

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

CHRISTMAS EVE.

DEC. 24TH: 7AM-2PM

NEW YEAR'S EVE.

DEC. 31ST: 7AM-2PM

BLACK FRIDAY

NOV. 24TH: 7AM-9PM

CHRISTMAS DAY.

DEC. 25TH: CLOSED

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

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 O

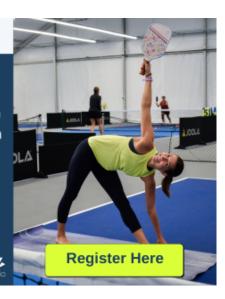
Please join us for a specialty yoga class designed specifically for Pickleball players!

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 n 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



DON'T MISS OUT ON WSC'S NOVEMB

- 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



LEAGUE SCHEDULE

2.5-2.99 LEAGUES 3.0-3.49 LEAGUES

ROUND ROBIN

PROGRESSIVE

- Tuesdays 9:00-10:30am
 Saturdays 11:00-12:30pm
 Tuesdays 6:00-7:30pm

3.5-3.99 LEAGUES 4.0+ LEAGUES

PROGRESSIVE ROUND ROBIN
• Wednesdays 7:00-8:30pm
• Tuesdays 5:30-7:30pm

ROUND ROBIN

Mondays 5:30-7:00pm
Thursdays 1:30-3:00pm
PROGRESSIVE

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

Wilson Demo Day -

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

Details Here

NOV

Cardio Tennis Gut Buster
Work off those delicious
Thanksgiving goodies

Huffin' for the Stuffin'

with a high intensity Cardio Tennis workout!

Register Here

NOV

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





FITNESS











Contact Us



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

WEDNESD	AY
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



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!

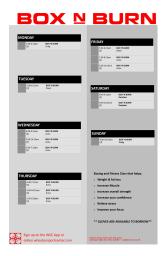
Register online or on the WSC App—with so many great options, there is a class for everyone!

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



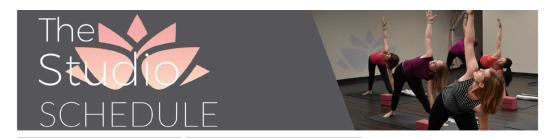




View More Schedules

THE STUDIO





MONDAY	
5:45-6:45am [105]	STUDIO HOT SSYID ME 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	
STUDIO FLOW 2 Karen	
STUDIO YIN Karen	
STUDIO BARRE FUSION xP Beth	
STUDIO POWER Jessica	
STUDIO HOT Jessica	
STUDIO POWER Karen	

- 11	
хP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

KEV

WEDNESDAY	
5:45-6:45am	STUDIO HOT
7:008:00am	STUDIO SCULPT
[85]	Corie
9:30-10:30am	STUDIO FLOW 2
[85]	Heather
6:15-7:15pm	STUDIO HOT FUSION
[105]	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

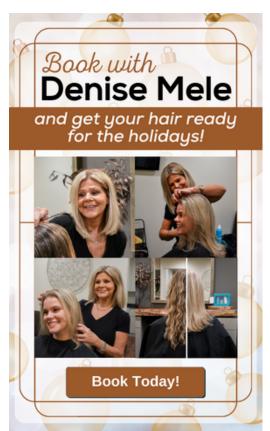
7:30-8:30am [95] 10:00-11:00am [105] 11:30am- 12:30pm [75] STUDIO POWER Karen STUDIO HOT Jessica NEW CLASS NEW CLASS	FRIDAY		
[105] Jessica 11:30am- STUDIO MEDITATION & MOTION MOTION			
12:30pm MOTION			
	12:30pm	MOTION	

SATURDAY				
8:00-9:00am [85]	STUDIO SCUI Jen	LPT NEW TIME		
9:30-10:30am [85]	STUDIO FLON	N 2		

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







Book Today!

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





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.





AQUATICS



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



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

1pm - 9pm

Friday Saturday Sunday

5am - 12pm 6am - 8:30am 6am - 6pm 11am - 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!

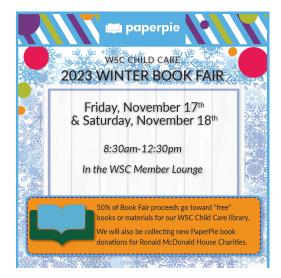
CHILD CARE

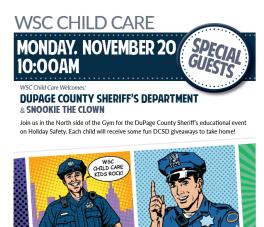


Support Your Community!

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.









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













Learn More About Our C2 Partnership Program





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