



# THE PULSE

## MONTHLY FITNESS NEWSLETTER

### JANUARY 2024

**Location:**  
3000 Glenview Rd.  
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**Fitness Manager:**  
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**Hours:**  
Mon-Fri: 6 am-8 pm  
Sat-Sun: 7 am-6 pm

## JANUARY

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## CFC Announcements

### 25% off Group Ex & Personal Training Packages

- November 15<sup>th</sup> - January 5<sup>th</sup>
- Get fit and save big with our exclusive offer! Enjoy a fantastic 25% off on our Group Fitness and Personal Training Packages.. Don't miss out on this limited-time opportunity to transform your fitness journey. Act now and let us help you reach your full potential! **Use code: HOLIDAYS25 on Classbug**

## Transformation Challenge

**Dates:** February 12<sup>th</sup>-April 21<sup>st</sup>

**Cost:** \$350 members / \$450 non-members

**10 weeks to compete in small-group teams**

Commit to yourself and stay on track with the help of a motivated team and group trainer. You'll meet twice weekly, perform team challenges, have unlimited access to the gym and group fitness classes for the duration of the challenge, and more! Work hard and keep at it – winners will be based off percentage of weight and body fat improvement.

Details with days/times of the week offered will be sent out 1/5! Registration will also open on 1/5.

## New Year Survey

As we start the New Year, we are seeking your input and feedback regarding the Center Fitness Club and Group Fitness classes (if applicable) to help us plan for 2024. Thank you in advance for taking the time to share your thoughts with our team. This survey should only take you 5-10 minutes to complete.

2024 Center Fitness Club Member Survey - <https://forms.gle/NALLCt4fRDPfsigj7>

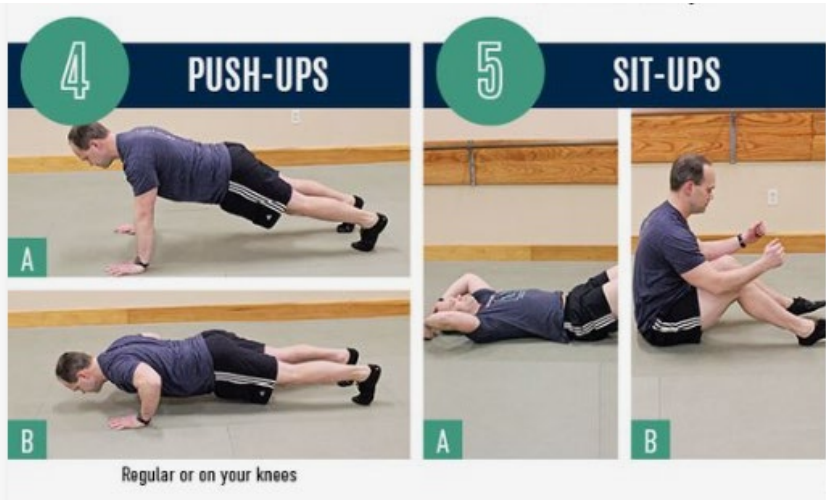
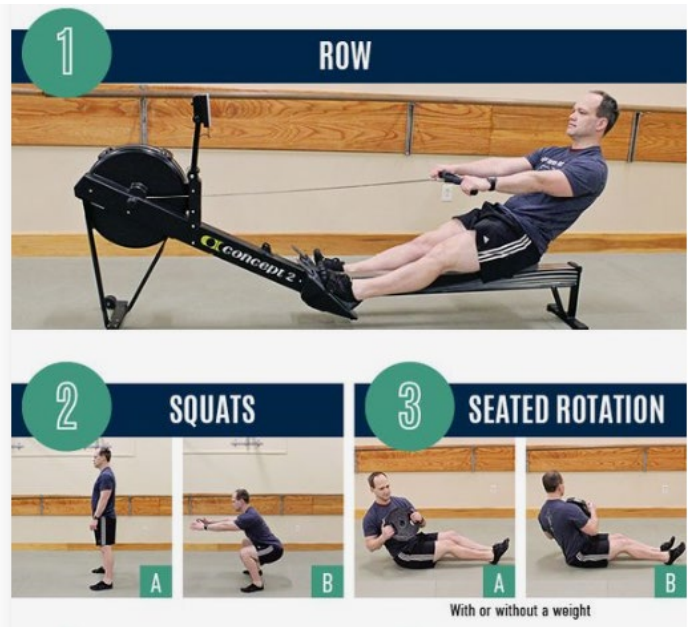
2024 Group Fitness Survey - <https://forms.gle/VPnxuEgTXvLH2yJJA>



# Workout of the Month

This month we have an interval training workout!

- Round 1: 500 meter row and 50 reps of each exercise. Rest for 1 minute.
- Round 2: 400 meter row and 40 reps of each exercise. Rest for 1 minute.
- Round 3: 300 meter row and 30 reps of each exercise. Rest for 1 minute.
- Round 4: 200 meter row and 20 reps of each exercise. Rest for 1 minute.
- Round 5: 100 meter row and 10 reps of each exercise. Rest for 1 minute.



# Recipe of the Month

## Slow Cooker Garlic Parmesan Chicken

### Ingredients:

- 4 bone-in, skin-on chicken thighs
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon pepper
- 3 cloves garlic minced
- 3 tablespoons olive oil
- 1 pound baby potatoes halved
- 1 cup shredded Parmesan
- parsley for garnish



### Instructions:

1. In a small bowl, mix the garlic salt, paprika, and pepper together.
2. Sprinkle half of the seasoning mixture on the chicken thighs.
3. In a medium skillet over medium high heat add in 1 tablespoon oil and then place the chicken thighs skin down and sear for 2 minutes or until golden.
4. Combine the remaining seasoning mix with the minced garlic and remaining 2 tablespoons oil.
5. Halve or quarter your baby potatoes depending on size.
6. Toss the potatoes with the seasoning mix and place in the bottom of your slow cooker.
7. Add the chicken on top of the potatoes.
8. Cook on LOW heat for 6-7 hours or HIGH for 3-4 hours.
9. Right before serving sprinkle with the parmesan cheese.
10. Top with parsley for a pop of color if you like.

Resource: <https://www.persnicketyplates.com/slow-cooker-garlic-parmesan-chicken/>



## WPD Did You Know?

- **1/5 & 1/6 Ouilmette Foundation's Coneflower Paddle Classic –** Wilmette Platform Tennis Club
- **1/13-1/27 Art Workshops – Community Recreation Center**
  - Art Café on 1/13
  - Ceramics Date Night on 1/19
  - 1 & 2 Art Exploration on 1/25
  - Family Art Night on 1/26
  - Art Café on 1/27
- **1/15 Beach and Pool Season Pass Sales Begin**
- **1/23 Summer Camp Guide -** Available online (registration begins 2/6 & 2/13)
- **1/23 2024-25 School Year Program –** Resident registration opens. *Non-resident registration opens 1/30.*
- **1/26 WCT Ticket Sales –** Begin online for Finding Nemo