

July 2024 Wellness News



RED, WHITE AND BLUE!

Let the fireworks start early this 4th of July.

West Hills will be CLOSED on the 4th of July except for this special workout with Fitness Director Dre.

July 4 at 8 a.m. \$20 member, \$25 guest

EMAIL DRE >



NEW Addition(s)!

WHAC welcomes Greg Root and his new classes, plus a league.

Classes 7/8-8/15

Monday 5:30–6:30 p.m. \$96 Pickleball Learn to Play

Monday 6:30–7:30 p.m. \$96 Pickleball Advancing Beginner Wednesday 3–4 p.m. \$96 Pickleball Learn to Play

Classes 7/8-8/15 (no class 7/25)

Thursday 4:30–5:30 p.m. \$80 Pickleball Learn to Play Thursday 5:30–6:30 p.m. \$80 Pickleball Advancing Beginner

Intermediate League 7/10-9/4

(8 weeks – no league 8/21) \$48 members, \$80 guests Wednesday 4–5:30 p.m.

MORE INFO >



BENEFITS:

- Build strength
- Avoid injuries
- Maximize stamina

Pick your day and time:	
Monday	10 a.m. or 5:30 p.m.
Tuesday	Noon or 5:30 p.m.
Wednesday	Noon
Thursday	10 a.m. or 5:30 p.m.
Friday	10 a.m.

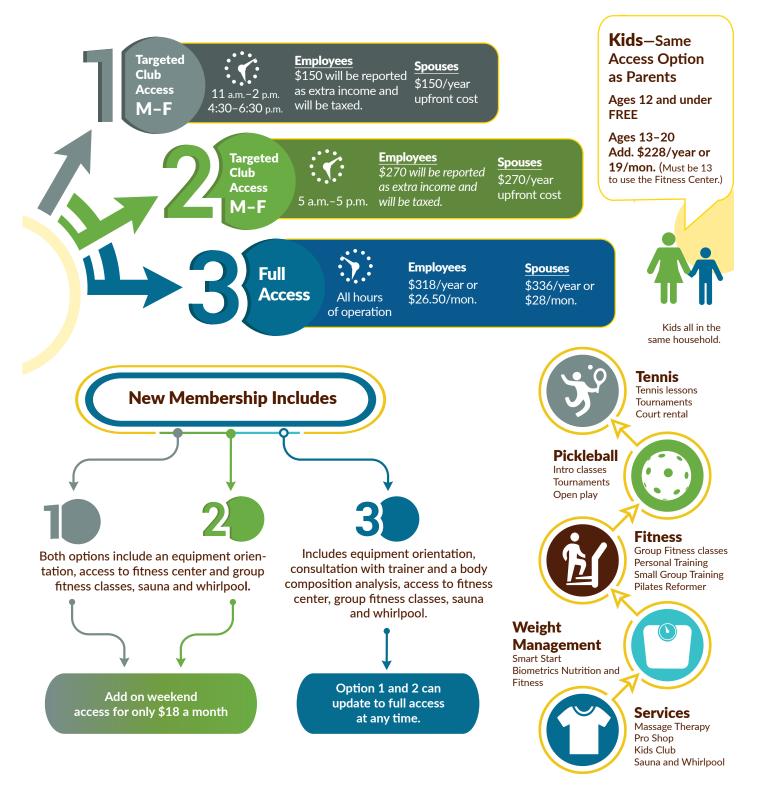
July 8-Aug. 16

\$108* member, \$130* guest *per day/class time

EMAIL DRE >

MEMBERSHIP

Options for benefits-eligible employees



For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410. MORE INFO >