



THE PULSE

MONTHLY FITNESS NEWSLETTER

MAY 2023

Location:

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

Fitness Manager:

Liz Antman
847-256-9785
lantman@wilpark.org

Hours:

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

May – Bring on Summer!

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CFC Announcements

- **100 Days for \$100 Student Promotion:** 5/15 thru 6/30
- **Get Fit for Summer: 20% off Group Fitness & Personal Training Packages** – use code *SUMMER20* at checkout in Classbug & purchase PT Packages at the desk

CFC Transformation Challenge

By joining our 10-week Transformation Challenge, you are committing not only to yourself, but also to a team of individuals motivated to work hard & transform their health. Participants meet twice a week with their coach & teammates. Register as a team of 5-6, or sign up individually & we will place you with teammates of similar interest. Reach out to Liz at lantman@wilpark.org for more information & sign up at the CFC front desk!

- **Challenge Dates:** June 5th thru August 12th
- Small group teams will be 5-6 people
- **Cost:** \$350 Members / \$450 Non-Members
- Non-members: For the duration of the challenge you will have access to the gym and all group fitness classes

Workout of the Month

Try the trending **12-3-30 Walking Method**

Set the treadmill to 12% incline and walk at 3 miles per hour for 30 minutes. **Goal: Keep hands off handrails the whole time!*



CFC Highlight

Mother's Day Pilates & Yoga Fusion Class

Sunday, May 14th 10:30am-11:30am

Recipe of the Month

Rainbow Orzo Salad

Ingredients:

- 1½ cups dry orzo pasta
- 1 recipe Greek Salad Dressing
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- ½ teaspoon oregano
- ¼ teaspoon sea salt
- 2 cups halved cherry tomatoes
- 1 cup cooked chickpeas, drained, & rinsed
- 4 ounces feta cheese, cut into ¼-inch cubes
- 2 Persian cucumbers, halved vertically, & sliced ¼-inch thick
- ⅓ cup thinly sliced red onion
- ½ cup pitted Kalamata olives
- 1 cup fresh basil and/or mint leaves
- Freshly ground black pepper



Instructions:

- Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions, or until slightly past al dente. Drain the orzo and toss it with a little olive oil, so that it doesn't stick together. Spread onto a baking sheet to cool.
- Prepare the Greek Salad Dressing and add in the red wine vinegar, lemon juice, oregano, and sea salt.
- In a large bowl, toss together the cooked orzo, cucumbers, tomatoes, chickpeas, feta, red onion, and olives. Drizzle the dressing over the salad, add half the herbs, season with freshly ground black pepper, and toss to coat. Garnish with the remaining herbs and serve.

Resource: <https://www.loveandlemons.com/orzo-salad/>

WPD Did You Know?

SAVE THE DATE: THE Wilmette Block Party

September 9, 2023 in Village Center

Brought to you by The Wilmette Park District, Village of Wilmette and Wilmette/Kenilworth Chamber of Commerce