



THE PULSE

MONTHLY FITNESS NEWSLETTER

MARCH 2023

Location:

3000 Glenview Rd.
Wilmette, IL 60091
847-920-3900

Fitness Manager:

Liz Antman
847-256-9785
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Hours:

Mon-Fri: 6 am-8 pm
Sat-Sun: 7 am-6 pm

Spring is here...almost!

Each month this newsletter will provide updates at the Club, a workout of the month, recipe of the month and more!

In this month's issue:

- CFC Spotlight
- New Group Fitness class coming in April!
- Workout of the Month
- CFC Updates: Shower Towels are returning!
- CFC Highlight: Teen Class
- Recipe of the Month
- WPD Did You Know?

Center Fitness Club Spotlight

Our phenomenal marketing team put together a great article to highlight the CFC and all the changes we have made. Please check it out here! [SPOTLIGHT on Center Fitness Club \(wilmettepark.org\)](http://wilmettepark.org)

New Group Fitness Class

NEW Group Fitness Class launching in April! *Signup on Classbug!

- SpinYasa – Fridays 11am-12pm *starts April 14th
 - The best of both worlds! 30 minutes of cycle followed by 30 minutes of yoga/stretching.

Workout of the Month

Try this workout in the Functional Training Studio - Aim for 3 Rounds:

- 60 seconds on the Assault Airbike
- 15 Goblet Squat to Upright Rows with a Kettlebell
- 10 Overhead Presses with Dumbbells
- 10 Step-ups using FreeMotion machine (per leg)

CFC Updates

If you're in the habit of following up your workout with a refreshing shower, we've got exciting news – shower towels will be available at the CFC front desk starting April 3rd!



CFC Highlight

The CFC offers a **Teen Strength fitness class** on Monday nights from 4:30 – 5:15pm. Register yourself, or your teen, for class on Classbug! If you have questions, want more information, or need assistance signing up – please reach out to Liz at lantman@wilpark.org.

Recipe of the Month

Mushroom & Spinach Pasta Bake

Ingredients:

- 2.5 cups whole wheat penne pasta
- 2 cups Ragu Homestyle Thick and Hearty Mushroom Sauce
- 1 tsp garlic
- 2 cups mushrooms
- 2 cups spinach/arugula mix
- 4 oz . fresh mozzarella
- Italian seasoning to taste



Instructions:

- Preheat oven to 350 degrees.
- Cook the pasta according to directions. Rinse with cold water & set aside.
- In a mixing bowl, combine the pasta, sauce, garlic, mushrooms, & lettuce.
- Pour the mixture into a baking dish & top with fresh mozzarella. Season to taste.
- Bake for about 20-25 minutes. Serve hot & enjoy!

Nutrition: Calories: 361 kcal | Carbohydrates: 57 g | Protein: 18 g | Fat: 8 g | Sugar: 10 g **substitute high protein pasta (Banza) or add some ground turkey if you want to up the protein in this dish!*

Resource: <https://www.jaroflemons.com/mushroom-spinach-pasta-bake/>

WPD Did You Know?

Coming to your mailbox this week – your Park District survey reminder! **RESPONSES DUE MARCH 13.**

If you have not completed your Park District survey yet, you will receive a reminder postcard this week. It will have a survey website link and a pin code specific to your family.

*Any questions? Reach out to our partner aQity Research & Insights at 866-900-8555 or aQity@aQityResearch.com.