



Fall Newsletter

Fitness Corner

In October we have added **multiple** new classes such as Yoga for Strength which will be an intense workout! Lunch time Treadz is back! Join Stacy for a quick hard workout on your lunch break! We also have a new senior specific yoga class called Chair Yoga. We also have Isometric Intervals with Theresa on Monday evenings! Total Body Sculpt with Makayla will be on Tuesday evenings starting October 1st. Power Step on Friday mornings with Stacy is also a new class. We can't forget about the pool! Annette has started a new Deep Water Aqua class designed to burn fat and increase cardiovascular fitness, range of motion and tone!

In the Know

We have a new Fishing 101 program running and registration is open! Check out the flyer on the back page!

We also strive to continue to listen to and implement member/guest suggestions. An update to recent comments is found in the "In the Know" section at each entrance. If you have any comments or questions, please fill out a comment slip at the front desk or fitness desk.

Meet our Staff

Andrea, Manager on Duty

Andrea has come back to the WSC family after having her son! Her boyfriend, Kyle, her son Nolan and her enjoy their lives with their three dogs Koda, Cooper and Tucker in Altamont. They also enjoy spending time with family and outside going on walks. Say hi to Andrea next time you see her!



Guest Services

Leah Ritter: Director of Guest Services
Leah has been with WSC since April 2017. She is blessed with a one year old son and has the best husband! While not at work, you can find her chasing after a toddler, in the kitchen baking and exploring the outdoors, be it camping, hiking, swimming or road tripping with her family. Some of what Leah does around WSC is take care of member's accounts, help facilitate with events/parties, work with corporate companies/businesses around the area, and work with insurance companies to provide memberships for their members through our facility. Leah also oversees questions and comments our members or non-members may have. Leah is passionate about providing our member and guests with the best experience while at the complex! If you have any questions, comments or concerns please contact Leah by email at
lrutter@workmansportscomplex.com
or 217-500-0017.



Jr. NBA Update

Jr. NBA (following CDC guidelines) assessment and registration process will begin the end of October. That is assuming nothing changes due to COVID-19. If anything changes, we will let everyone know as soon as we know.

Heartland Hurricanes

Heartland Hurricane season has started for the fall! Practice will continue to be Monday-Friday 4:30pm-5:30pm and Saturday from 7:00-9:30am on non meet days. There is also now a scholarship fund that members/guests can donate to assist families with swim team dues for their child/children.

FAQ What programs will be ran at WSC in the near future?
We are continually looking at when our Fall programs can start and making sure we follow CDC guidelines. We will update everyone as we know more answers.

FISHING 101

4 week program from Oct. 12th - Nov. 5th

AGE: 5 & 6
Tuesday and
Thursday at
6:30 - 7:00 PM
Starts October 13th
(Parent/guardian
must attend)

AGE: 7 & 8
Monday and
Wednesday at
6:30 - 7:00 PM
Starts October 12th
(Parent/guardian
optional)



\$20 for members and \$30 for non-members
(T-shirt included)

- Education on water safety
- Introduction to casting
- Casting accuracy and games

Ed spent many years on the professional fishing circuit and has a vast skill set. He has taught many people how to fish throughout the years and has helped guide people in catching their first fish! He takes pride in what he does and is very passionate about teaching the youth how to fish safely and efficiently.



RICHARD E. WORKMAN
Sports & Wellness
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"The PAIN you feel today will be the STRENGTH you need tomorrow."