


Hopedale  
**Wellness Center**  
 Pathways to Wellness



**STEP AHEAD**

Improve Balance. Build Confidence.  
Move with Ease.

A supportive class focused on improving balance, stability, and confidence in everyday movement for independent adults and seniors!



**Two Summer Sessions**

Session 1: June 2 - July 30  
Session 2: July 7 - August 4



**Consistent Class Time**

Tuesdays  
8:00AM - 9:00AM



**Guided Instruction**

Each class will be led by a certified athletic trainer.



**5 Class Package**

\$120 per person, per session.  
Only 10 participants per class.

**JUNE SWIM LESSONS**

**Length of Class:** 30 Minutes

**Instructors:** Ainsley, Zander & Ragean

**Cost:** Members- \$50 | Non-Members- \$60

**Time:** 5:00-5:30PM (Parent-Tot & Level 2),  
5:45-6:15PM (Levels 1 & 3), 6:30-7:00PM (Level 4)

**Days Offered:** Monday's- June 8, 15, 22 & 29  
OR Wednesday's- June 10, 17, 24 & July 1

**PICKLEBALL BEGINNER CLASS**

8:00AM - 10:00AM | JUNE 6, 2026

@ HOPEDALE WELLNESS CENTER | \$15 PER PERSON  
ONLY 12 SPOTS AVAILABLE

REGISTER NOW AT (309) 449-4500



**NO OFF SEASON**

**PERFORMANCE STRENGTH TRAINING**

**High School Athletes**

- June Session: June 1 - June 25
- July Session: July 6 - July 30
- Every Tuesday, Wednesday & Thursday
- 10:00AM - 11:15AM OR 2:00PM - 3:15PM
- \$240 Per Athlete, Per Monthly Session
- What's Included:
  - Up to 16 total training classes available each month
  - Individualized workout programming in a group setting
  - Coaching supervision during every workout
  - Instruction on proper technique and exercise form
  - 15 minute group stretch & mobility session after each workout



**MONTHLY SESSION FEE:**

**\$240**

**Junior High Athletes**

- June Session: June 3 - June 26
- July Session: July 8 - July 31
- Every Wednesday & Thursday
- 9:00AM - 10:15AM
- \$160 Per Athlete, Per Monthly Session
- What's Included:
  - Up to 8 total training classes available each month
  - Individualized workout programming in a group setting
  - Wednesday: Full Body Strength + Core
  - Friday: Speed + Agility + Mobility
  - Coaching supervision during every session
  - Instruction on safe lifting technique & movement
  - 15-minute group stretch & mobility session after each workout



**MONTHLY SESSION FEE:**

**\$160**

# MAJOR REID NANNEN MEMORIAL 5K RUN/WALK

## Volunteer on Saturday, July 4!

- We are looking for course volunteers, water station attendees, course clean-up help and more!
- Volunteers need to be age 13 or older unless being accompanied by a parent.
- No matter what activity you choose, additional details about volunteering will be sent to you a few days prior to the race.
- On the day of, park in Parking Lot C, dress appropriately for the weather and wear comfortable shoes!
- If you have any questions about volunteering, please contact Mindy Peterson-Lindsey @ (309) 449-4290 or mpeterson-lindsey@hopedalemc.com.



**SCAN TO  
VOLUNTEER**

## 10 Years. 1 Mission. - Join the Race!

- A running course that takes you through the heart of Hopedale
- Receive live-time results, a t-shirt, race packet with goodies, and a post-race party with snacks and beverages!
- Awards ceremony starting at 8:30 AM
- Register on or before June 15th for the cheapest rate:
  - 5K Run - \$30
  - 1 Mile Memorial Walk - \$20
- And for the first time ever! A special 10 year anniversary t-shirt of your choosing! **Those that register by June 15<sup>th</sup> will get to pick the shirt color of their choice!**



**SCAN TO RACE!**

## Become a Sponsor!



**SCAN TO BE A  
SPONSOR!**

- 4 sponsorship levels available from \$250 - \$800.
- 60% of sponsorship gift goes to the Hopedale Area Veterans Memorial and 40% will assist in covering operational costs of the event.
- Donations of supplies as a gift in kind can be communicated to geberle@hopedalemc.com
- Sponsorship Deadline: June 15, 2026

## STUDENT ATHLETE OF THE MONTH



### MARCH

**Aubrey Hurckes  
Tremont High School**

Aubrey is a two-sport athlete and a volunteer volleyball coach for the local 14U team. Just recently, Aubrey broke the Tremont High School high jump record with a jump of 5'2".



### APRIL

**Andrew Dawson  
Tremont High School**

Andrew is a two-sport athlete, playing both basketball and baseball for the Turks. He is a 4.0 student and a member of Student Council and National Honor Society. Andrew will attend Valparaiso University in the fall, with plans to play baseball.

Hopedale Medical Complex and Hopedale Rehabilitation & Sports Medicine are pleased to continue this tradition with Dee-Mack, Delavan, Hartsburg-Emden, and Tremont school districts during their 2025/2026 Sports Seasons.

## GROUP FITNESS: RIPPED



**WEDNESDAYS @ 9:15AM**

**HWC GYM**

**Free to Members OR**

**\$20 Day Passes Available**

RIPPED is a 60-minute barbell program for able bodied men and

women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

### VISIT US

222 NW Grove Street  
Hopedale, Illinois  
61747

### CONTACT US

[www.hopedalewc.com](http://www.hopedalewc.com)  
(309) 449-4500

### FOLLOW US

Hopedale  
Wellness  
Center

### HOURS OF OPERATION

Monday – Thursday: 5am – 7pm  
Friday: 5am – 5:30pm  
Saturday: 7am – 12pm  
Sunday: Closed