

Wellness News

OCTOBER 2026



Register for the 2nd Annual Zoo City SMASH! Pickleball Tournament Today!

REGISTER BY FRIDAY, OCT. 25 TO GUARANTEE A T-SHIRT

Last year was a smashing good time, so why not double that fun with another dose of playful Pickleball competition? If you missed out last year, then here's your chance to participate. **This event will be held Nov. 7-8 at West Hills.** This tournament uses a round robin format with scores uploaded to DUPR following the tournament.

\$60 registration fee

(includes up to two events at no additional charge.)

[LEARN MORE AND REGISTER >](#)



Party time!

Friday, Oct. 9 come to our Fall member appreciation celebration! This event will include music performed by Tony Fields & Doug Decker. **Pickleball open play will run from 4-8 p.m.** then from 6-9 p.m. you are invited to enjoy some light appetizers, beer and wine plus live music. **Registration is required.** Register on the WHAC App, by visiting the front desk or by calling (269) 387-0410.

FREE members | \$10 guests

[MORE INFO >](#)



Start your Fall fitness journey with Pilates!

SIGN UP FOR YOUR FREE CONSULTATION AND DEMO

Pilates on the Reformer can dramatically transform how your body looks, feels, and performs. No matter your age or physical condition, the pilates low impact approach will work for you! Classes run 50 minutes offered as 10 week sessions with drop-ins and private or semi private lessons. If you have four or more people you can start your own class. View times and pricing in the schedule link.

[PILATES CLASS SCHEDULE >](#)

Learn a few of the basic exercises and get help deciding which class best suits your needs during the **FREE consultation and 30 minute demo.** Contact Betsy Sell for more details at (269) 387-0412 or betsy.sell@wmich.edu

[PILATES DEMO FORM AND INFO >](#)

OCT. 16-18

2026 FALL CLASSIC TENNIS TOURNAMENT

Registration deadline: **Friday, Oct. 9**

[LEARN MORE AND REGISTER >](#)



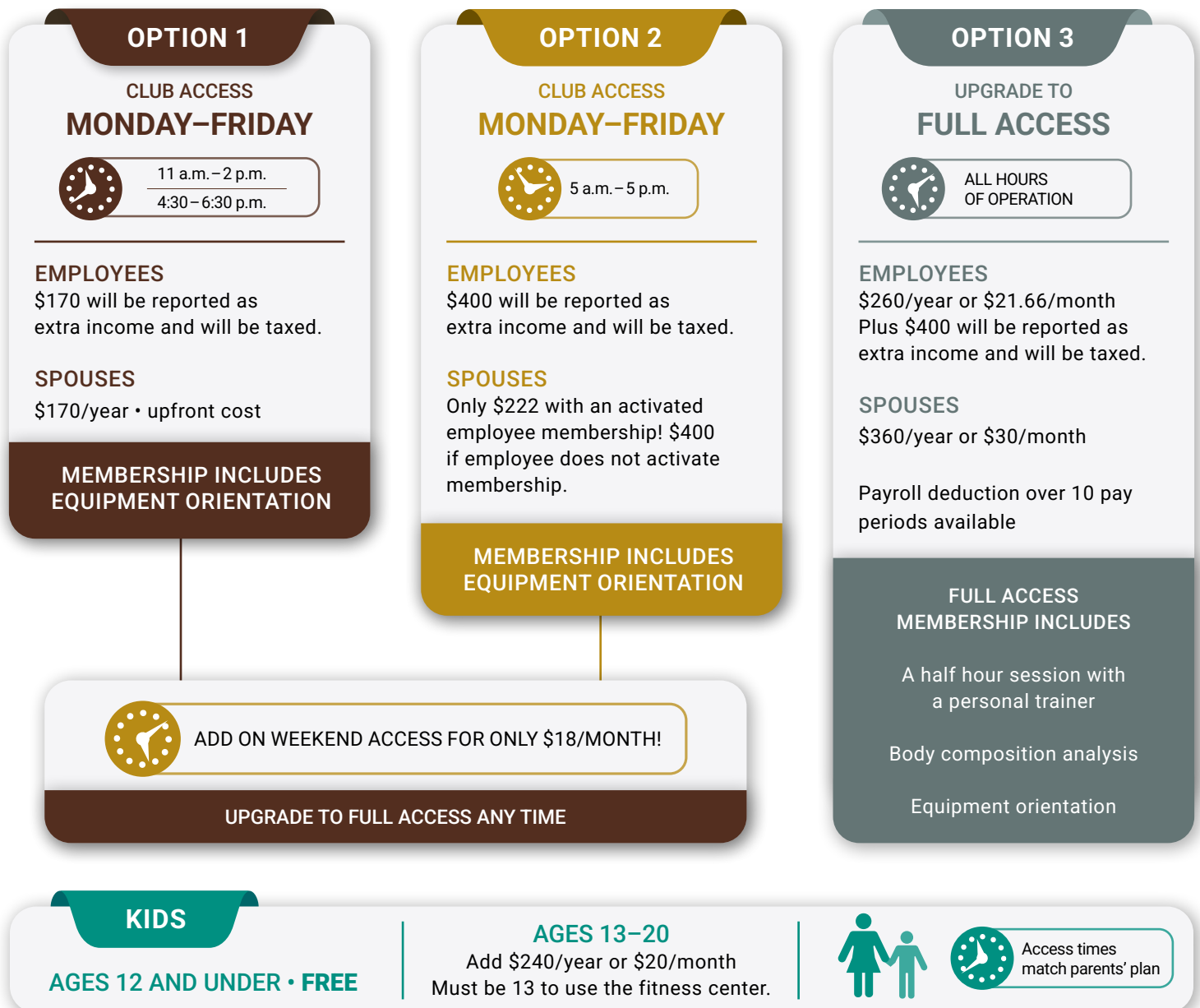


MEMBERSHIP OPTIONS **BENEFITS ELIGIBLE EMPLOYEES**

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 >](#)