

# May Newsletter

**NEW MEMBER 60-DAY CHALLENGE!**  
 Complete the following tasks in the first 60 days of your membership:

- Visit WSC 12 times in the first 60 days of your membership
- Bring in one Guest on us!
- Take one Boutique Class from your new member Starter Pack
- Complete your free New Member Integration session with a fitness professional

**AND EARN A FREE MONTH TO WSC!**

Valid for new members only. Visits counted per day. Registration for classes required. WSC Guest(s) will need to bring photo ID. Submission of this card is required for valid completion. Free month applied to third billing cycle.

 Wheaton Sport Center  
 Refer a friend in May  
 and you'll 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 May 31st, 2023.

**2023 Women's Golf Outing**

**Wednesday, May 24th, 2023**  
**9:30am start at the**  
**Prairie Landing**  
 GOLF CLUB 

*Participants must register as twosomes or foursomes. Registration includes nine holes of golf and lunch.*

**Lunch, Prizes & Fun!**

**Sign Up Today!** Spots are limited. Event fee is \$65 per player.



**TENNIS**



All through May, join in on the celebration and get out and play!

Let's Tennis.

## TENNIS IS FOR EVERYONE!

Join us on the court for special classes and events to celebrate National Tennis Month! Whether you're experienced or new to tennis, grab a racquet and discover the fun and health benefits of tennis. Don't miss:

- Pop Up Cardio Tennis
- Wilson and HEAD Demo Days
- Evolution World Tour Paris
- Bring a Friend Weeks
- Cinco de Mayo Cardio Tennis Social
- Celebrate Tennis Adult Mixer
- A variety of specialty clinics
- And more for adults AND kids!

Space is limited. We'd hate for you to miss out on the excitement so don't delay – register today!

[Click Here to Check Out Our National Tennis Month Clinics, Classes and Activities!](#)

[Click Here!](#)

# PICKLEBALL

## WSC Pickleball Rating Clinics are Here!

We encourage all adult WSC Pickleball players to participate in our rating clinics. The WSC Pickleball Coaches will use the Professional Pickleball Registry's rating system to provide consistency amongst players and help facilitate more effective programming.

Knowing your rating will allow you to sign up for the correct level of programs and help you have a positive and successful Pickleball experience at WSC.



## Pickleball Rating Clinics Dates

**Monday, 3:00pm-4:00pm**  
May 1st 4:00pm-5:00pm

**Thursday, 6:00pm-7:00pm**  
May 4th 7:00pm-8:00pm

**Monday, 2:00pm-3:00pm**  
May 8th 3:00pm-4:00pm

**Tuesday, 9:00am-10:00am**  
May 9th 10:00am-11:00am

**Wednesday, 8:00am-9:00am**  
May 10th 9:00am-10:00am

**Thursday, 6:00pm-7:00pm**  
May 11th 7:00pm-8:00pm

*Limited to 8 players per clinic - registration required. All clinics will be held on Tennis Court 14.*

[Sign Up Here](#)



# PICKLEBALL

PAVILION GRAND OPENING  
MAY 19TH - MAY 21ST

Be one of the first to play on our six new dedicated pickleball courts! We will be offering a variety of activities including pickleball paddle demos, paddle up and play, round robins, clinics, family play and plenty of giveaways. WSC Pickleball wants to see YOU on the courts!

[Learn More](#)

Are you ready to take your game  
to the Next Level?

 **Suzee Anderson**

# PICKLEBALL ACADEMY

**BEGINS MAY 22ND!**

Registration opens  
May 10th.

[Learn More](#)



## ROUND ROBIN PICKLEBALL PLAY

Join other WSC picklers in some friendly competition. Registration is required. Players provide their own paddles and balls. Our current Round Robin schedule will end on May 18th, 2023.

**Monday** 9:00am-10:30am  
5:00pm-6:30pm

**Wednesday** 10:00am-11:30am  
5:30pm-7:00pm

**Thursday** 9:00am-10:30am  
10:30am-12:00pm  
5:30pm-7:00pm

**Friday** 10:00am-11:30am

**Saturday** 7:30am-9:00am  
9:00am-10:30am

**Sunday** 4:00pm-5:30pm  
*(Basketball Gym and Court 14)*

*To secure your spot, sign up on the WSC App (in the "Classes" tab) starting at noon the day prior.*

# THE STUDIO



## Seasonal Meditation with Breathwork & Sound Bath Specialty Class

Friday, May 12th  
5:00pm-6:30pm

Led by Jessica Grace

Before the busyness of the summer arrives, take the time to reset your spirit and body with a centering and meditative program, led by Ms. Jessica Grace.

We will focus on our pranayama, breath work, as we awaken and challenge the body and mind for a 90-minute class, ending with a sound bath and savasana. Awaken your centered self as we awaken for the new season.

[Register Here](#)

\$15 Studio Member/\$25 WSC Members & Guests

Boost your yoga practice with

# 20% OFF

 The Studio

# 10-PACKS IN MAY!

[Purchase Here](#)



Limit two 10-packs per person. Valid through May 31st, 2023.

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!](#)





# SPRING SCHEDULE

MONDAY	
9:30-10:30am [95]	<b>STUDIO POWER</b> Jeannie
11:00-12:00pm [105]	<b>STUDIO HOT FUSION</b> Karen
6:00-7:00pm [105]	<b>STUDIO HOT</b> Jen
7:30-8:30pm [75]	<b>STUDIO RESTORE</b> Kirsten

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

THURSDAY	
6:30-7:45am [75] +	<b>STUDIO YIN</b> Karen
9:30-10:30am [95]	<b>STUDIO POWER</b> Heather
11:30am-12:30pm [105]	<b>STUDIO HOT</b> Dawn
4:30-5:30pm [75]	<b>STUDIO FLOW 1.5</b> Kirsten

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

SATURDAY	
9:00-10:00am [85]	<b>STUDIO FLOW 2</b> Jeannie
10:30-11:30am [85]	<b>STUDIO SCULPT</b> Jen (A) / PD (B)

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

**Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 4/10/2023.**

# FITNESS

MAY 2023

**360**ATHLETE

# MIKE BAKER



"ZONE360 has been a huge part of my fitness journey. There are many reasons I enjoy ZONE360, including the incredible feeling I get after finishing a hard class and doing something good for me. When I feel good after working out, I do everything better—relationships, work, home. Every part of life benefits. I joined in January of 2021, in the middle of COVID. WSC offered a "Lose 20 in 2021" package to get people motivated to work out, and ZONE360 was part of the package. At that time, I was overweight, had low energy, and felt stiff and sore. I was definitely feeling every bit of my 51 years. I started coming to STRENGTH30 classes, and the occasional ZONE60 class. Now, I am also attending TRX45 and TREAD/ROW45 classes as well. I've been coming to ZONE360 for over 2 years and I can tell that I am a different person than when I started. ZONE360 has helped me reach my fitness goals. One of my goals was to not feel old, tired, and out of shape. Since I am not great at motivating myself to work out on my own, the structure of ZONE360 classes is perfect for me to stay on track.

**I keep coming back to ZONE360 because of the results I see, the fantastic coaches and the great people in the classes sweating it out alongside me."**



"I love the ZONE360 community. Getting a fist bump from others in the class, tons of positive encouragement from coaches, and varied classes that always present challenge. TRX45 has been a great surprise; it stretches me out in completely different ways and great for balance and strength. I'm incredibly grateful for the ZONE360 crew, especially the amazing coaches. My fitness, appearance, and energy levels have changed entirely.

**No joke, ZONE360 and WSC have changed my life!"**



COMMIT TO GET FIT FOR NATIONAL FITNESS MONTH!

# myzone CHALLENGE

- 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)

MEP's must be over 70% (Green, Yellow and Red Zones) to qualify.

New to MyZone?  
You can purchase  
one of the two  
models we carry at  
the Front Desk!



## 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!



## INTRODUCING: **ASHLEY** THOMPSON

PERSONAL TRAINER

"I AM LOOKING FORWARD TO MOTIVATING MY CLIENTS AND HELPING THEM DISCOVER THE BENEFITS AND JOYS OF EXERCISE THAT HELPED ME BECOME THE PERSON I AM TODAY!"

PERSONAL TRAINING SPECIAL!

# 25% OFF

Five 30-minute Sessions with Ashley!!

Sign Up Here!

Sale Price: \$168.75; Original value: \$225. First-time Personal Training clients only. Must purchase by May 31, 2023. Other discounts do not apply. Sessions expire six weeks from date of purchase.



## WELCOME **CHRISTINE** PLATT

MEMBER AMBASSADOR

Christine Platt recently joined the Wheaton Sport Center as the Member Ambassador and will assist new members by identifying WSC activities and services that will support their fitness and wellness goals.

Christine has a diverse career including financial services, healthcare, events, and FinTech. Currently, she is the director of health and corporate communication at a local university. Her research focus is understanding how cultural values and core beliefs impact decisions about health, and she was the host of Let's Talk Health, on WMUR FM92 drive home radio in Memphis. Christine earned an MBA in Marketing & Finance from Baylor University and a PhD in Health Communication from the University of Memphis. She also graduated from the School of Bank Marketing at the University of Colorado. Currently, Christine is completing her National Academy of Sports Medicine (NASM) Certified Personal Training (CPT) and Nutrition Coaching (CNC) programs.

"Don't be a goldfish, be a dolphin! By embracing and learning from our past experiences, we can build a better plan for the future."

Connect with Christine





## SPRING 2023 SCHEDULE

MONDAY	
5:45-6:45am	<b>ZONE60</b> Leslie K.
7:45-8:15am	<b>STRENGTH30</b> Megan F.
8:30-9:15am	<b>TREAD/ROW45</b> Megan F.
9:30-10:30am	<b>ZONE60</b> Leslie K.

TUESDAY	
5:30-6:30am	<b>ZONE60</b> Leslie K.
6:45-7:30am	<b>ZONE45</b> Leslie K.
8:45-9:15am	<b>STRENGTH30</b> Olivia E.
6:00-7:00pm	<b>ZONE60</b> Tara L.

WEDNESDAY	
5:30-6:30am	<b>ZONE60</b> Megan F.
8:30-9:15am	<b>TRX45</b> Olivia E.
9:30-10:30am	<b>ZONE60</b> Leslie K.

THURSDAY	
5:30-6:30am	<b>ZONE60</b> Stephanie B.
6:45-7:30am	<b>ZONE45</b> Stephanie B.
9:00-9:30am	<b>STRENGTH30</b> Megan F.
9:45-10:30am	<b>TREAD/ROW45</b> Megan F.
6:00-7:00pm	<b>ZONE60</b> Tara L.

FRIDAY	
5:30-6:30am	<b>ZONE60</b> Rotation
6:45-7:15am	<b>STRENGTH30</b> Rotation
9:30-10:30am	<b>ZONE60</b> Rotation

SATURDAY	
6:30-7:30am	<b>ZONE60</b> Leslie/Stephanie
8:00-9:00am	<b>ZONE60</b> Stephanie (every other Saturday)

SUNDAY	
7:30-8:30am	<b>ZONE60</b> Lisa H.

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

Updated 03/22/2023

**GROUP  
FITNESS**

# **LINE DANCING**

## LEVELS 1 & 2

### **LINE DANCING LEVEL 1** *First Tuesday of Every Month*

If you want to learn the basics this one's for you! Beginner line dances will be broken down step by step and then put to music.

### **LINE DANCING LEVEL 2** *Subsequent Tuesdays of Every Month*

If you have the basics and would like more challenging line dances, this will be a good fit! Class will start with a beginner dance or two and then move into intermediate and advanced dances for more of a challenge.

**WHEATON SPORT CENTER  
WILL HAVE A TEAM RIDING IN**

**»»»CYCLE  
FOR SURVIVAL**

MEMORIAL SLOAN KETTERING | EQUINOX

TEAM NAME: Wheaton Sport Center

LOCATION: Chicago, IL: Daley Plaza

DATE: Thursday, May 4th

TIME: 5:00pm - 9:00pm

Cycle for Survival accelerates progress in rare cancer research, bringing new and better treatment options to people around the world.

100% of every dollar supports pioneering research and lifesaving clinical trials at Memorial Sloan Kettering Cancer Center (MSK), the world's oldest and largest private institution dedicated to revolutionizing our understanding and treatment of cancer.

Within six months after the close of fundraising each year, the money raised by Cycle for Survival riders and donors goes directly to MSK doctors and scientists, fueling bold ideas and breakthroughs.



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!**

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

# **Group Fitness Schedules**

## BOX N BURN SPRING 2023

<b>MONDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>FRIDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>TUESDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>WEDNESDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>THURSDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>SATURDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>SUNDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>MONDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]

**Booking and Fitness Class that helps:**

- Weighs & fat loss
- 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  
visit [www.wheelandspinn.com](http://www.wheelandspinn.com)

## ASCEND CYCLE STUDIO SPRING 2023 Effective 4/03/23

<b>MONDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>THURSDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>TUESDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>FRIDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>WEDNESDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>SATURDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]
<b>SUNDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]	<b>MONDAY</b>	6:00-8:00am CYCLE [A] [S]	8:00-10:00am CYCLE [A] [S]

**KEY**  
NEW INSTRUCTOR NEW TIME

Updated 3/23/23

## STUDIO 4 Group Fitness Classes Spring Schedule

<b>MONDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]	<b>WEDNESDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]
<b>TUESDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]	<b>THURSDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]
<b>FRIDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]	<b>SATURDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]
<b>SUNDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]	<b>MONDAY</b>	6:00-8:00am YOGA L2 [A] [S]	8:00-10:00am YOGALATTES [A] [S]

**LOCATION KEY**  
[A] STUDIO 1  
[S] STUDIO 2  
[R] STUDIO 3  
[H] STUDIO 4

View More Schedules

# THE SPA

*A Mother's Day Gift from The Spa!*

For every \$50 spent towards gift cards in The Spa for Mother's Day, you will be entered into a raffle to

## WIN A SPA GIFT BASKET VALUED AT OVER \$450!

*Stop in to The Spa to purchase a gift card by May 13th!*

Gift card must be purchased by May 13, 2023. Winning raffle ticket will be drawn at 2pm on May 13th.



The  Spa



*Welcome*

## **Karen Cantu** *Esthetician at The Spa*

Ever since I was young, I have been extremely passionate about skincare and skin improvement. I am a Wheaton local and I have worked in the beauty industry for over five years now. I'm very passionate about being an esthetician because I love to make my clients feel special. I also have two years of Spa Experience. I am a Certified Lash Artist and am certified in PCA chemical peels.

My goal in the treatment room is to educate my clients about their skin and help them achieve all their skin care goals. Everybody deserves to feel confident in their skin!

*May 1st through May 31st, get*

# 15% off

## a Specialty Facial with Karen!

**Book Now!**

- **Tropical Superfood** Specialty Facial
- **Spring Dew-Over** Specialty Facial
- **Apple Harvest** Specialty Facial
- **Anti-Aging** Specialty Facial
- **Brightening Skin** Specialty Facial



*Valid through May 31st, 2023. Service must be booked and used with Karen in the month of May. New clients only.*

# AQUATICS





**JOIN OUR  
WSC Group  
Swim Lessons!**

*Register for lessons  
today!*

[Register Here](#)



**WORKOUT WITH**  


**MASTERS SWIM**

Saturdays at 7:00am  
& Tuesdays at 5:30am

*Led by Masters Swim Coach David Doerr*

If you are looking for a training group to help challenge you, and looking for tips and drills from a coach, come out and join us. This class is great for triathletes, former swimmers, and swimmers training for US Masters swim meets.

[Register Here](#)

Member 10-Pack: \$110 | Drop In: \$15  
Guest 10-Pack: \$200 | Drop In: \$25



# THERAPY POOL OPEN SWIM SCHEDULE

*Starting 6/5/23*

## **Monday**

5am - 12pm  
1pm - 4:30pm  
7pm - 9pm

## **Tuesday**

5am - 12pm  
1pm - 4:30pm  
7pm - 9pm

## **Wednesday**

5am - 9:40am  
10:45am - 12pm  
1pm - 4:30pm  
7pm - 9pm

## **Thursday**

5am - 12pm  
2:10pm - 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](mailto:aquatics@wheatonsportcenter.com) to learn more!

# PILATES



# 20% OFF



# REACH

flexibility | strength | balance

## 10-Packs in May!

[Purchase Here](#)

Limit two 10-packs per person. Valid through May 31st, 2023.

Welcome

## Katie Landahl

*Pilates Instructor*



Katie is a graduate of the University of Nevada Las Vegas with a Bachelor of Arts in Dance Performance and Choreography and a Minor in Pilates, which includes a certification in rehabilitation. Katie has worked with professional athletes in Las Vegas, including members of the Nevada Ballet, and team members from the MLB and NFL. She currently teaches Pilates classes locally that specialize in mixed equipment and apparatus, including Mat, Reformer, Chair, Cadillac, Springboard/Tower, Spine Corrector, Ladder Barrel.

Katie grew up in the dance competition world, which contributes to her knowledge of body awareness, alignment and athleticism. Whether you are looking to lean out, increase strength or improve your athletic personal goals, Katie is ready to take you to the next level!



Welcome

## Jenna Rochel

*Pilates Instructor*



Jenna first fell in love with Pilates in March of 2021, after realizing that it was a sustainable low-impact, high-reward exercise that provided a full body and mind workout every time. She noticed the positive ways it was changing her body - not only from the outside, but also the way she felt on the inside. Above all else, Pilates helped her learn how to start listening to her body.

Jenna has been fortunate enough to be able to turn her passion for Pilates into a thriving profession that makes her feel fulfilled inside and out. She completed a comprehensive 500-hour Comprehensive Pilates Teacher Training, which includes Mat, Reformer, Chair, Cadillac, Springboard/Tower, Spine Corrector, Ladder Barrel, TRX, BoSu and other props. Her favorite part of teaching is being able to help her students achieve things they thought they could "never" do. She also enjoys helping students feel seen, heard, and challenged to their fullest individual potential in any given class. Her goal is to get you to fall in love with Pilates and find ways to incorporate it in your daily life!



flexibility | strength | balance SPRING 2023

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

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 4/20/2023

## SMALL GROUP PILATES REFORMER CLASS SCHEDULE

CLASS DESCRIPTION	INSTRUCTOR	DAY AND TIME
Pilates All Levels	Gail	Monday 8:00-8:55am
Pilates Foundation Flow	Katie	Monday 9:30-10:25am
Pilates Strong Flow Intermediate	Nicole	Tuesday 8:15-9:10am
Pilates Strong Flow Intermediate	Katie	Tuesday 10:00-10:55am
Pilates Strong Flow Intermediate	Jenna	Tuesday 6:00-6:55pm
Pilates Strong Flow Intermediate	Jenna	Tuesday 7:00-7:55pm
Pilates Intermediate	Gail	Wednesday 9:15-10:10am
Pilates Strong Flow Intermediate	Katie	Thursday 6:30-7:30am
Pilates Strong Flow Intermediate	Nicole	Thursday 8:15-9:10am
Pilates Foundation Flow	Nicole	Friday 12:00-12:55pm

Beginning May 1st, our Small Group Pilates Group Reformer Sessions will run on a monthly basis.

**PILATES REFORMER**  
STRENGTHEN DEFINE ENERGIZE

# CHILD CARE

## WSC CHILD CARE

### FRIDAY, MAY 12<sup>TH</sup>

#### 10:00AM

SPECIAL GUEST

WSC Childcare Welcomes:  
**SNOOKIE THE CLOWN**  
Join us as we get ready to celebrate Mother's Day!

## WSC CHILD CARE

### MAY 15<sup>TH</sup> - MAY 18<sup>TH</sup>


#### 10:00AM

SPECIAL GUESTS

WSC Child Care Welcomes:  
**THE UNITED STATES ARMED FORCES**  
Join Child Care as we host our "We Support Our Troops" Theme week Activities & Celebration with a special visit from members of the United States Navy, Air Force, Army, and Marines!


- **THE UNITED STATES NAVY**  
Monday, May 15th
- **THE UNITED STATES AIR FORCE**  
Tuesday, May 16th
- **THE UNITED STATES ARMY**  
Wednesday, May 17th
- **THE UNITED STATES MARINES**  
Thursday, May 18th





**Monday, May 29th**  
is a Community Unit School  
District 200 Day Off of School  
and Memorial Day.

During this time, the Windy City  
Lounge will be open the same  
operational hours as Child Care.

Child  Care

# SOLE UNIQUE

**IMPORTANT  
UPCOMING DATES**

DRESS REHEARSAL  
**JUNE 8**  
WEST AURORA HIGH SCHOOL

RECITAL  
**JUNE 9 AT 6:30PM**  
WEST AURORA HIGH SCHOOL

Recital newsletters  
have been sent!

Looking for the email?  
Find the newsletters  
online!

[View Here](#)

**THE SUMMER SCHEDULE IS POSTED  
AND REGISTRATION IS OPEN!**

[Register Here](#)



# DANCE ADVENTURE

AURORA & WHEATON **CAMP** Ages 3 to 6

**JUNE 26 - 29**  
10:00AM - 12:00PM  
AT WHEATON SPORT CENTER

**JULY 24 - 27**  
9:00AM - 11:30AM  
AT SOLEUNIQUE DANCE COMPLEX

DANCING, CRAFTS, GAMES AND MORE  
IT'S WHAT YOUR TINY DANCER  
HAS BEEN WAITING FOR! 🥰

EXCITING NEW THEMES FOR EACH DAY OF  
THE WEEK - ADD ON THE "LUNCH BUNCH  
FOR A LITTLE, BONUS TREAT!"

\*Lunch Bunch: The fun continues for 45 minutes exclusively  
at our Aurora event. Bring a lunch and enjoy read-aloud stories  
and additional game-time!

(630) 340 4336 : [soleunique.com](http://soleunique.com)

SOLEUNIQUE DANCE COMPLEX 



# TOTALLY Tubular dance party

AGES 7 - 10  
BACK TO THE BOYS!

GRAB YOUR LEG WARMERS AND GRIP  
YOUR HAIR! WE CAN'T WAIT TO SEE YOU  
THERE!

**june 26-27**  
12:30 - 2:30  
@WHEATON SPORT CENTER

**july 24-25**  
1:00 - 3:00  
@SOLEUNIQUE DANCE COMPLEX

THIS TWO DAY CAMP IS TOTALLY RAD! ALONG WITH  
GAMES AND CRAFTS, YOUR DANCER WILL LEARN  
THE COOLEST DANCE MOVES FROM THE BOYS!  
BRING YOUR FRIENDS  
BE THERE OR BE SQUARE.

SOLEUNIQUE DANCE COMPLEX  [soleunique.com](http://soleunique.com)

## DOES YOUR KIDDO LOVE TO DANCE?

Coming to WSC this fall: Two  
SoleSquad Dance Team Age  
Divisions!

**Petites (ages 6-8) and  
Pre-Teens (ages 9-11)**

For more information and to register for  
auditions, please email Heather Klaus,  
Director of SoleSquad Dance Team at  
[heather@soleunique.com](mailto:heather@soleunique.com)



## SoleSquad dance team

### AUDITIONS

**june 21**  
petites 6:15-8:00  
pre-teens & teens 8:00-7:00  
seniors 7:00-8:00

**july 29**  
petites 9:15-10:00  
pre-teens & teens 10:00-11:00  
seniors 11:00-12:00

ONLINE REGISTRATION  
**now open**  
SOLEUNIQUE.COM

SOLEUNIQUE.COM/PERFORMINGCOMPANIES

 connect → community

# C2 PARTNER



**TIMOTHY  
FINANCIAL  
COUNSEL, INC**

"My passion is helping clients to clarify and achieve their goals—partnering with them so their financial planning is confident and stress-free."

—*Mark Berg, CFP®*

TFC Senior Advisor & Founding Principal

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