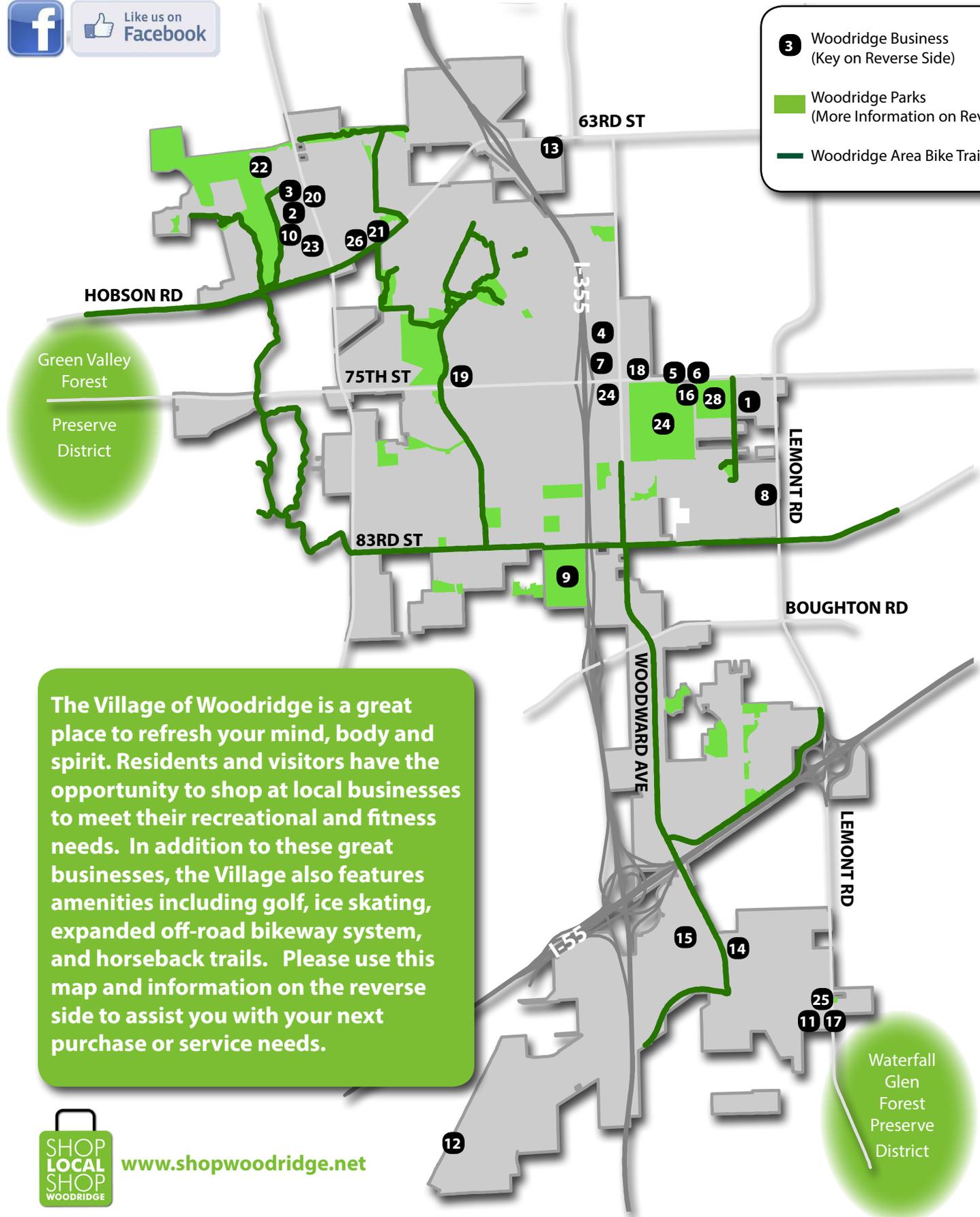


Woodridge Recreation and Fitness Business Guide



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- 3** Woodridge Business (Key on Reverse Side)
- Green** Woodridge Parks (More Information on Reverse Side)
- Green Line** Woodridge Area Bike Trails



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.competitiveedgeps.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>

Cypress Cove Water Park

Map Location 9

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

Edward Health & Fitness Center

Map Location 10

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

Famous Athletics

Map Location 11

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

Four Acres Boat & RV Sales

Map Location 12

11321 Joliet Road
(630) 739-6148
<http://fouracresinc.com/>

GNC

Map Location 13

2305 63rd Street
(630) 435-1930
www.gnc.com

I Flip "n" Dance

Map Location 14

10350 Rising Court
(630) 783-1231
www.iflipndance.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>

Midwest Badminton Club

Map Location 17

1020 Davey Road, Suite 600
(630) 783-1910
<http://www.mbadminton.com>

Pei Gen Health

Map Location 18

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

Polaris Physical Therapy

Map Location 19

2808 75th Street
(630) 963-9200

Pure Health and Wellness

Map Location 20

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

The Riding Store, Ltd.

Map Location 21

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

Seven Bridges Golf Club

Map Location 22

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

Seven Bridges Ice Arena

Map Location 23

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

Swimmers Edge

Map Location 24

7532 Janes Avenue
(630) 985-2334

Sunsetters Volleyball Club

Map Location 25

1000 Davey Road, Suite 600
(630) 783-8681
<http://www.sunsettersvbc.org>

Triple Toe Skatewear Inc.

Map Location 26

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

Village Greens Golf Course

Map Location 27

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

Zigfield Golf Range & Par 3 Golf Course

Map Location 28

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>