and over the last couple of years, his practice has expanded into calisthenics, functional movement, and body weight training. His goal is to become a Personal Trainer and looks forward to evolving with these new responsibilities to achieve his life goals.

Tony is eager to meet our membership! Please reach out if you have any questions.

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	FRIDAY
5:45-6:45am [105] STUDIO HOT Tony	5:45-6:45am [105] STUDIO HOT Tony	7:30-8:30am [95] STUDIO POWER Karen
9:45-10:45am [95] STUDIO POWER Danielle	7:00-8:00am [85] STUDIO SCULPT Corie	10:00-11:00am [105] STUDIO HOT Jessica
12:00-1:00pm [105] STUDIO HOT FUSION Tony	9:30-10:30am [85] STUDIO FLOW 2 Heather	11:30am-12:30pm [75] STUDIO MEDITATION & YIN Jessica
1:30-2:30pm [75] STUDIO MEDITATION & YIN Katie	12:00-1:00pm [95] STUDIO POWER Katie	NEW CLASS
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8:30-9:15am [85] xP STUDIO BARRE FUSION xP Beth	5:30-6:15am [85] xP STUDIO POWER Tony	NEW CLASS
10:00-11:00am [95] STUDIO POWER Jessica	6:30-7:45am [75] + STUDIO YIN Karen	NEW CLASS
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6:30-7:30pm [95] STUDIO POWER Katie	11:30am-12:30pm [105] STUDIO HOT Jessica	NEW CLASS
8:00-8:45pm [75] xP STUDIO YIN Katie	5:00-6:00pm [75] STUDIO FLOW 1.5 Kirsten	NEW CLASS
	6:30-7:30pm [95] STUDIO POWER Katie	NEW CLASS
	8:00-8:45pm [75] xP STUDIO YIN Katie	NEW CLASS

SATURDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:45am [75] + STUDIO FLOW 1.5 w/ MUSIC MEDITATION Carrie	3:00-4:00pm [105] STUDIO HOT FUSION Corie	4:15-5:00pm [75] xP STUDIO RESTORE Corie	KEY	xP EXPRESS CLASS (30 or 45 min)	+ 75 minute class	[75] 75 degrees
						[85] 85 degrees
						[95] 95 degrees
						[105] 105 degrees

Please reserve spot online.
Effective 12/14/2023.

Z360 WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30am Muscle Hustle Full Body Viktor	5:30-6:30am Team Endurance Stephanie	5:30-6:30am Muscle Hustle Upper Body Viktor	5:30-6:30am HIIT (&) The Weights Stephanie	5:30-6:30am Muscle Hustle Lower Body Viktor	6:30-7:30am Muscle Hustle Viktor
8:30-9:00am LIFT: Full Body Strength Lisa	6:45-7:45am Team Endurance Stephanie	8:30-9:15am TRX Strength Olivia	6:45-7:45am HIIT (&) The Weights Stephanie	8:00-9:00am Muscle Hustle Viktor	8:00-9:00am Muscle Hustle Viktor
9:30-10:30am Muscle Hustle Full Body Viktor	8:45-9:15am TRXpress Blast Olivia	11:30-12:15pm TRX Strength Olivia	8:30-9:15am Circuit Training Megan	9:15-9:45am Core & More Lisa	
	10:30-11:15am TRX Basic Body Olivia	12:30-1:00pm Lunch Time Power Viktor	9:30-10:15am Circuit Training Megan		
	12:30-1:00pm Lunch Time Power Viktor		12:30-1:00pm Lunch Time Power Viktor		
	6:00-7:00pm Muscle Hustle Full Body Viktor		6:00-6:30pm Power Up Ashley		

■ CARDIO & STRENGTH ■ TRX
■ STRENGTH

SCHEDULE STARTS 12/17/23
Updated 12/05/2023

BOX N BURN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony	5:45-6:45am [105] BOX N BURN Tony

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
email whatsalgor@zenon.com

ASCEND CYCLE STUDIO 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am [105] CYCLE Katie	5:45-6:45am [105] CYCLE w/ CORE Lisa	5:45-6:45am [105] CYCLE Beth	5:45-6:30am [105] CYCLE Katie	5:45-6:30am [105] CYCLE Katie	5:45-6:30am [105] CYCLE Katie	5:45-6:30am [105] CYCLE Katie

KEY: NEW INSTRUCTOR, NEW TIME

Updated 12/05/23

STUDIO 4 Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15am [105] YOGA 1.2 Misty	8:30-9:15am [105] CORE CONNECTION Corie	8:00-8:45am [105] MAT PILATES Gail	8:30-9:15am [105] YOGA LEVEL 1.2 Misty	8:30-9:15am [105] YOGA LEVEL 1.2 Misty	8:30-9:15am [105] YOGA LEVEL 1.2 Misty	8:30-9:15am [105] YOGA LEVEL 1.2 Misty

LOCATION KEY:

- [1] STUDIO 1
- [2] STUDIO 2
- [3] STUDIO 3
- [4] STUDIO 4

Effective 11/11/2023

View More Schedules

CHILD CARE

WSC CHILD CARE

MONDAY, JANUARY 8
10:00AM

SPECIAL
THANKS



WSC Child Care Thanks:
BOB GREENE and DuPage Framing Center
for their generous donation of frames.

WSC Children in Kids Club and the Windy City Lounge will be making a special
New Year's craft all framed up by DuPage Framing Center!



The Windy City Lounge
will be open during
Child Care hours on



Monday,
January 8th:
CUSD200
Institute Day

Monday,
January 15th:
Martin Luther
King Jr. Day

SOLE UNIQUE

*Happy New Year from
all of us at SUDC!*

We hope to see you on
the dance floor in

2024!

Classes will resume



Register Here

Term 3 is Here!

It is time to start our annual recital preparation!

[Register Here](#)

Students MUST be registered in Term 3 to participate in our June show.

YOU'VE GOT MAIL!

Costume information will be emailed to families at the beginning of January.

[Register Here](#)

Costume measuring week is January 8th-13th and costume payments are due January 15th.

 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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