***Work Out to Wipe Out Domestic Violence***© Benefit Day Schedule: **Saturday, March 23, 2013**

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| **Business** | **Activity** | **Instructor** | **Time** | **Duration** | **Max** |
| Beverly Arts Center2407 W. 111th St.beverlyartcenter.org  | Fit & Fierce:Self-defense & workout(15 yrs &older) | C Hurley, CPO | 10:30am | 60 min | 25 |
| Beverly Body Works9815 S. Campbellbeverlybodyworks.com | Cardio Fusion class | M GradyG Schlomas | 8:30am | 60 min |  |
| Beverly Ride On2940 W. 95th St.beverlyrideon.org  | Spin class | Colleen | 2pm | 45 min | 15 |
| Beverly Yoga Center1917 W. 103rd St. 2nd floorbeverlyyogacenter.com | Restorative Flow Yoga  | S Bertucci | 2pm | 75 min | 20 |
| Core Fitness and Physical Therapy2940 W. 95th St.corefitnesspt.com | Pilates FusionBuff BootyBelly Dance | C ConjarD Fidler Janine | 12pm1pm3pm | 50 min50 min50 min | 151515 |
| CrossFit Beverly10552 S. Western Ave.crossfitbeverly.com | Cross Fit Games Open WOD | J GustisJ Sonntag | 9am to 11am | 2hrs in1-hr heats |  |
| Curves of Beverly-Evergreen Pk1804 W. 103rd St. curvesinchicago.com | Curves WO with coachZumba(women only) | R O’ConnorS Wall | 8-11 am10am | 30 min60 min | 20 |
| Evergreen Racquet & Fitness2700 W. 91st St.evergreenhealthclub.com(Bring racquet for Drills) | Yoga (bring mat)Tennis DrillsCore CrunchTennis Drills | M HollandL LeboldM HollandL Lebold | 9am9am10am12pm | 60 min60 min60 min60 min | 18151815 |
| Fit Code Bootcamps10318 S. Western Ave.fitcodebootcamp.com | Large group personal training session (Boot Camp) | S MatseyM Torres | 9am | 60 min | 60 |
| Klees Golf Shop10436 S Western Avekleesgolf.com | Driver fitting  | D Callahan | Make appt. on 3/23 | 30 min |  |
| Natural Instincts Physical Therapy & Wellness Center11113 S. Western Ave.naturalinstinctsandyou.com | Tai ChiYoga (bring mat)Brazilian dance | L WilliamsE KellyA Lindsay | 10:15am11:30am12:45pm | 60 min60 min60 min | 121212 |
| Running Excels10328 S. Western Ave.runningexcels.com | 4-12 mi training run(event t-shirts for sale during March at this location) | J PacenteB Lynch | 7am | 1-2 hrs |  |
| St. Barnabas Parish (school gym)10121 S. Longwood Drive773-851-3915 | Zumba | Victor | 9:30am | 60 min |  |
| Shannon Center, St. Xavier Univ.3700 W. 103rd St.sxu.edu | Strength Interval Zumba(18 yrs and older) | C AndrewsJ Thiel | 9:30am2pm | 60 min60 min | 4545 |
| Women's Workout & Wellness(women only)4130 Southwest HwyW3body.com | Yoga (bring mat)ZumbaStepBodyFitPilatesKickin’ Core Ball | CrystalChrisanaAdelaElizabethGenesisElizabeth | 8:15am9am10am11am12pm1pm | 45 min60 min60 min60 min60 min60 min |   |
| Yoga w/ Donna WilkinsonChicago Ag High School (gym)3857 W. 111th St. 773-881-3240 | Yoga (bring mat) | D Wilkinson | 9am | 60 min |  |

If you don’t see your exercise facility here, ask them to participate! Inquire by e-mail: morganparkjuniors@yahoo.com