

Wellness News

NOVEMBER 2025



VISIT US AT THE EXPO

Claim your membership benefit to West Hills Athletic Club

Every full-time WMU employee has a membership at West Hills Athletic Club—just activate it to start enjoying all the benefits! Your membership is redeemable as a taxable benefit.

Plus, we're excited to share that we'll have a body composition analyzer on hand, along with some awesome free giveaways for memberships and programs! A body composition scale measures the percentage of different components in your body, including body fat, muscle mass, bone density, and total body water. This gives you a more detailed picture of your health than just weight alone.

We can't wait to see you there!

Join us Nov. 4

9 a.m.–3:30 p.m.

FITNESS TRAINING!

Pickleball specific.

Benefits:

- Build strength
- Avoid injuries
- Maximize stamina

Pick your day and time

Mondays	10 a.m. or 5:30 p.m.
Tuesdays	10 a.m.
Wednesdays	12:30 p.m.
Thursdays	10 a.m. or 5:30 p.m.
Fridays	10 a.m.

*per day/class time

6 weeks, Nov. 10–Dec. 19

Member: \$108

Guest: \$130

EMAIL DRE >

OR CALL: (269) 387-0410

PRE-TURKEY WORKOUT

Torch those Thanksgiving calories with a hot, hot, hot morning workout, so you can feast guilt-free!

Join Dre for a high-energy session that'll leave you sweating, feeling strong, and ready to enjoy every bite of your holiday meal.

Join us Nov. 27

8 a.m.

\$20 member, \$25 guest,

\$10 SMG unlimited pass holders

REGISTER ONLINE >

(269) 387-0410

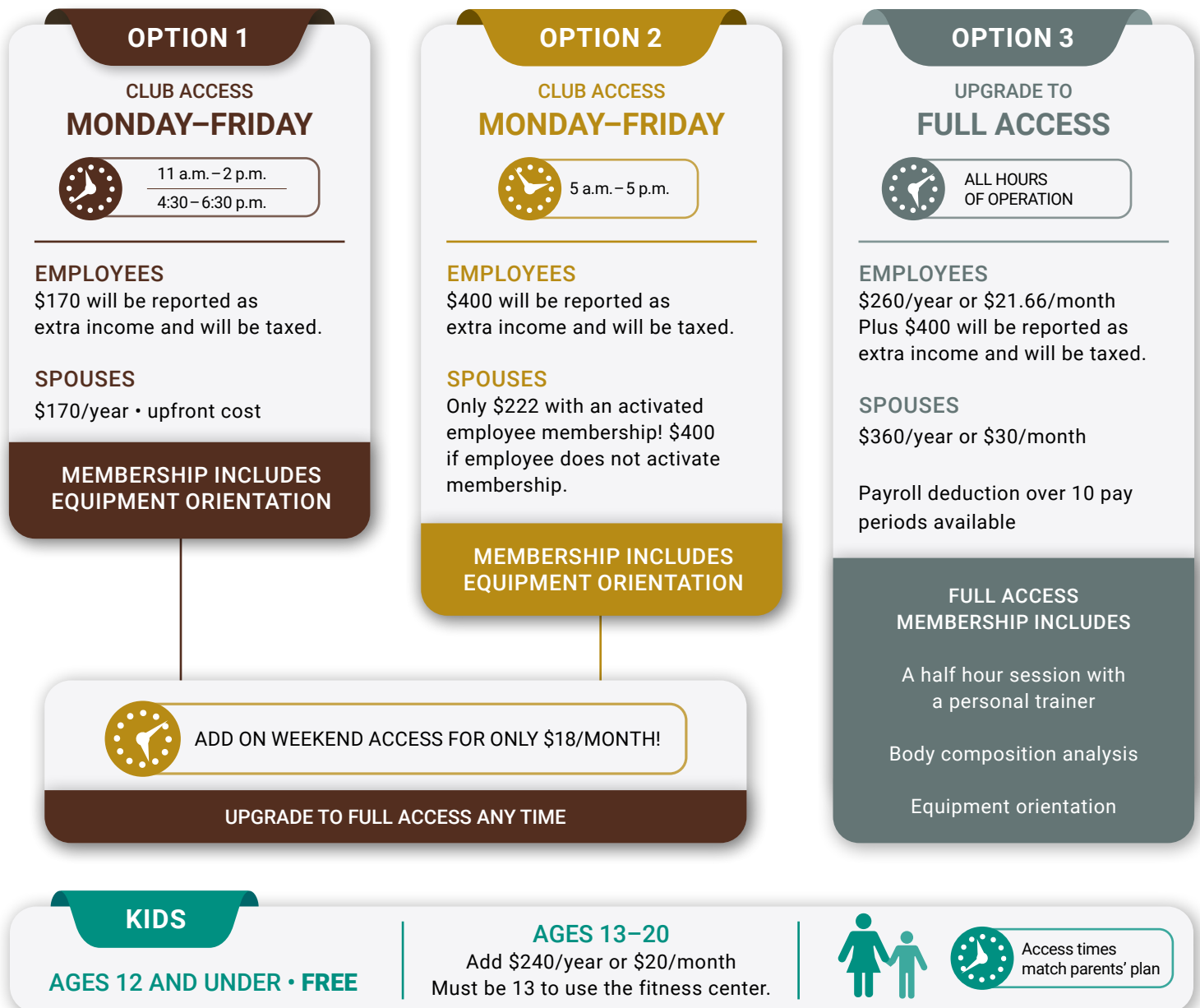


MEMBERSHIP OPTIONS **BENEFITS ELIGIBLE EMPLOYEES**

See all West Hills has to offer at 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 >