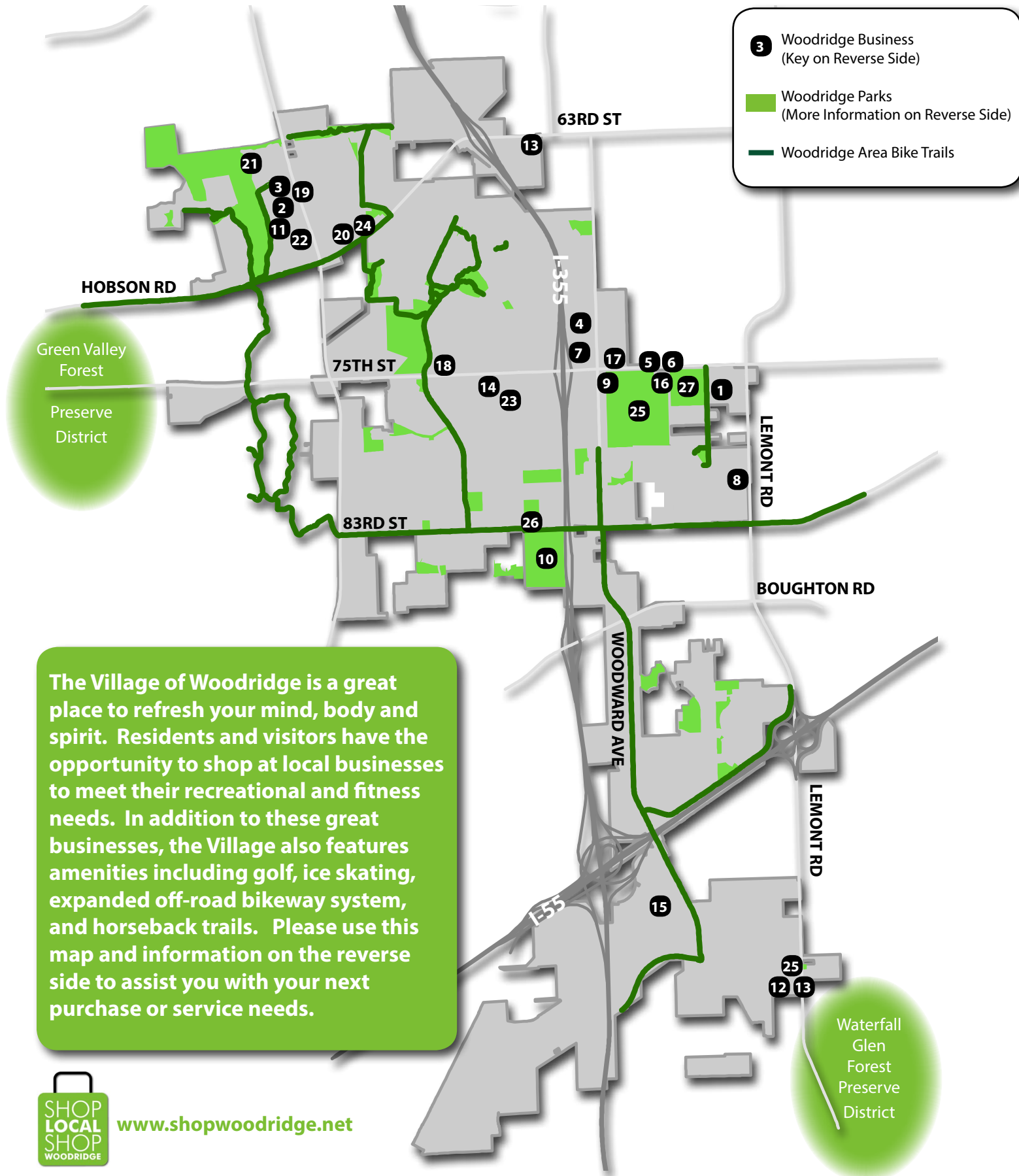


Woodridge Recreation and Fitness Business Guide



The Village of Woodridge is a great place to refresh your mind, body and spirit. Residents and visitors have the opportunity to shop at local businesses to meet their recreational and fitness needs. In addition to these great businesses, the Village also features amenities including golf, ice skating, expanded off-road bikeway system, and horseback trails. Please use this map and information on the reverse side to assist you with your next purchase or service needs.



www.shopwoodridge.net

Woodridge Recreation and Fitness Business Guide

For each business listing you can click on the web address to visit each company's website.

9 Round Fitness & Kickboxing

Map Location 1
1001 75th Street
(630) 930-8439
<https://www.9round.com>

ATI Physical Therapy

Map Location 2
6435 Main Street, Suite 100
(630) 964-5406
<http://atipt.com/>

Advanced Wellness Center

Map Location 3
6325 Main Street
(630) 541-9352
<http://advancedwellnesshealth.com/>

Bear Paddle Swim School

Map Location 4
7350 Woodward Avenue
(630) 992-SWIM
<http://bearpaddle.com/>

Brunswick Zone

Map Location 5
1555 75th Street
(630) 985-1115
<http://www.brunswickbowling.com>

Competitive Edge Pro Shop

Map Location 6
1555 75th Street
(630) 985-4722
<http://www.competitiveedgesps.com>

Chiro One Wellness Center

Map Location 7
7440 Woodward Avenue
(630) 796-0080
<http://www.chiroone.net>

Cross Fit Darien

Map Location 8
8102 Lemont Road
(630) 333-8511
<http://www.crossfit.com>

Curves

Map Location 9
1999 W. 75th Street
(630) 910-5401
<https://www.curves.com/locations/woodridge-il>

Cypress Cove Water Park

Map Location 10
8301 Janes Avenue
(630) 985-5620
<http://www.cypresscove.org>

Edward Health & Fitness Center

Map Location 11
6600 Route 53
(630) 646-7900
<http://www.edward.org/fitness>

Famous Athletics

Map Location 12
1000 Davey Road, Suite 500
(630) 863-7194

First Alliance Volleyball

Map Location 13
1000 Davey Road, Suite 600
(708) 246-2543
<https://www.1stalliancevbc.net>

I Love Kickboxing

Map Location 14
2429 75th Street
(630) 390-1879
<http://woodridgeil-ilovekickboxing.com>

Infinity Gymnastics Academy

Map Location 15
10210 Werch Drive
(630) 410-2358
<http://gyminfinitychicago.com>

Lost Mountain Adventure Golf

Map Location 16
1535 75th Street
(630) 985-4653
<http://www.zigfieldtroygolf.com>

Pei Gen Health

Map Location 17
7451 Woodward Avenue
(630) 541-8136
<http://www.peigenhealth.com>

Polaris Physical Therapy

Map Location 18
2808 75th Street
(630) 963-9200
<http://www.polarispt.com>

Pure Health and Wellness

Map Location 19
3540 Seven Bridges Drive
(630) 435-0100
<http://www.purehw.com>

The Riding Store, Ltd.

Map Location 20
3050 Hobson Road
(630) 515-9779
www.theridingstore.com

Seven Bridges Golf Club

Map Location 21
1 Mulligan Drive
(630) 964-7777
<http://www.sevenbridges.com>

Seven Bridges Ice Arena

Map Location 22
6690 Route 53
(630) 271-4400
<http://www.sevenbridgesicearena.com>

Swimmers Edge

Map Location 23
7532 Janes Avenue
(630) 985-2334

Triple Toe Skatewear Inc.

Map Location 24
3028 Hobson Road
(630) 964-3863
<http://tripletoeskatewear.com>

Village Greens Golf Course

Map Location 25
1575 75th Street
(630) 985-3610
<http://www.villagegreensgolf.com/>

Wdg Park District Athletic Recreation Center

Map Location 26
8201 Janes Avenue
630-353-3400
<https://www.wpdarc.org/>

Zigfield Golf Range & Par 3 Golf Course

Map Location 27
1535 75th Street
(630) 936-4722
<http://www.zigfieldtroygolf.com>



www.shopwoodridge.net

The map features the locations of the Woodridge Park District Facilities and Woodridge area bike trails, which encompass 620 acres and provide natural recreation areas for all seasons. More information can be found by clicking on the following:

<http://www.woodridgeparks.org/parks-map.htm>

Also featured on the map are the locations of Green Valley and Waterfall Glen, both part of the DuPage County Forest Preserve. Woodridge offers easy access to area bike and horseback trails, in addition to other regional recreation facilities. More information can be found by clicking on the following:

<http://www.dupageforest.com>