***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 Center  2407 W. 111th St.  beverlyartcenter.org | Fit & Fierce:  Self-defense & workout  (15 yrs &older) | C Hurley, CPO | 10:30am | 60 min | 25 |
| Beverly Body Works  9815 S. Campbell  beverlybodyworks.com | Cardio Fusion class | M Grady  G Schlomas | 8:30am | 60 min |  |
| Beverly Ride On  2940 W. 95th St.  beverlyrideon.org | Spin class | Colleen | 2pm | 45 min | 15 |
| Beverly Yoga Center  1917 W. 103rd St. 2nd floor  beverlyyogacenter.com | Restorative Flow Yoga | S Bertucci | 2pm | 75 min | 20 |
| Core Fitness and Physical Therapy  2940 W. 95th St.  corefitnesspt.com | Pilates Fusion  Buff Booty  Belly Dance | C Conjar  D Fidler  Janine | 12pm  1pm  3pm | 50 min  50 min  50 min | 15  15  15 |
| CrossFit Beverly  10552 S. Western Ave.  crossfitbeverly.com | Cross Fit Games Open WOD | J Gustis  J Sonntag | 9am to 11am | 2hrs in  1-hr heats |  |
| Curves of Beverly-Evergreen Pk  1804 W. 103rd St.  curvesinchicago.com | Curves WO with coach  Zumba  (women only) | R O’Connor  S Wall | 8-11 am  10am | 30 min  60 min | 20 |
| Evergreen Racquet & Fitness  2700 W. 91st St.  evergreenhealthclub.com  (Bring racquet for Drills) | Yoga (bring mat)  Tennis Drills  Core Crunch  Tennis Drills | M Holland  L Lebold  M Holland  L Lebold | 9am  9am  10am  12pm | 60 min  60 min  60 min  60 min | 18  15  18  15 |
| Fit Code Bootcamps  10318 S. Western Ave.  fitcodebootcamp.com | Large group personal training session (Boot Camp) | S Matsey  M Torres | 9am | 60 min | 60 |
| Klees Golf Shop  10436 S Western Ave  kleesgolf.com | Driver fitting | D Callahan | Make appt. on 3/23 | 30 min |  |
| Natural Instincts Physical Therapy & Wellness Center  11113 S. Western Ave.  naturalinstinctsandyou.com | Tai Chi  Yoga (bring mat)  Brazilian dance | L Williams  E Kelly  A Lindsay | 10:15am  11:30am  12:45pm | 60 min  60 min  60 min | 12  12  12 |
| Running Excels  10328 S. Western Ave.  runningexcels.com | 4-12 mi training run  (event t-shirts for sale during March at this location) | J Pacente  B Lynch | 7am | 1-2 hrs |  |
| St. Barnabas Parish (school gym)  10121 S. Longwood Drive  773-851-3915 | 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 Andrews  J Thiel | 9:30am  2pm | 60 min  60 min | 45  45 |
| Women's Workout & Wellness  (women only)  4130 Southwest Hwy  W3body.com | Yoga (bring mat)  Zumba  Step  BodyFit  Pilates  Kickin’ Core Ball | Crystal  Chrisana  Adela  Elizabeth  Genesis  Elizabeth | 8:15am  9am  10am  11am  12pm  1pm | 45 min  60 min  60 min  60 min  60 min  60 min |  |
| Yoga w/ Donna Wilkinson  Chicago 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