



Wheaton Sport Center

October Newsletter

Refer a friend in October and you'll receive

One 10-Pack to



REACH
flexibility | strength | balance



TheStudio



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



Welcome

Jayla McGhee

Membership Associate

Jayla graduated from University of Illinois with a degree in Sport Management and has experience working in a health club in Champaign. She has a two-year old son who loves WSC Child Care. In her spare time, Jayla enjoys cooking and exploring the outdoors with her adventurous toddler.

"I am looking forward to meeting and working with our members! Please feel free to stop in and say hello!"



Stop by WSC and get your

FREE  **CVS**
pharmacy[®]

flu and COVID shots*
October 20th, 2023 | 10am-3pm

[Make an Appointment](#)

A certified immunizer will be on site.

*No cost with most insurance. Appointments required.



FITNESS



FREE CLASS!

ZONE³⁶⁰ presents:
INTRO TO ZONE60

Every Monday in October at 5:00pm
October 2nd, 9th, 16th, 23rd and 30th

Learn more about WSC's cardio & strength specialized studio coached by Certified WSC Personal Trainers. Viktor Rusenas will demonstrate how to safely and efficiently perform the cardio drills and strength drills that you will see in class. Please dress in fitness attire and be ready to move!

All fitness levels are welcome! [Register Here](#)

Registration starts October 1st for all classes. Cancellations must be made 24 hours prior. No-shows will be charged a \$15 fee.



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 encourage 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](#)

OCTOBER 2023

360 **ATHLETE**

JOE MARRS



"I joined the Wheaton Sport Center because I finally got to the point where I was really going to prioritize fitness in my life, once and for all. I am not the type of person that can go to a gym and do it by myself. I needed a club that had trainers and classes that could help me, and I really liked WSC for all that it has to offer, particularly the certified personal trainers and classes.

When I started, I didn't know much about fitness or correct form. I liked the idea of doing classes so that I can learn WHAT to do and HOW to do it. ZONE360 promised just that, with close contact with certified personal trainers. It also had a variety of types of classes and times that fit my schedule. I gave ZONE360 a try and was immediately hooked and drawn into the community.

My favorite ZONE360 class is STRENGTH30. The format and programming for this class is at the right intensity for me and I like the smaller class size. With fewer people in the class, I feel the personal trainers can give me more 1:1 coaching during the workout. This more personalized attention is important to me so that I know I am doing the exercises correctly, effectively, and efficiently.

With ZONE360, I feel like I have been able start at my level and gain confidence over time with the workouts. Feeling better and seeing results keep me motivated to stay consistent."



"There is no question that the WSC personal trainers have done an awesome job of creating good, structured workouts, while being very welcoming, inclusive, encouraging, and helpful. Every day is a different workout that allows you to train just about every part of your body. They take a personal interest in helping and being a motivating part of my fitness journey. So much so, I feel that I will be missed if I don't show up to class. The other people in the classes are also very friendly and encouraging. This environment makes me feel like I am a part of community and I really want to show up each day.

I can't say enough good things about ZONE360. It has truly changed my life. I suggest everyone give it a try and start with STRENGTH30 or TRX45—I think you will like it for the same reasons I do."



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

CARDIO KICKBOXING



WITH SHEEBA

SATURDAY, OCTOBER 14TH AT 7:30AM-8:20AM

Join us for this special October Class!
A non-contact, high energy kickboxing class
to include jabs, punches, uppercuts, back
kicks, round houses and burpees!

[Register Here](#)

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

BOX N BURN

MONDAY		FRIDAY	
5:30-6:00am	BOX N BURN Hot	5:30-6:00am	BOX N BURN Hot
6:00-6:30am	BOX N BURN Hot	6:00-6:30am	BOX N BURN Hot
6:30-7:00am	BOX N BURN Hot	6:30-7:00am	BOX N BURN Hot

TUESDAY		SATURDAY	
5:30-6:00am	BOX N BURN Hot	5:30-6:00am	BOX N BURN Hot
6:00-6:30am	BOX N BURN Hot	6:00-6:30am	BOX N BURN Hot
6:30-7:00am	BOX N BURN Hot	6:30-7:00am	BOX N BURN Hot

WEDNESDAY		SUNDAY	
5:30-6:00am	BOX N BURN Hot	5:30-6:00am	BOX N BURN Hot
6:00-6:30am	BOX N BURN Hot	6:00-6:30am	BOX N BURN Hot
6:30-7:00am	BOX N BURN Hot	6:30-7:00am	BOX N BURN Hot

THURSDAY	
5:30-6:00am	BOX N BURN Hot
6:00-6:30am	BOX N BURN Hot
6:30-7:00am	BOX N BURN Hot

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
online whatsonportcenter.com

2023 Effective 08.14.23

MONDAY		THURSDAY	
5:45-6:30am	CYCLE Megan	5:45-6:30am	CYCLE Megan
6:30-7:00am	CYCLE Megan	5:30-6:15pm	CYCLE Beth

TUESDAY		FRIDAY	
5:45-6:30am	CYCLE % CORE Dawn	6:30-9:15am	CYCLE Megan
6:30-7:00am	CYCLE EXPRESS Dawn	8:30-9:15am	CYCLE Anna / Beth
7:00-8:15pm	CYCLE Beth	8:30-9:15am	CYCLE Anna / Beth

WEDNESDAY		SATURDAY	
8:00-9:00am	CYCLE Anna	8:30-9:15am	CYCLE Anna / Beth
8:00-9:00am	CYCLE Beth	8:30-9:15am	CYCLE Anna

SUNDAY	
8:00-9:00am	CYCLE Anna

KEY
NEW INSTRUCTOR NEW TIME

Updated 08.23.23

STUDIO 4 Group Fitness Classes

MONDAY		WEDNESDAY		FRIDAY	
8:30-9:25am	YOGA 1.2 Heather	8:30-9:25am	MAT PILATES Gail	9:30-10:25am	YOGALATTES Doreen
9:30-10:25am	YOGALATTES Beth	10:30-11:25am	GENTLE YOGA Carmie	10:45-11:40am	CHAIR YOGA Heather
10:45-11:40am	CHAIR YOGA Heather	6:30-7:25pm	YOGA LEVEL 1.2 Amy /Jillmary /B	10:45-11:40am	GENTLE YOGA Carmie
6:30-7:25pm	YOGA LEVEL 1.2 Mary	7:30-8:25am	YOGA LEVEL 1.2 Beth	10:00-10:55am	YOGA LEVEL 1.2 Ann F
7:30-8:25am	YOGA LEVEL 1.2 Beth	10:30-11:25am	YOGA LEVEL 1.2 Beth	8:15-9:10am	YOGA LEVEL 1.2 Carmie
7:30-8:25am	CORE CONNECTION Carmie	6:30-7:25pm	PIRATHANAYOGA Doreen		
8:30-9:25am	YOGA LEVEL 1.2 Carmie	6:30-7:25pm	MAT PILATES Kata		

LOCATION KEY	
[H]	STUDIO 1
[D]	STUDIO 2
[B]	STUDIO 3
[H]	STUDIO 4

Effective 9/02/2023

[View More Schedules](#)

THE STUDIO

Introducing

Tony Gulley

Instructor at The Studio

Tony took his first yoga class in 2017 and was obsessed ever since. Growing up always being inflexible, he started practicing as a means to try to help heal chronic pain and improve his overall well being. After practicing for a few months, he started to notice positive changes in his mental and physical health that radically changed his quality of life. He then decided to become a teacher to help people heal themselves and to find more peace in their lives. Currently he is teaching around the Chicago area as well as training for the Midwest division of the USA yoga competitions.

Tony will be teaching the following new classes on the Studio Schedule: Monday 5:45am Studio Hot, and Wednesday 5:45am Studio Hot

Take a class today!

Click Here!

NEW CLASS IN THE STUDIO
***STUDIO MEDITATION
AND MOVEMENT***

FRIDAYS AT 11:30AM

This is a very gentle class and requires no standing. You will leave feeling peaceful and relaxed. We begin with a relaxing meditation to calm the body and mind and focus on our breath.

The second half of the class allows us to gently connect our breath to a soft flow, on hands and knees, to open and lubricate joint hips and shoulders increasing mobility and working on softening fascia.



 [Register Here](#)

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

Now at The Spa



**Grande
Cosmetics**



Featuring popular products such as:

- ◆ **GrandeLASH-MD**
Lash Enhancing Serum
- ◆ **GrandeFANATIC**
Fanning and Curling Mascara
- ◆ **GrandeBROW**
Brow Enhancing Serum
- ◆ **GrandeLIPS**
Hydrating Lip Plumper & Gloss
- ◆ **GrandeBROW 2-in-1**
Tinted Gel + Brow Enhancing Serum

SHOP AT The  Spa

Buy a Schwarzkopf
Professional Shampoo
**AND RECEIVE
A CONDITIONER
FOR FREE!**

20% of the sales will
be donated to the

**susan G.
komen.**
Foundation.



**SHOP
TODAY!**

The  Spa

TENNIS

OCT

1

Registration Opens: Winter Tennis Program Session –
Tennis is for everyone! WSC's winter tennis session fills quickly, so register today. The Winter session begins the week of October 30.

Click the buttons below for more information and to register.

Adult Tennis

[Register Here](#)

Junior Tennis

[Register Here](#)



OCT **1-31** **Go Pink in October –**
Help support Breast Cancer Awareness by decking out your racquet with a pink overgrip and pink strings, and recognize a loved one with a pink Tennis Ball of Honor.

[Click Here for Details](#)

OCT **18** **Go Pink! Pairs Tournament –**
Join our Pairs Doubles Tennis Tournament and support Breast Cancer Awareness – you can make a difference! All proceeds to the Breast Cancer Research Foundation.

[Register Here](#)

OCT **27** **Evolution Kids Halloween Spooktacular**
Red, Orange and Green players grab your racquet and your Halloween costume and join us for on-court tennis games & competitions, plus a costume contest!

[Register Here](#)



OCT **30** **Winter Tennis Program Session Begins**

Join us in welcoming our newest WSC Tennis Pros!



DAVID SEDLAR

David is excited to join Wheaton Sport Center Tennis and bring his passion and expertise to help our WSC players reach their goals.

- Moved to the US from the Czech Republic to attend Northwood University in Midland, Michigan
- Has played competitive tennis for over 15 years
- As a junior, achieved a ranking of #2
- Won the Junior National Championship in doubles
- Ranked top 40 in Europe in Boys 14s
- Competed in both singles and doubles for the Northwood University Men's Tennis Team
- Experienced in teaching players from 10 & Under through high school players



DANILO KOVACEVIC

Danilo is eager to share his energy, expertise and love for tennis with WSC community!

- Played for Maine South High School and finished 2nd in the 2017 IHSA State tournament
- Was ranked number 1 in the USTA Chicago District in Boys 18s
- Ranked as high as 93 in his age group, qualifying for Kalamazoo Nationals in 2016, 2017 and 2018
- Competed with Ball State University Division 1 Men's Tennis Team
- Earned NCAA First Team Honors in 2021 and 2022
- At the Park Ridge Park District, taught junior camps for under 10's through high school varsity levels
- Coached juniors through adults of all levels at the Park Ridge Country Club



DAVE GARRATT

Dave is excited to work with WSC players of all ages, and to help juniors and adults become successful on the tennis court.

- Grew up on the East Coast where he trained in tennis and competed in junior tournaments
- Captained both his High School and College tennis teams
- Taught group and private lessons at various clubs in Connecticut
- In 2019 was a member of the US Gordon Trophy team that beat Canada
- Member of the USTA 55+ Men's Doubles 9.0 team that won the 2019 National Championship
- Is currently nationally ranked in singles and doubles in the USTA 65+ age division
- Won a silver medal in doubles at the Senior Games in Pittsburgh, PA



PICKLEBALL

[View Our Pavilion Schedule Here](#)



WSCup Series Doubles Tournament

Halloween Cup

October 27th-29th

Whether you're a seasoned player or just starting to master your dinking game, get ready to show off your skills & compete in our Halloween Tournament which features divisions for 2.5 through open level players.

[Register Here](#)



Cash Prizes!

Try a class for FREE!

WSC Pickleball offers a variety of classes to help you improve your game and we'd love for you to give one a try!

Join us on courts and check out Cardio Pickleball, Skill Master Drills, Ball Machine Skills & Drills, and Suzee Anderson Academy firsthand.

[Click Here for More Info](#)

SUZEE ANDERSON IS COMING BACK TO WSC PICKLEBALL IN NOVEMBER!

Stay tuned for more details!





WSCup Series
Doubles Tournament

45 Games of Pickleball in August

Thank you to all the picklers who joined the fight against blood cancer by participating in our fundraiser.

With your help, WSC donated \$500 to the Leukemia and Lymphoma foundation.



Thank you to the 36 teams that competed in our Fall Tournament on September 9 & 10!

Congratulations to the tournament winners:

Open Division Champions:
Becky Bucolo & Dave Selvaggi
Open Division Runners Up:
Casey Sincavage & Jonny Storm
Open Division Third Place:
Josh Leutkenhans & Glen Evans

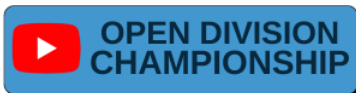
Gold Division Champions:
Miles Harris & Matt Harris;
Gold Division Runners Up:
Andy Kuntz & Justin Smith
Gold Division Third Place:
James Bruni Jr. & Ryan Bullington

Silver Division Champions:
Margaret Savenok & Andrew Bidnyuk
Silver Division Runners Up:
Rachel Roth & Liz Huffman
Silver Division Third Place:
Julia Schwarze & Greg Schwarze



It was exciting to watch the Open Division live and take note of their skill and strategy!

If you weren't able to stop by and see the athletes in action you can still view the weekend's events by clicking below:



AQUATICS



Welcome **Kathy Nkhoma**

Aquatics Manager

"I am so excited to get started and connect with WSC swimmers!"

Kathy has been working and coaching for local park districts in a variety of levels for several years, and has a great appreciation for community. She played a variety of sports growing up in Glen Ellyn, focusing on softball and barrel racing. She enjoys spending time being active with her husband and children. Her primary goal is for everyone to learn, grow and have a great experience in the water!

MASTERS SWIM **UNLIMITED**

Membership +\$59/month

Add Masters Swim Unlimited to your membership for unlimited access to all of our Masters Swim classes!

Tuesdays at 5:30am & 5:30pm
Thursdays at 7:00am & 5:30pm
Saturdays at 7:00am* *90 minute class

TAKE A CLASS!

Click Here!

Non-Masters Swim Unlimited Drop In Classes: \$20 per class

SPEND SUMMER AT THE POOL!

Join our
GROUP SWIM LESSONS!

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

Register Here

A young girl with blonde hair, wearing a pink swimsuit, is smiling and leaning on a tiled edge of a swimming pool. The background shows blue water and green palm fronds.

THERAPY POOL OPEN SWIM SCHEDULE

Effective September 19th, 2023

Monday

5am - 10:30am
1pm - 4:30pm
6:30pm - 9pm

Tuesday

5am - 11:45am
2pm - 4:30pm
6:30pm - 9pm

Wednesday

5am - 10am
10:30am - 11:45am
1pm - 4:30pm
6:30pm - 9pm

Thursday

5am - 12pm
2pm - 4:30pm
6:30pm - 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 to learn more!

PILATES

REACH
flexibility | strength | balance

MONDAY		THURSDAY	
9:30-10:25am	REACH Jessica	5:30-6:25am	REACH PLUS Katie
5:00-5:55pm	REACH Corie	10:00-10:55am	REACH Jessica
TUESDAY		6:30-7:25pm	REACH Katie
5:30-6:25am	REACH PLUS Lisa D.	FRIDAY	
WEDNESDAY		9:00-9:55am	REACH PLUS Karen
6:00-6:55am	REACH PLUS Corie	12:00-12:55pm	REACH Kate
10:30-11:25am	REACH Karen		
5:00-5:55pm	REACH Katie		

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 9/01/2023

precision
STUDIO

**SMALL GROUP
PILATES REFORMER
CLASS SCHEDULE**

MONDAY	THURSDAY
Pilates Strong Flow Intermediate 8:00-8:55am Gail	Pilates Strong Flow Intermediate 6:30-7:25am Katie
TUESDAY	Pilates Strong Flow Intermediate 8:15-9:10am Katie
Pilates Strong Flow Intermediate 8:15-9:10am Katie	Pilates Intermediate 12:00-12:55pm Gail
Pilates Strong Flow Intermediate 10:00-10:55am Katie	Pilates Foundation Flow 7:30-8:25pm Katie
WEDNESDAY	SATURDAY
Pilates Intermediate/Advanced 9:15-10:10am Gail	Pilates Strong Flow Intermediate 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@wheatonsportcenter.com for more details.

CHILD CARE

WSC CHILD CARE
MONDAY, OCTOBER 9TH
10:00AM

WSC Child Care Welcomes:
WHEATON FIRE DEPARTMENT

Join us in the WSC Gym (north side) as we host our annual "Fire Prevention & Safety Tips" event! Wheaton Firefighters will be on hand to teach WSC children about fire safety, including an important message for any child: "Don't Fear FIREFIGHTERS in Gear!" Each child will also receive a parent-child learning activities book to take home.



WSC CHILD CARE
TUESDAY, OCTOBER 31ST
10:35AM

WSC Child Care Welcomes:
SNOOKIE THE CLOWN

Calling all good Ghouls and Boys! Join us for our annual WSC Child Care Halloween Parade in the Member Lounge, led by Snookie the Clown. Wear your favorite costume, enjoy a spooktacular story time, play games, take part in fun activities, and participate in our Halloween coloring contest for a chance to win "fangtastic" prizes!



WSC CHILD CARE
MONDAY, OCTOBER 16TH
10:00-11:30AM

WSC Child Care Welcomes:

Sole Unique Dance Complex Co-owner, Diana True
to teach the fun of dance to all our mini members!

Educating WSC children through dance and movement activities.

Featuring dance programs for the following age groups and time frames:

- Kids Club (4-7 year old children) 10:00am-10:30am
- Main Room (2 & 3 year old children) 10:30am-11:00am
- SUDC Promotional Table 11:00am-11:30am

For further information: contact WSC Child Care at (630) 315-5313
or go online to www.wheatonsportcenter.com. Child Care
Reservations are required for this event.



SOLE UNIQUE

**“FRIENDS
DANCE TOO”
WEEK**

OCTOBER 16-21

Bring your friends
to dance class!
**GIVEAWAYS &
RAFFLES!**



**Sign up for
SUDC Term 2**

October 23rd -December 17th

Register Here

SOLEUNIQUE
DANCE COMPLEX

SEASON AT A GLANCE

Keep up to date on all
things Sole Unique!

[View Here](#)

**NO CLASSES ON
HALLOWEEN**
- **OCTOBER 31ST** -

SOLEUNIQUE
DANCE COMPLEX



**HALLOWEEN
THEME WEEK**
OCTOBER 23 - OCTOBER 30
COME TO CLASS IN
YOUR HALLOWEEN
COSTUME!

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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