



Congratulations! Your business has been **nominated** as one of The Best of Wheaton, the annual award celebration presented by the Wheaton Chamber of Commerce in participation with the Downtown Wheaton Assoc., Danada East, Danada West and Town Square Wheaton.

Please complete this questionnaire to be considered for the 2018 ballot and to give your business the best light in our program. Feel free to use the reverse side to add more information.

It is IMPORTANT to note, along with the popular vote, the quality of your questionnaire will be a key factor in determining placement on the ballot and the award recipient.

Completed questionnaire must be received by 11:59 pm Sunday, January 28, 2018 by post to the Wheaton Chamber of Commerce or by email to marycarol@wheatonchamber.com. Thank you for your participation. Good Luck!!!

Describe your business in seventy-five (75) words or less (this description will be used in the Best of Wheaton keepsake program)

The B.R. Ryall YMCA of Northwestern DuPage County is a leading 501(c)(3) nonprofit dedicated to strengthening community through youth development, healthy living and social responsibility. Our mission is to put Christian principles into practice through programs that build healthy spirit, body and mind for all. Everything our Y does is in service of making us—as individuals and a community—better. Founded in 1919, our Y serves the communities of Glen Ellyn, Wheaton, Glendale Heights, Winfield, Warrenville, West Chicago and Carol Stream.

Describe your Customer Service philosophy/policy

In communities across the nation, the Y is a leading voice on health and well-being. The Y believes that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. As one of the nation’s leading nonprofits strengthening communities through healthy living, the Y’s reach into all communities makes it a great service channel for programs that help Americans take steps to improve their overall health and well-being and prevent and control chronic disease and disabilities

Tell us what sets you apart from your competition

We have wonderful exercise and aquatics facilities and programs, but the Y is much more than a fitness center. The Y is a cause-driven organization committed to bringing about lasting personal and social change. We provide a nurturing environment for children to learn each day in our preschool and before- and after-school programs. We help individuals reach critical health and wellness goals through educational sessions with our nutritionist and trainers. We offer a place for older adults to improve their level of health, find support and enjoy fellowship. And we ensure that every person can access our programs and services, regardless of their ability to pay. For this past fiscal year, the B.R. Ryall YMCA allocated \$175,000 in scholarships to more than 300 individuals and families.

Describe your business' Community Involvement

Since its inception, our Y has been dedicated to developing and implementing programs and activities to meet the needs of our community. Existing care providers are now expanding to include others that can have a significant impact on the health of large populations. As a community-based, multi-use health and wellness facility, the B.R. Ryall YMCA is aligned to become an integral partner in improving health of the DuPage County residents.

Why is Wheaton the place where you want to do business?

Our beginnings have a lot to do with Wheaton. In 1938 our YMCA was located at 108 N. Main Street in Wheaton and B.R. (Bryant Raymond) Ryall was a Wheaton resident. Wheaton is in our serving area, our next door neighbor and a great city. We would welcome all the Wheaton residents to join our Y and become a part of the family.

How many employees do you have (both full-time and part-time) _

23 FTE 132 part-time_____

Share your favorite testimonial?

When Tim and Masami St. George moved their family to Wheaton in 1994, one of the first things they did was join the B.R. Ryall YMCA. “We appreciated the good values of the Y, as well as the value itself,” shared Tim.

As a former competitive swimmer, Tim felt water safety was extremely important for his young children, so he and Masami enrolled Julia and Max in parent/child swim classes. After progressing through swim lessons, both kids joined the B.R. Ryall YMCA Swim Team.

While Julia later moved onto other sports, Max remained in the water and quickly excelled—in backstroke and individual medley (IM)—at a very early age. At just 9 years old, Max won the Illinois age group championships.

“Max was very loyal to the team, he was a coachable kid and he loved swimming,” shares Tim. “He made lifelong friends, but we did as well... it wasn’t just about the kids.”

Tim served on the Swim Team Board of Directors for years, both he and Masami volunteered at countless meets, and the entire family served as cheerleaders throughout Max’s 12 years on the team.

Fast forward to 2015, Max’s senior year of high school, and his sacrifices and dedication to the sport paid off in a few big ways. He broke the state record in the 100-yard backstroke, committed to swim at Duke University (where he is now a freshman) and qualified for the upcoming 2016 U.S. Olympic Trials in the 100 meter backstroke.

“We’re happy with the Y, and what it has done for Max and the rest of the family,” says Tim. “We all take advantage of our membership because the Y is in our bones—it’s a good fit for our family. We’d encourage others to be a part of the Y and be involved as much as possible with the swim team, because the whole family will get so much out of it.”

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- The Best of Wheaton Awards Committee reserves the right to all final decisions.
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- The nominee must be in business since March 1st, 2017 or earlier

Wheaton Chamber of Commerce
108 E Wesley St
Wheaton IL 60187
630.668.6464

Describe your business in 75 words or less

Healthy is winning! Whether you're looking to lose weight, train for an upcoming event or simply maintain a healthy lifestyle, we can help.

Charter Fitness prides itself on being different from the typical expensive and intimidating gym center; we offer a comfortable workout environment, state-of-the-art equipment, and total convenience – for less!

Describe your Customer Service philosophy/ policy

Clean, comfortable, convenient. We want our members to be able to enjoy a comfortable gym-going experience in a clean atmosphere, free of intimidating gym goers.

Our goal is to be able to help a member reach *their goal*, big or small. We have all the tools to help with that, from our virtual training (included in membership) to a number of different Personal training programs to choose from.

Tell us what sets you apart from your competition

Our clean and modern facility is open convenient hours, so that you can fit your workout into your already busy schedule. We also offer a no-long-term-contract gym membership and a free trial membership. We want you to be happy going to your gym and satisfied with your fitness experience.

Whether you are new to the gym scene or a dedicated lifer, we have the equipment and resources you need to meet your workout goals.

Describe your business' Community Involvement

Charter Fitness has bought space on banners to help support Wheaton Warrenville South athletics. We have also hosted events in the Danada East Shopping Center for Halloween candy hand out to kids in costume and writing letters to our troops overseas with Mrs. Claus for Christmas. We look forward to doing other unique events in the future.

Why is Wheaton the place where you want to do business?

As the General Manager of Charter Fitness and someone that has spent most of his life growing up in Wheaton there really isn't any other place I would rather spend my time. Seeing friends, neighbors and acquaintances come through the doors to work on their health is the best part of my job. To be able to help motivate and encourage people new to fitness is my passion. There isn't anything else comparable in Wheaton that offers what Charter Fitness does. It's our pleasure to be a part of the Danada East Shopping Center.

How many Employees do you have (both full and part time) 5 full time and 15 part time

Share your favorite testimonial

"What I enjoy about this place is the welcoming feel for people of all fitness levels."

-Jenna L.

Essencia Yoga Wellness Center is a warm and inviting community of individuals and families discovering their own yoga practices. Our unique and beautiful space offers members of our community an experience that energizes the body, refreshes the mind, and inspires their spirits. Our instructors' diverse backgrounds, our wide variety of yoga classes and styles, and our flexible teacher training, combined help us find the best methods and practice for every individual.

Describe your Customer Service philosophy/policy

We commit to living without judgement. Our Customer Service is directly connected to our philosophy that acknowledges every human as unique and equal. Our studio, classes, and teacher training all reflect our belief that the Universe is connected through our breath, and as humans, we too are connected.

Our community is rooted in compassion. We recognize that when our fears, doubts, and egos supercede our truth, we need a community that removes those obstacles. Our presence in the community is centered around love and acceptance of all. Namaste: In sharing our love and light we are all united.

Tell us what sets you apart from your competition

Our members consistently tell us that they came to Essencia with some doubts about their ability to practice. They have stayed at Essencia because of our compassion-filled non judgemental environment. We have worked tirelessly to establish a studio where the essence of each person shines through.

Our Mission to celebrate all of our differences and commonalities, across all cultures, ethnic, religions, ages, sizes, limitations, is unique. Our members find their own space here, and through practice with the Essencia community, we discover a higher level of consciousness.

In business terms, our shared sense of community reaches far beyond the city limits of Wheaton and it is our greatest unique differentiator. Our competitive advantage is our ability to grow our own, right here in Wheaton. Our teacher training sets us apart, enriches our community with talented stewards of yoga. We are proud that so many of teachers have flourished in our studio and contributed their powerful spirits and selves to the greater community.

Describe your business' Community Involvement

Our greatest reward is our work with people from all walks of life, different cultures, ethnicities, religions, and ages, who comprise the Essencia community. It is through this diversity that we offer such an enriching experience. Our studio is a renovated office space that reflects the sound roots and every evolving beauty of our treasured community here in Wheaton.

"Pearls of the Universe" is the larger-than-life mural on the Eastern wall of our building, which is adjacent to the College Avenue Metra Station. Inspired by a local Ethiopian Poet, Meharet Asgedom, the mural was one of our first visible contributions to the community. The mural offers a

metaphorical look at life, through the process and formation of a pearl. We see the journey toward becoming a teacher a process much like this.

Our hearts have been warmed over the years, especially during times of national strife or local distress, when college students and members of the community alike, have gathered there, to celebrate our differences.

Because we know that every person is unique, and has their own doubts and fears to overcome, we are steadfast in our commitment to introduce yoga to the greater community. This commitment to being advocates of health and wellbeing is visible through our teacher trainees who are required to offer teaching hours to the community. We want all members of the community to reap in the rewards of yoga. We've consistently offered free classes over the years, and over the last few months we have increased our free community classes to up to three times weekly.

Upon graduation, our trainees are pointed to work in places that studies have shown will benefit from a practice like yoga. The teacher's varying interest, opens potential doorways to incorporating yoga as a tool for healthy living. We currently have housed a few of these visions within our studio space, like mentoring and tutoring youth.

- **WORLD TOUR:** Support the Wheaton Community Relations Commission's annual Wheaton World Tour event that spotlights cultures through traditional dance, poetry and song, and artifacts done by nonprofit groups. Our roles have varied from offering a multicultural yoga performance as well as hand painting with Henna.
- **CONNECTED WARRIORS:** A free weekly class that we offer to Veterans at Essencia Yoga Wellness Center.
- **FREE SPECIALTY YOGA CLASSES:** intended for diverse populations recent immigrants/ survivors of trauma, classes are hosted in the studio or onsite (Recent classes include: DuPage Convalescent Center and Wheaton Pads).>
- **DONATION BASED EVENTS:** For example, proceeds from "Loving-Kindness Meditation" practice support "I Grow Chicago" an organization that provides educational programs in nutrition, movement yoga and the arts, to at-risk community members, through sustainable farming.

Hosted:

- "TRANSFORM: Mind, Body,Soul" Headed up by RISK 330 with a 30-Day Program "Growth is never by mere chance; it is the result of forces working together." INFORM" 13-Week Program: teaching tools that promote holistic health and well-being; enabling you to Thrive!
- "The Women's Tree and participated in a Pilot of Power 2 Thrive, leadership development program for natural mentors and adolescent girls in partnership with the Alverno College Research Center for Women and Girls.

Why is Wheaton the place where you want to do business?

Wheaton has long been a part of Jeannine Bush-Clinton's family, and there was nowhere other than this community where she wanted to start her business. With Gratitude, we acknowledge the privilege of being part of the Wheaton Community. It is rich in its generous spirit.

Our vision is to offer an open space, for healing and wholeness through the universal practice of breath and movement. Creating a time and place of intention, where individuals are invited to deeply connect to their essence. The goal is to offer this as a daily, weekly, monthly practice that creates expansive potential and is accessible to all.

Wheaton's location allows our members to come from near and far, some travel from the far South suburbs, others from the near West suburbs, and many visit our studio when visiting from out of state. Our proximity to the the College Avenue Wheaton Metra Station makes it ideal for teacher trainees coming in from the city, and city and suburban commuters, alike.

How many employees do you have (both full-time and part-time) 20

Share your favorite testimonial?

“Hidden Gem “

For a long time, I wanted to start practicing yoga again. This September I was burned out from my routine at the gym and also was struggling with leg pain from running 10+ miles a week. I finally mustered up the courage to fall flat on my face a few dozen times and start practicing yoga again.

I have to thank the reviewers on Yelp for helping me find Essencia. I would have never found it, in spite of driving by it nearly weekly when the Wheaton French Market is happening. This was my criteria: I didn't want some crazy hot yoga place that was going to kill me; I didn't want to compete with others - in ability or fashion; I wanted to find a place that would honor the restorative benefits of yoga; and I wanted to reap the physical as well as spiritual benefits that practicing yoga provides.

I could not have found a more perfect place than Essencia. My only hesitation in writing this review, is that more people will uncover this hidden gem, that for me is a very sacred and safe space. But I will let Jeanine deal with that! As far as what I did, I used the unlimited week pass and by the third day I knew that I was in the right place. My instructors include: Rachel, Mary, Katie, Valerie, David, Sami, Corie, Farrah, Katari and Lisa. Rachel Rusin, was my first instructor and welcomed me like an old friend. She is a wonderful instructor, under which I grow stronger every day. I love her thoughtfulness and planning, her incorporation of feedback and her humility as a teacher, who is too a student. Second to Rachel, I practice most with Mary Rittenhouse-Howard. Mary, who without judgement, and with grace and confidence mentors me and many others. Her humor and light are omnipresent. Every instructor brings their own personality and gifts to the mat. I never walk away feeling unfulfilled. I currently practice on average six days a week at Essencia. I have a monthly membership. The schedule of classes is great and works well with my own personal and professional schedules. Physically I have never

felt better. Mentally and spiritually it grounds me like nothing else. I have met Jeannine, the founder and owner several times. There is light and goodness around her. I believe that each of her instructors are an extension of Jeannine.

I am writing this, first because I am grateful. Second, because I love Essencia. And last, because Yelp led me there. As we enter the new year, and look forward as well as back, many of us will evaluate our physical and spiritual well-being. If finding a place with a diverse community, of men and women of all ages, where you will grow, then without hesitation I recommend that you do not pass Go! And check out Essencia to build yoga into your life next year.

Namaste.”

Karen C., Glen Ellyn, December, 2016, published on Yelp



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Pure Barre is—*Driven by music. Guided by technique. Supported by community. Proven by results.*

Pure Barre is more than a class. More than a resolution! It's a high-energy, low-impact, total body workout that **lifts** your seat, **tones** your thighs, abs, and arms and **burns** fat in record-breaking time. At Pure Barre you not only **strengthen** your body, but you **sharpen** your mind. And you'll find a strong community eager and excited to support you!

Describe your Customer Service philosophy/policy

At Pure Barre Wheaton we recognize that each client's fitness journey is unique—we strive to provide individual attention to each and every one of our clients, while delivering best in class fitness services in a positive group environment. From the very first moment we make contact with a client, we work to ensure that they have the most welcoming experience possible. We empower our clients to feel confident about their bodies, and encourage a healthy lifestyle. At Pure Barre we help clients gain strength both mentally and physically and we strive to help our clients become the very best version of themselves each and every day.

Tell us what sets you apart from your competition

In one word—community. Pure Barre is more than just a place to work out; it is a place to feel at home. ALL Pure Barre clients are supported on their unique fitness journey. The staff and clients of Pure Barre Wheaton create an encouraging environment where personal goals are set and achievements are celebrated—just ask any of our 100, 250, 500 or 750 class club members, or take a quick peek at our Instagram page!

Describe your business' Community Involvement

Pure Barre Wheaton strives to make a positive impact not only on our clients, but also on our community. This past year, Pure Barre Wheaton facilitated a food drive in an effort to help feed those in need. Thanks to the support and generosity of the Pure Barre Wheaton community, we were able to donate more than 330 lbs. of food to the Northern Illinois Food Bank. Pure Barre Wheaton was also a proud sponsor of the 2016 Wheaton Reindeer Run where we helped stretch out over 1,000 antler-clad runners before they dashed through downtown Wheaton. In addition, Pure Barre Wheaton has proudly participated in Town Square's healthy living campaign, "Fitember" in 2016 and 2017, by hosting a free pop-up class for the community.

Why is Wheaton the place where you want to do business?

We always say that Pure Barre is so much more than a workout; it's a healthy lifestyle—a lifestyle that jives perfectly with the Wheaton community! Wheaton has a long history of fostering families with strong morals, values and healthy lifestyles... just three of the reasons why Pure Barre Wheaton is proud to be part of this community. Our studio is filled daily with caring and supportive people—we adore our clients and couldn't imagine doing business anywhere else!

How many employees do you have (both full-time and part-time)

Pure Barre Wheaton employs 2 full-time staff members and 10 part-time staff members.

Share your favorite testimonial?

It's way too hard to choose just one! See below for three of our favorite client testimonials.

I came to Pure Barre at a time in my life when I was pretty broken – physically, spiritually and emotionally. I had recently lost my beloved son. Jeff was diagnosed with cancer in 2011 and died after a 3-year battle. When I walked into Pure Barre on a snowy Sunday afternoon and asked if this old lady would benefit from Pure Barre, Danielle smiled and said, "Of course!" And Pure Barre has definitely changed my life. Since I have started, I have lost 7 pounds, and every time I hear our instructor say, "You are stronger than you think. You can do it," it reminds me of when Jeff was going through one of the many brutal cancer treatments he had to endure. I think of how he never complained; how he fought so hard; how he suffered so much; and how he never stopped trying to beat that beast of a cancer. He was stronger and braver than anyone I have ever known...so I try to be like him a little bit when I feel like quitting (especially during those tough side plank push ups). Thank you Pure Barre Wheaton for everything! – Bridgette W.

I was invited several times to Pure Barre Wheaton by a friend I was working out with elsewhere. I said no several times. I finally said yes and was pleasantly surprised. I was going through physical therapy for a gluteus medius strain; first in my left leg and then in my right leg. As hard as it was to do the Pure Barre routines the first time, by the end of class, I could tell immediately that it helped my gluteus medius a lot. In fact, enough that I was able to drop physical therapy. Six months plus later I am over 100 sessions of Pure Barre and feel I am beginning to make progress, BUT it's still hard. All of the teachers and staff are so enjoyable to work with. They show they care about you as a person. And, I have made so many new friends. I am very happy that I chose to continue with Pure Barre Wheaton. – John D.

As cardio junkie (running, triathlon, horseback riding), I knew I should focus on strength training but hated lifting weights. I took ballet as a child and heard of Pure Barre thru a flyer in a local race packet and thought I would give it a try to see if I liked it better than lifting weights. I originally started taking 1-2 classes a week. After an accident caused me to do low impact exercise only, I really got hooked on Pure Barre and started coming 3 - 4 times a week. The classes are always different and challenging, which keeps me coming back for more. The instructors are helpful, encouraging, and always willing to help you go "one inch lower." The Pure Barre community is probably the most surprising addition to the workouts. Everyone is very friendly, supportive, and willing to agree when I comment on how tough an Empower class was that day. In the past year, I've noticed faster run times with less training and an increase in strength and muscle definition that have had family and friends ask what I've been doing. I tell them all about Pure Barre and can't recommend it enough! – Meghann T.

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