

# Wellness News

OCTOBER 2025



## FITNESS CLASSES

### We're bringing the heat

Our trained instructors are launching new workout classes that feel like a mini vacation. No matter your fitness level, this is the perfect chance to learn new moves and enjoy some upbeat tunes with friends. No registration required, just throw on your most colorful tropical outfit and join us for a session filled with laughter, sweat, and great energy. Let's make some awesome memories!

### Join us Oct. 4-5

8-11:30 a.m.

Included with WHAC membership.

Every full-time WMU employee has a membership at West Hills Athletic Club, see the next page for info.

[SEE THE SCHEDULE >](#)

## TENNIS TOURNEY

### Fall comes at you fast! Act now.

#### Events:

- Women's and Men's Singles 3.0, 3.5, 4.0 & 4.5
- Women's, Men's and Mixed Doubles 6.0, 7.0, 8.0 & 9.0 (Combined ratings)

#### Match times:

Schedules will be posted online Wednesday, Oct. 15 at noon.

Participants must be prepared to play as early as 5 p.m. on Friday, Oct. 17.

#### Entry fee:

\$60 per player for the first event and \$45 per player second event.

**Registration deadline:**  
**Friday, Oct. 10**

[MORE INFO AND SIGN UP >](#)

## FIRST ANNUAL

### Pickleball Tournament

This is an indoor event at the brand new Latitude 42 Pickleball Complex at West Hills Athletic Club. We have 13 indoor, tournament-sized courts with permanent nets.

- Round Robin Format
- Our tournament ball is the Franklin X-40
- T-shirt if registered by Sunday, Oct. 26

**Saturday, Nov. 8: Men's and Women's**  
**Sunday, Nov. 9: Mixed**

**Registration deadline:**  
**Sunday, Oct. 26**

[MORE INFO AND SIGN UP >](#)

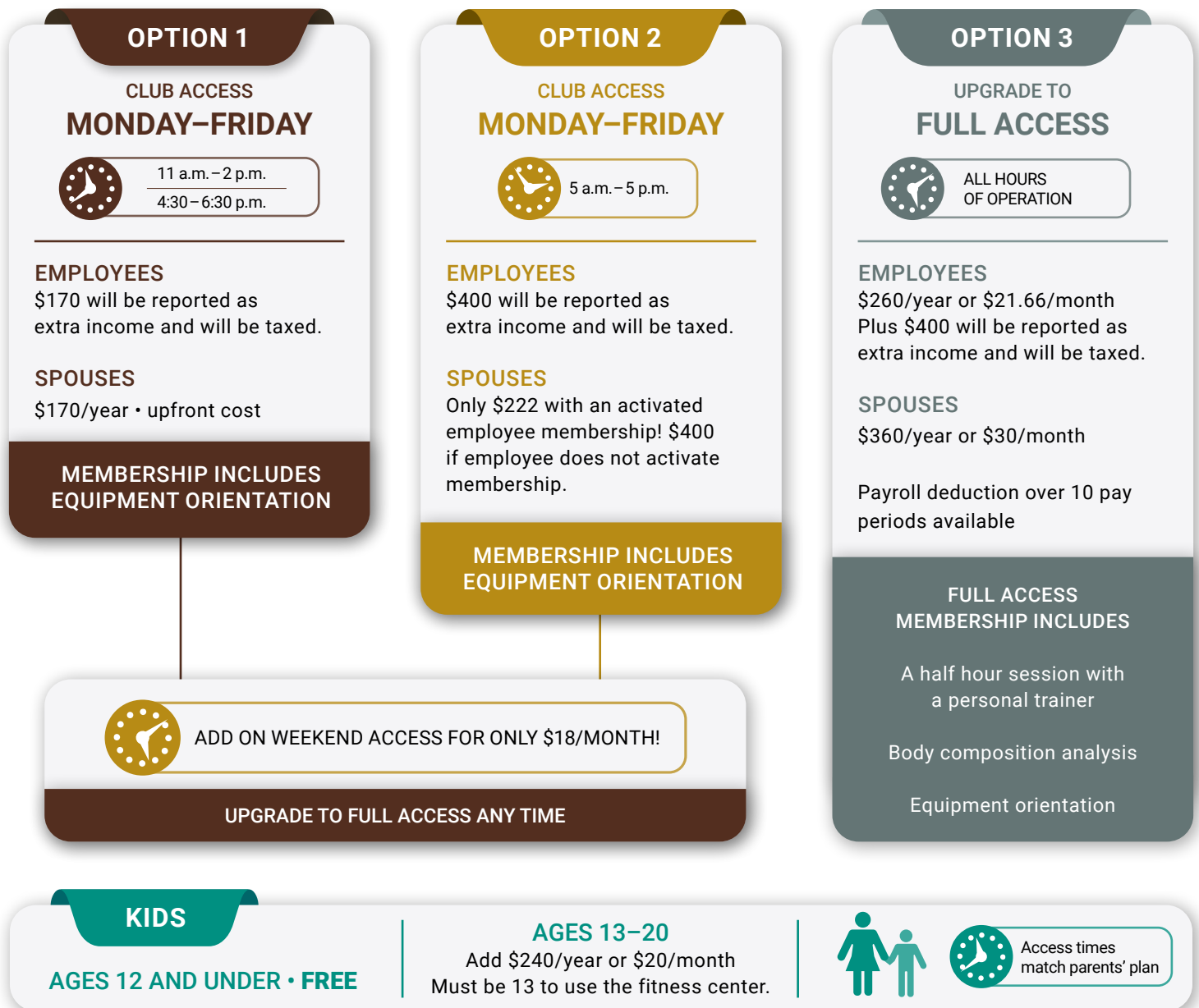


## MEMBERSHIP OPTIONS **BENEFITS ELIGIBLE EMPLOYEES**

See all West Hills has to offer at [wmich.edu/westhills](http://wmich.edu/westhills)

### TAKE ADVANTAGE OF YOUR **FREE** MEMBERSHIP!

Every full-time WMU employee has a membership at West Hills Athletic Club, all you have to do is activate it! Your membership is redeemable as a taxable benefit. For questions or to schedule a tour, please call (269) 387-0410.



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

**MORE INFO >**