



Wheaton Sport Center

November Newsletter

Refer a friend in November and you'll receive

**Free 30-Day
Pickleball Enhancement!**

Valid for new members referrals only. New members must enroll by November 30th, 2023.

Holiday Club Hours

THANKSGIVING DAY

NOV. 23RD: CLOSED

BLACK FRIDAY

NOV. 24TH: 7AM-9PM

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 BETTER TOGETHER

Have an idea of how we can provide exceptional service to our members? Our member suggestion cards now have a new look!

You can now find QR codes throughout the club with a digital comment card form to submit suggestions and feedback.

The original comment cards will still be available at the Front Desk, if needed.

[Leave a Comment](#)



PICKLEBALL

[View Our Pavilion Schedule Here](#)

WSC IS EXCITED TO WELCOME BACK **SUZEE ANDERSON!**

Suzee Anderson is a Premier Pickleball Pro, former top 10 tour player, and the creator of our Suzee Anderson Pickleball Academy. WSC members have the opportunity to play with and learn from one of the top pickleball coaches in the country!

SUZEE ANDERSON IS BACK!

NOVEMBER 9TH - NOVEMBER 11TH



PLAY WITH SUZEE ANDERSON

Round Robin with Suzee and the WSC Pros for All Levels -

- Thursday, November 9th at 7:00pm-8:30pm
- Saturday, November 11th at 8:00am-9:30am
- Saturday, November 11th at 6:00pm-7:30pm - **AFTER HOURS!**

FREE for WSC Boutique, Tennis & Pickleball Members; WSC Health Club Members: \$7; WSC Guests: \$20 (guests may register 48 hours prior to the event)



WORKSHOPS FROM SUZEE ANDERSON

Pickleball Bootcamp for Players through Level 2.9 -

- Saturday, November 11th at 9:30am-11:30am

FREE for WSC Boutique, Tennis & Pickleball Members; WSC Health Club Members: \$7; WSC Guests: \$20 (guests may register 48 hours prior to the event)

Member Clinics with Suzee For 3.0+ Players -

Friday, November 10th

Transition Zone: 3rd Shot Drop -

- 9:00am-10:00am

Transition Zone: Drop or Drive Strategies -

- 10:15am-11:15am

Transition Zone: Moving with Your Partner & Placement Strategies -

- 11:30am-12:30pm

Non-Volley Zone Dinking: Offense, Defense, Building the Point -

- 5:00pm-6:00pm

Strategy: Key Strategies for Pickleball Shots -

- 6:15pm-7:15pm

Tennis to Pickleball Transition: What to Keep and What to Throw Away -

- 7:30pm-8:30pm

Saturday, November 11th

Non-Volley Zone Dinking: Offense, Defense, Building the Point -

- 12:30pm-1:30pm

Transition Zone: Drop or Drive Strategies -

- 1:45pm-2:45pm

Strategy: Key Strategies for Pickleball Shots -

- 3:00pm-4:00pm

*WSC Boutique, Tennis & Pickleball Members: \$15 per clinic
WSC Health Club Members: \$20 per clinic
WSC Guests: \$25 per clinic (guests may register 48 hours prior to the event)*

GET RATED BY SUZEE ANDERSON

Rating Clinic with Suzee and the Pros -

- Saturday, November 11th at 4:30pm-6:00pm

FREE for all WSC Members; WSC Guests: \$20 (guests may register 48 hours prior to the event)

**REGISTER
ONLINE OR
ON THE
WSC APP**

Please join us for a specialty yoga class designed specifically for Pickleball players!

YOGA FOR PICKLEBALL

Friday, November 3rd | 5:00pm-6:15pm
Led by The Studio Instructor Heather Nieting

Stretch and strengthen the key muscle groups used in Pickleball with a particular focus on improved shoulder stability, maximum lower back flexibility, increased range of motion in the wrists and forearms, and strengthening and lengthening the hamstrings. We will also explore weight transfer, balance, and increased focus using breathwork.

Come see how incorporating yoga can improve your game, accelerate your body's recovery, and increase mobility and focus!

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



[Register Here](#)

DON'T MISS OUT ON WSC'S NOVEMBER PICKLEBALL LEAGUES

- Compete against players at your level
- Competitive fun with recorded scores
- No waiting - continuous play
- Four week sessions

Fee Per Session: Boutique, Tennis & Pickleball \$20
Health Club \$40 | WSC Guests \$55

[Register Here](#)



Wheaton
Sport Center

LEAGUE SCHEDULE

2.5-2.99 LEAGUES

ROUND ROBIN
• Mondays 5:30-7:00pm
• Thursdays 1:30-3:00pm

PROGRESSIVE
• Tuesdays 9:00-10:30am
• Saturdays 11:00-12:30pm

3.5-3.99 LEAGUES

PROGRESSIVE
• Wednesdays 7:00-8:30pm

3.0-3.49 LEAGUES

ROUND ROBIN
• Thursdays 9:00-10:30am

PROGRESSIVE
• Tuesdays 10:30-12:00pm
• Thursdays 6:00-7:30pm

4.0+ LEAGUES

ROUND ROBIN
• Tuesdays 5:30-7:30pm

TENNIS

YOU'RE INVITED!

Tennis & Pickleball After Hours Social

Featuring Cardio Tennis, Pickleball Play,
Bags Tournament and refreshments from
Two Hound Red Brewing Company.

**SATURDAY,
DECEMBER 2ND**

*Watch for
more details
coming soon!*



NOV

7

Wilson Demo Day –

Try out Wilson's newest racquets and learn about their latest technology to help you improve your game.

[Details Here](#)

NOV

24

**Huffin' for the Stuffin'
Cardio Tennis Gut Buster**

Work off those delicious Thanksgiving goodies with a high intensity Cardio Tennis workout!

[Register Here](#)

NOV

24

**Evolution Black Friday
Tennis Camp –**

Red, Orange and Green players, grab your tennis racquet and join us on the court for tennis games and activities.

[Register Here](#)

DEC

2

**Save the Date for WSC's
Tennis and Pickleball
After Hours Celebration!**

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 kflynn@heatonsportcenter.com for more details.

FITNESS

SPRINT THROUGH FALL CHALLENGE: NOVEMBER 6 - DECEMBER 6

myzone CHALLENGE



- Earn 750 MEPs = 1 raffle entry
- Earn 1,600 MEPs = 2 total raffle entries
- Earn 3,200 MEPs = 3 total raffle entries
- Earn 5,000 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!
Club Cash can be used anywhere in WSC and The Spa, with the exception of membership dues. Participants must be active WSC members.

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

Get Started!

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



LIMITED TIME ONLY!
START TRAINING WITH ASHLEY TODAY!

20% OFF

Five 30-minute Sessions with Ashley

Nothing will work unless you do!
 Building healthy habits and being disciplined can be tough but training with Ashley Thompson is the solution for you. Ashley is a NASM-Certified Personal Trainer who will support you and educate you on proper form and proper programming to meet your specific fitness goals.

EVENING SESSIONS ONLY

[Sign Up Here!](#)

First-time Personal Training clients only. Must purchase by November 30, 2023. Other discounts do not apply. Sessions expire six weeks from date of purchase.

HYBRID ATHLETE TRAINING WITH VIKTOR

GET 20% OFF

Five 30-Minute Personal Training Sessions with Viktor

Viktor will combine Cardio with Strength Training in each 30 minute session. Work on speed on the treadmills, rowers and bikes while also pairing it with functional movements.



"I'll get you STRONGER and FASTER!"

Experienced athletes are recommended.



[Sign Up Here!](#)

First-time Personal Training clients only. Must purchase by November 30, 2023. Other discounts do not apply. Sessions expire six weeks from date of purchase.



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](#)

NOVEMBER 2023



VIKTOR RUSENAS



My “why” in my personal journey with fitness is to be able to run around with my daughter! Ever since I was a kid, I was active, our family was also very active. We participated in all of the sports, always climbing, and running around! So I want to instill the same physical active mindset in my daughters life, and the best way to do that is *Leading By Example*.

I became a certified personal trainer because I love teaching, and I've always been passionate about fitness. Stepping away from the education system and into the educational fitness world was the best decision I ever made. I love helping people change their lives and learn more about the gym!

For me, fitness is not just a hobby or a job, it's a way of life. It's about feeling strong, healthy, and confident in my own skin. And it's about inspiring others to do the same! As ZONE360 coaches, we pride ourselves on creating a welcoming and inclusive atmosphere, but it is the members that make ZONE360 so special and different from anywhere else. Whether it's a 5:30AM class or a midday class, they're such an awesome community and loyal to the gym.



I encourage everyone to come in to ZONE360 if you are looking for a great workout designed by certified personal trainers in a community of motivated members! Everybody of all skill levels are welcome! We would love to see you in class.

At ZONE360, we believe that everyone should feel comfortable and supported in their fitness journey, regardless of their fitness level. Our personal trainers are knowledgeable and approachable, always willing to offer guidance and encouragement!



2023 SCHEDULE

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

WEDNESDAY	
5:30-6:30am	ZONE60
8:30-9:15am	TRX45
9:30-10:30am	ZONE60

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

TUESDAY	
5:30-6:30am	ZONE60
6:45-7:30am	ZONE45
8:45-9:15am	STRENGTH30
6:00-7:00pm	ZONE60

THURSDAY	
5:30-6:30am	ZONE60
6:45-7:15am	STRENGTH30
6:00-6:30pm	STRENGTH30

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

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

Schedule effective 08.14.2023

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

Updated 09.26.23

GROUP FITNESS

NEW FALL GROUP FITNESS CLASSES:

CYCLE - Wednesdays at 8:30am
with Anna Karwoski

CARDIO STRENGTH - Thursdays
at 5:30pm with Jaimee Thonn



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

The Studio SCHEDULE



MONDAY	
5:45-6:45am [105]	STUDIO HOT Tony
9:45-10:45am [95]	STUDIO POWER Danielle
11:00-12:00pm [105]	STUDIO HOT FUSION Karen
6:15-7:15pm [105]	STUDIO HOT Corie
7:30-8:30pm [75]	STUDIO RESTORE Corie

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
11:30am-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	
5:45-6:45am	STUDIO HOT
7:00--8:00am [85]	STUDIO SCULPT Corie
9:30-10:30am [85]	STUDIO FLOW 2 Heather
6:15-7:15pm [105]	STUDIO HOT FUSION Karen

THURSDAY	
6:30-7:45am [75] +	STUDIO YIN Karen
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

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

SATURDAY	
8:00-9:00am [85]	STUDIO SCULPT Jen NEW TIME
9:30-10:30am [85]	STUDIO FLOW 2 Jen NEW TIME

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

Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 10/01/2023.

THE SPA

Book with
Denise Mele
*and get your hair ready
 for the holidays!*



Book Today!

The  Spa

All Specialty Facials

\$99 in November!

- NEW Bakuchiol + Niacinamide Facial
- NEW Eminence Yam and Pumpkin Enzyme Facial
- Eminence Strawberry Rhubarb Hyaluronic Collection Facial Protocol
- Hydropeptide Advanced Antioxidant Facial
- Hydropeptide Anti-Aging Facial
- Hydropeptide Winter Apple Harvest Facial

Book Today!

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

É ÉMINENCE **NEW**
 ORGANIC SKIN CARE

YAM AND PUMPKIN ENZYME FACIAL

Book Today

Accelerate the exfoliation process with this enzyme peel that removes dead skin cells, reduces the appearance of pigmentation, fine lines and sun damage. This delicious purée of yam and pumpkin leaves skin looking firm and radiant.

ÉMINENCE
ORGANIC SKIN CARE **NEW**

BAKUCHIOL + NIACINAMIDE MOISTURIZER

Retinol Alternative

- Smooths the look of fine lines and wrinkles with no visible irritation
- Replenishes the skin barrier and locks in hydration
- Reduces the appearance of large pores
- Skin appears visibly tightened

Also try the **Radiant Protection SPF Fluid!**



Shop at The  Spa

The  Spa

MOROCCANOIL.

Frizz Control Collection **NEW**

Complete your anti-frizz regimen with our Frizz Control Collection.

The nourishing, argan oil-infused lineup includes the NEW Intense Smoothing Serum, alongside longtime best-seller Smoothing Lotion to provide frizz-fighting options for all hair types and styling preferences.

- Repels humidity
- Glass-Like Shine
- Silky Finish
- Results Last for Days
- For all hair types



AQUATICS

Thanksgiving Aquatics Camp

Monday, November 20 - Wednesday, November 22

Jump into the pool and let the good times roll!
Get ready for games, swim lessons, and so much fun!



Level 1	11:30-12:00pm	Level 4	10:00-10:30am
Level 2	11:00-11:30am	Level 4	10:30-11:00am
Level 2	11:30-12:00pm	Level 5	10:00-10:30am
Level 3	10:30-11:00am		
Level 3	11:00-11:30am		

WSC Member \$51 / Guest \$75

Register for this fun-filled, festive camp through your swimmer's program level.

[Register Here](#)

Welcome



Christopher Davis

Swim Instructor

I have two years of experience teaching swim lessons. I attend Montini Catholic High School and in my free time, I like to play video games, hike and go on bike rides. I am looking forward to improving not just my own teaching skills, but the swimming skills of my students. I am also looking forward to joining the fun community at Wheaton Sport Center!



Schedule a group or private swim lesson today!

[Schedule Here](#)



Welcome

Christina Schierhorn

Swim Instructor

I started teaching swim lessons last year at a local swim school. I am currently a student at College of DuPage. Outside of work, I like to spend time with my friends and family. Being a swim instructor is great because I enjoy seeing the kids improve and the excitement they have when they swim.



Schedule a group or private swim lesson today!

[Schedule Here](#)

THERAPY POOL OPEN SWIM SCHEDULE

Effective October 2nd, 2023

Monday

5am - 11:45am
12:45pm - 4:30pm
6:30pm - 9pm

Tuesday

5am - 11:45am
1:45pm - 4:30pm
6:30pm - 9pm

Wednesday

5am - 11:45am
12:45pm - 4:30pm
6:30pm - 9pm

Thursday

5am - 12pm
2pm - 4:30pm
6:30pm - 9pm

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!

CHILD CARE



Wheaton Sport Center's 29th Annual Holiday Gift Drive

Support Your Community!

This Gift Drive will help to fill the shopping tables at Outreach Community Center's Christmas Store. The Christmas Store welcomes more than 400 families, from the neighborhoods served by the Carol Stream Outreach Community Center, who shop for over 1,000 children at this one-day event.



Gift Idea Tags Available

Monday, November 13




Toy & Gift Drop-Off

Monday, November 20 -

Wednesday, December 6

For further information, contact WSC Child Care: 630-315-5313


 **paperpie**

WSC CHILD CARE
2023 WINTER BOOK FAIR

Friday, November 17th
& Saturday, November 18th

8:30am-12:30pm

In the WSC Member Lounge

 50% of Book Fair proceeds go toward "free" books or materials for our WSC Child Care library. We will also be collecting new PaperPie book donations for Ronald McDonald House Charities.

WSC CHILD CARE

**MONDAY, NOVEMBER 20
10:00AM**

SPECIAL GUESTS

WSC Child Care Welcomes:

**DUPAGE COUNTY SHERIFF'S DEPARTMENT
& SNOOKIE THE CLOWN**

Join us in the North side of the Gym for the DuPage County Sheriff's educational event on Holiday Safety. Each child will receive some fun DCSD giveaways to take home!





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 THANKSGIVING BREAK, NOVEMBER 20TH-22ND & BLACK FRIDAY, NOVEMBER 24TH

SEE CHILD CARE FOR ADDITIONAL DETAILS

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

SOLE UNIQUE



DANCE TEAM POWER HOUR

**NOVEMBER 9TH
7:30-8:30PM**

Calling all dancers who are currently on a high school dance team or have their sights set on tryouts in the spring. We invite you to come try our **DANCE TEAM POWER HOUR** at WSC.

Dancers will focus on gaining strength, mastering skills and technique specific to dance teams and build confidence in performance elements.

FREE CLASS!

Register Here

SOLEUNIQUE
DANCE COMPLEX

SEASON AT A GLANCE

Keep up to date on all things Sole Unique!

View Here



No Classes on
Thanksgiving Break

November 22-25

We wish you all a
Happy Thanksgiving!
We are thankful for our
Sole Unique dancers and
families.



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

[Click Here](#)



Fox Valley Ballet presents

The Nutcracker

on November 25th & 26th
at the beautiful Batavia Fine Arts Center

Sole Unique Dance (Aurora) has been honored to be the host studio for rehearsals since August. Dancers from all over the suburbs have been busy rehearsing every week. We have seen how much time, energy and work everyone involved has put into this holiday favorite.

For ticket information: [Click Here](#)



C₂ 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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