

Wellness News

DECEMBER 2025



TEAM CHALLENGE!

Teams will be formed with a minimum of five and a maximum of 10 team members.

Program includes:

- 2 one-hour training sessions per week with your trainer and your team
- 1 weekly group workout customized by your trainer for your group to do on your own
- Macronutrients and tracking education
- Customized macronutrient guidelines
- Pre- and post- fitness testing
- Pre- and post- body composition analysis

Prizes awarded to team and individual winners

INDIVIDUAL FEES:

MEMBERS: \$499 | GUESTS: \$599

Payment options available.

MORE INFO AND TO REGISTER ONLINE >



NYO TENNIS TOURNAMENT

Make a New Year Resolution to play this tournament Jan. 2-4! Registration deadline: Friday, Dec. 26

Events:

- Women's and Men's Singles 3.0, 3.5, 4.0 and 4.5
- Women's, Men's and Mixed Doubles 6.0, 7.0, 8.0 and 9.0 Combined Ratings

Match times:

Schedules will be posted online Wednesday, Dec. 31 at noon. Participants must be prepared to play as early as 5 p.m. on Friday, Jan. 2.

Dinner:

Saturday, Jan. 3, 5-7:30 p.m.

FREE for tournament participants, Guests \$20

Entry fee:

\$65 per player for first event
(\$45 per player second event)

REGISTER TODAY >

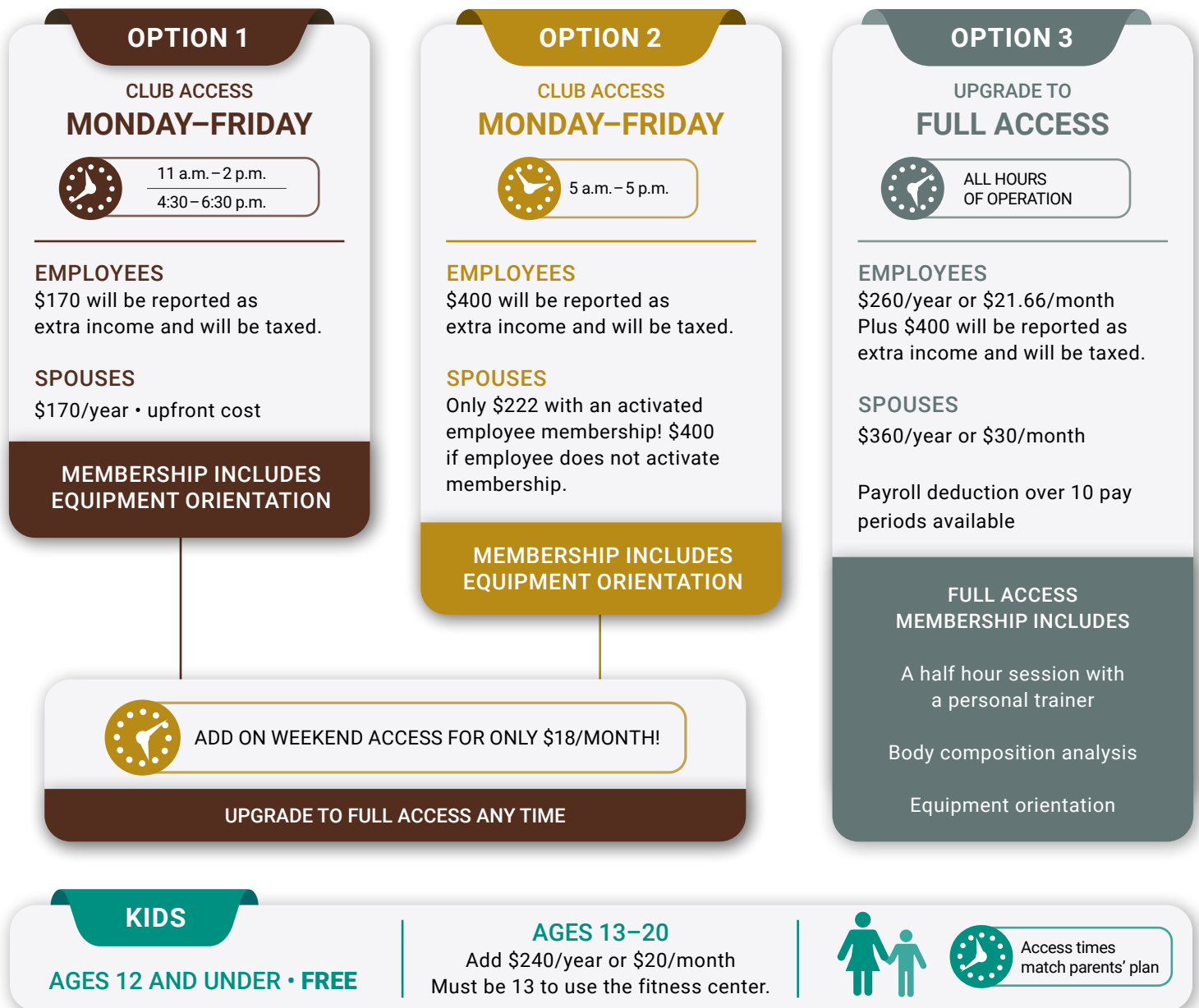


MEMBERSHIP OPTIONS **BENEFITS ELIGIBLE EMPLOYEES**

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 >