



Wheaton Sport Center

September Newsletter

Refer a friend in September 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 September 30th, 2023.



Wheaton Sport Center Goes to

GREECE

Want to learn more? Reserve your spot at the 2024 Travel Club informational presentation on September 20th from 6:30 to 7:30PM to get all of the details.

Join us April 23rd - May 1st, 2024 as we travel for 9 days to Athens and the Greek Islands. You won't want to miss this opportunity to travel with WSC friends to awe-inspiring Greece. This trip will be fully guided with 10 meals, sightseeing, baggage handling and airfare included.

(Non-WSC members are welcome)

[Reserve Your Spot](#)

GROUP FITNESS



FALL KICKOFF BOOTCAMP *with Leslie*

Saturday, September 23rd | 8:30am-9:30am

Join us for this special Group Fitness class in the WSC Gym! The Bootcamp is a high-intensity class featuring body weight exercises to increase heart rate, as well as intervals of dumbbell strength training and partner work.

[Register Now](#)

CHECK OUT THESE NEW GROUP FITNESS CLASSES!

CYCLE EXPRESS

Tuesdays at 8:00am-8:30am
Sweat, Burn, and Torch Calories in this Classic 30-minute spin class perfect for beginners and cyclers of all levels.

WARM WATER CORE BEGINNER

Tuesdays at 12:45pm-1:35pm
This beginner class will tone, tighten, and sculpt your core. A strong core improves everyday movement patterns, stability, and balance and lessens wear and tear on the back. All fitness levels will benefit from this training in the warm water pool.



Formerly called Athletic Conditioning,

BOOTCAMP

**will be offered every
Saturday at 8:30am-9:20am!**

Bootcamp is a dynamic and intense workout that combines elements of military-style training, high-intensity interval training (HIIT), and functional exercises. These classes are designed to provide a total body workout that challenges participants both mentally and physically.

[View the Schedule](#)

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
<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core 	<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core
TUESDAY	SATURDAY
<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core 	<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core
WEDNESDAY	SUNDAY
<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core 	<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core
THURSDAY	
<ul style="list-style-type: none"> 5:30-6:00am [A] BOX 'N BURN Core 6:00-6:30am [A] BOX 'N BURN Core 6:30-7:00am [A] BOX 'N BURN Core 	

Booking and Fitness Class that helps:

- Weight & 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 online whatsportcenter.com

Classroom 12000 7th Ave. Suite 1000, Westborough, MA 01581 | (508) 853-2222

ASCEND CYCLE STUDIO

2023 Effective 08.14.23

MONDAY	THURSDAY
<ul style="list-style-type: none"> 5:45-6:30am [A] CYCLE Megan 6:30-7:15am [A] CYCLE Megan 	<ul style="list-style-type: none"> 5:45-6:30am [A] CYCLE Megan 6:30-7:15am [A] CYCLE Beth
TUESDAY	FRIDAY
<ul style="list-style-type: none"> 5:45-6:30am [A] CYCLE 'N COME Lisa 6:30-7:15am [A] CYCLE EXPRESS Chelsea 7:15-8:00am [A] CYCLE Beth 	<ul style="list-style-type: none"> 5:45-6:30am [A] CYCLE Megan 6:30-7:15am [A] CYCLE Beth
WEDNESDAY	SATURDAY
<ul style="list-style-type: none"> 5:45-6:30am [A] CYCLE Beth 	<ul style="list-style-type: none"> 6:30-7:15am [A] CYCLE Anna / Beth
SUNDAY	
<ul style="list-style-type: none"> 6:00-6:45am [A] CYCLE Anna 	

KEY: NEW INSTRUCTOR, NEW TIME

Updated 06.03.23

STUDIO 4 Group Fitness Classes

MONDAY	WEDNESDAY	FRIDAY
<ul style="list-style-type: none"> 8:30-9:25am [A] YOGA 1-2 Heather 9:30-10:25am [A] YOGALATTES Gail 10:45-11:40am [A] CHAIR YOGA Beth 10:45-11:40am [A] CHAIR YOGA Jennie 6:30-7:25am [A] YOGA LEVEL 1-2 Amy (A/Nov) H 6:30-7:25am [A] YOGA LEVEL 1-2 Mary 	<ul style="list-style-type: none"> 8:00-8:55am [A] MAT PILATES Gail 10:30-11:25am [A] GENTLE YOGA Carrie 6:30-7:25am [A] YOGA LEVEL 1-2 Amy (A/Nov) H 7:30-8:25am [A] YOGA LEVEL 1-2 Beth P 10:30-11:25am [A] HEART/HEALTHY/DANCE Davida 5:00-5:55am [A] MAT PILATES Jennie 	<ul style="list-style-type: none"> 9:30-10:25am [A] YOGALATTES Davida 10:45-11:40am [A] CHAIR YOGA Heather 10:45-11:40am [A] GENTLE YOGA Carrie 10:00-10:55am [A] YOGA LEVEL 1-2 Jennie P 8:15-9:10am [A] YOGA LEVEL 1-2 Carrie
TUESDAY	THURSDAY	SATURDAY
<ul style="list-style-type: none"> 7:30-8:15am [A] CORE CONNECTION Carrie 8:30-9:25am [A] YOGA LEVEL 1-2 Gail 	<ul style="list-style-type: none"> 7:30-8:25am [A] YOGA LEVEL 1-2 Beth P 10:30-11:25am [A] HEART/HEALTHY/DANCE Davida 5:00-5:55am [A] MAT PILATES Jennie 	<ul style="list-style-type: none"> 10:00-10:55am [A] YOGA LEVEL 1-2 Jennie P 8:15-9:10am [A] YOGA LEVEL 1-2 Carrie

LOCATION KEY: [A] STUDIO 1, [B] STUDIO 2, [C] STUDIO 3, [D] STUDIO 4

Effective 8/15/2023

[View More Schedules](#)

THE SPA

PAM SANTANIELLO

Is Here for All Of Your Nail Needs!



Pam is extending her hours on Tuesdays, Wednesdays, Thursdays to 9:00am-2:30pm.

Luxury Nail Care:

- + Manicures
- + No Chip Manicures
- + Pedicures
- + Callus Therapy
- + And More

Treat Yourself!

[Book Now](#)

NEW HydroPeptide® Liquid Resurfacing Solution

The HydroPeptide Liquid Resurfacing Solution exfoliates and brightens your skin for *long-term, age-defying results*.

This lightweight, leave-on exfoliant visibly improves skin tone and texture without compromising the skin's moisture barrier.

Get ready for fall with products that offer maximum benefits for all skin types.

Shop at
The  Spa



jane iredale
THE SKINCARE MAKEUP®

Clear Out Sale

75% OFF All Make Up & 50% OFF All Brushes

Shop at The  Spa

Discount valid through Septmeber 30th, 2023.

THE STUDIO

Studio Feature

Studio Hot (105°)

A distinct sequence of breathwork and poses, this class is a challenging practice for the body and the mind. Prepare to move slowly, hold steady, and sweat!

Benefits of Hot Yoga

- *Increased Flexibility*
- *Burns Calories*
- *Boosts Heart Health*
- *Helps Manage Stress*
- *Greater Lung Capacity*
- *And more*

[Take a Class](#)



The Studio SCHEDULE



MONDAY	
9:30-10:30am [95]	STUDIO POWER Jeannie
11:00-12:00pm [105]	STUDIO HOT FUSION Karen
6:00-7:00pm [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	
7:00--8:00am [85]	STUDIO SCULPT Corie NEW TIME
9:30-10:30am [85]	STUDIO FLOW 2 Heather
6:00-7:00pm [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 FLOW & FOAM-ROLLER Jessica NEW CLASS

SATURDAY	
9:00-10:00am [85]	STUDIO FLOW 2 Jeannie
10:30-11:30am [85]	STUDIO SCULPT Jen

SUNDAY	
9:30-10:45am [75] +	STUDIO FLOW 1.5 W/ MUSIC MEDITATION Carrie
3:00-4:00pm [105]	STUDIO HOT 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 9/01/2023.

PICKLEBALL

View Our Pavilion Schedule Here



WSCup Series

Doubles Tournament

Fall Cup

September 9th-10th

Registration opens August 18th.

DIVISIONS:

Open: 4.5+ rating,
Saturday at 1:00pm

Gold: 3.5-4.0 rating,
Saturday at 5:00pm

Silver: 3.49 rating or lower,
Sunday at 8:00am

*Warmup begins 30 minutes
prior to start time.*



Cash Prizes!

\$55 WSC Member Team
\$60 Member & Guest Team
\$65 Guest Team

*WSCup Series T-shirt included
in tournament fee!*

Register Here

*Registration closes 4 days prior to tournament.
50% cancellation refund before September 2nd, 2023.
No refunds after September 2nd, 2023.*

Tournament Format:
**Five pool play games with
single elimination playoff.**

If you do not have a WSC rating, you will be asked to provide rating documentation or the Tournament Director will place you to optimize tournament flow.

NEW TO PICKLEBALL?

**Learn to Play for Free
with Pickleball 101!**

Click here for more information.

[Register Here](#)



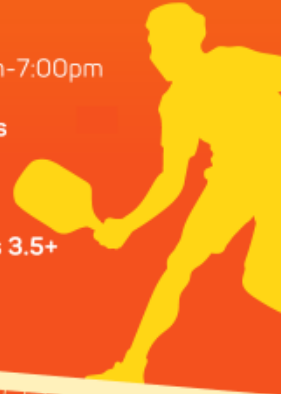
WSC's NEW Pickleball Offerings Starting September 4th

Pickleball Ball Machine Skills & Drills
Tuesdays
Level 2.5-3.0: 2:00pm-3:30pm
Level 3.5+: 6:00pm-7:30pm

Cardio Pickleball
Mondays 6:00pm-7:00pm

Skill-Master Drills
Thursdays
8:00am-9:30am

Skill Master Drills 3.5+
Thursdays
6:00pm-7:30pm



[Click Here for Details](#)



GET ALL OF YOUR PICKLEBALL ACCESSORIES AT WHEATON SPORT CENTER!



Pickleballs
Bags
Paddles
Protective Eyewear
Paddle ID Bands
Overgrips
WSC Pickleball Hats
WSC Pickleball T-shirts



**Check out the WSC Fall
Pickleball Schedule
Starting September 4th**

Join us in the Pickleball Pavilion
and be a part of the action!

[View the Schedule](#)

A photograph showing several people playing pickleball in a large indoor facility with multiple courts. The courts are blue with white lines. The text is overlaid on the image.

**FREE PICKLEBALL
RATING CLINICS**

**Mondays at
8:00am-9:00am**

**Tuesdays at
7:30pm-8:30pm**

Sign up for a WSC Rating
Clinic today – learn your level
of play and receive feedback
on where to improve.

[Register Here](#)

AQUATICS

FREE MOCK MEET

September 28th | 4:30PM - 7:00PM

Join us at our first ever Mock Meet for fun events like t-shirt relays, fin relays, backwards swimming races and other co-ed events. Meet fellow swimmers of all ages, practice your skills, be competitive and most of all, have a blast in the pool!

This meet is perfect for swimmers ages 13-99.

[Register Here](#)

**WARM UP BEGINS AT 4:30PM.
FOOD AND REFRESHMENTS TO FOLLOW.**



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](#)

THERAPY POOL OPEN SWIM SCHEDULE

Starting 8/14/23

Monday

5am - 9am
10am - 11:45am
12:35pm - 4:30pm
7pm - 9pm

Tuesday

5am - 11:45am
12:35pm - 4:30pm
7pm - 9pm

Wednesday

5am - 9am
10:10am - 11:45am
12:35pm - 4:30pm
7pm - 9pm

Thursday

5am - 9am
10am - 12pm
2pm - 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 to learn more!

PILATES

WSC IS EXCITED TO WELCOME
JESSICA GRACE
 TO THE REACH TEAM!

You may recognize Jessica as one of our long-standing yoga instructors, and you can now enjoy her teaching REACH in the Precision Studio.

[Register Here](#)

TAKE A CLASS TODAY!



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
		6:30-7:25pm	REACH Katie
TUESDAY		FRIDAY	
5:30-6:25am	REACH PLUS Lisa D.	9:00-9:55am	REACH PLUS Karen
6:00-6:55am	REACH PLUS Corie	12:00-12:55pm	REACH Katie
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

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
Pilates Strong Flow Intermediate 8:15-9:10am Katie	Pilates Strong Flow Intermediate 8:15-9:10am Katie
Pilates Strong Flow Intermediate 10:00-10:55am Katie	Pilates Intermediate 12:00-12:55pm Gail
Pilates Intermediate 6:00-6:55pm Gail	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.

TENNIS

SEPT

**Free Tennis University
Classes Begin -**

5

If you're new to tennis,
our FREE Tennis

University class is perfect for you. A
new 4-week session begins each month.

[Details Here](#)



SEPT

**US Open Mixed
Doubles Tie-Breaker
Tournament -**

8

Grab a partner and
celebrate the final Grand Slam Tennis
Tournament of the year with us.

[Details Here](#)

SEPT

**Evolution Kids World
Tour New York -**

9

Red, Orange & Green
players, take a bite out of

the Big Apple and join us for tournament
play in celebration of the US Open
Grand Slam Tennis Tournament.

[Details Here](#)

SEPT

**Adult Tennis Fall
Session 2 Begins -**

25

Hit the tennis courts
with us this fall - there's
still time to sign up for our fall Session 2
classes!

[Register Here](#)

Fall Junior Tennis Lessons

If you missed the start of the fall
program session, don't worry—
players are still welcome to join us!

Check out our offerings for players
of all ages and levels on our website.

[Details Here](#)



FITNESS

New Equipment on the Fitness Floor!

NAUTILUS GLUTE DRIVE

Inspired by the increasing trend of glute exercises seen in the gyms today, the Nautilus Glute Drive safely isolates your glutes, building power through a strong hip bridge motion, creating sexy glutes, and improved hip and core stability.

These benefits are universally desirable, important for a wide variety of sports and exercises, and are arguably the most important muscles for total athleticism.



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](#)

SEPTEMBER 2023

360 **ATHLETE**

SHARON ADAMS



"I have been a Wheaton Sport Center member since 2002. I have always liked the exercise options offered at WSC; I took ZONE360 classes when they were first offered and enjoyed the format of the classes. In 2022, I returned to the ZONE360 studio after having foot surgery and was able to take the STRENGTH30 and TRX45 classes. They were a great way to return to an exercise routine after a very long recovery, because they were a low-impact option.

The smaller class sizes and one-on-one instruction from the trainers is important to me. In the small group personal training format, not only do the trainers supervise and provide input, but they encourage me to try just a little bit harder! The most challenging routine, which is the one I like the most, is TREAD/ROW45. It provides solid cardio for 45 minutes and is all about individual challenges. I always feel a sense of accomplishment after the class, and happy that I finished. Overall, I have taken all of the class formats and enjoyed each one. The ZONE360 environment has been great for my personal fitness journey.

When I started ZONE360, I could not do a push-up—now I can, and I am not going back! I compete against myself, pushing for continuous improvement, lifting heavier weights, and increased incline on the treadmill. The classes are always challenging and engaging, with varied routines that keep the experience fresh. This is important to me because I need that variety to stay engaged and challenged."



"The trainers are a very important part of the ZONE360 experience. As certified personal trainers, they combine their encouragement with tremendous knowledge, providing guidance on proper form and specific, well-thought out programming. They meet each person where they are and they are very motivating!

One of the most important parts of the ZONE360 experience is the camaraderie among the fellow members. Because the objective is personal improvement, I believe my competition is with myself, not the other members. This makes for a very supportive environment. I would encourage those already participating to keep challenging themselves! And for anyone who has not tried a ZONE360 class, I would say, "Try it! You'll like it!"



2023 SCHEDULE

MONDAY	
5:45-6:45am	ZONE60
7:00-7:30am	STRENGTH30
7:45-8:15am	STRENGTH30
8:30-9:00am	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

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

THURSDAY	
5:30-6:30am	ZONE60
6:45-7:15am	STRENGTH30
9:00-9:30am	STRENGTH30
9:45-10:30am	TREAD/ ROW45
6:00-6:30pm	STRENGTH30


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

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 08.24.23




 paperpie

WSC CHILD CARE
2023 FALL BOOK FAIR

Friday, September 8th
 & Saturday, September 9th

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, SEPTEMBER 18TH
10:00AM

SPECIAL GUEST

WSC Child Care Welcomes:
DUPAGE ANIMAL CARE & CONTROL

Educating WSC Children on Pet Safety & offering helpful tips for interacting with "Furry Friends!"



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