

CHICAGO DEPARTMENT OF CULTURAL AFFAIRS
NEWS RELEASE

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**GET FIT WITH FREE WORKOUTS ON THE GREAT LAWN
AT MILLENNIUM PARK EACH SATURDAY JUNE 7—SEPT. 27**

**Yoga, Pilates, Dance, Tai Chi and Family Workouts
Presented by McDonald's® and the Mayor's Fitness Council**

Millennium Park, McDonald's and the Mayor's Fitness Council invite Chicagoans and visitors to kick off their weekends with energizing workouts on the Great Lawn of the Jay Pritzker Pavilion in Millennium Park. Workouts are open to people with all levels of experience, and are 45 minutes long and will be held from 8 a.m. – 11 a.m. every Saturday from June 7 until September 27.

Each week, instructors from Lakeshore Athletic Club—Illinois Center will lead 8 a.m. **Yoga** and 9 a.m. **Pilates** classes. The 10 a.m. workout will vary throughout the summer - most mornings will feature a special **aerobic dance** session, led by a Chicago dance expert, including Amaniyea Payne of Muntu Dance Theatre of Chicago, Culture Shock Dance Troupe, Lisa La Boriqua of Latin Street Dancing, and Shamila Kheterpal of The Old Town School of Folk Music and Sargam Dance Troupe.

Back by popular demand is a kids and family workout on the last Saturday of the month (June 28, July 26, August 30) at 11 a.m. The family workout series includes **Get Moving**, a fitness session led by world-famous Ronald McDonald; **Kung Fu Hustle**, featuring XTreme martial arts; and **Jammin' Journey with Bubbles Academy**, an exploration of creative movement for kids.

New this year, are classes in **Tai Chi** on the first Saturday of the month (June 7, July 5, August 2 and September 6) at 7 a.m. A special **Body Combat™** workout will be offered on July 19 at 9 a.m.

"We're proud to present these fun, free workouts on the Great Lawn again for the fourth year and to be doing our part to help Chicago become one of the healthiest cities in the United States," said Lois Weisberg, Commissioner of the Chicago Department of Cultural Affairs.

In 2006, McDonald's Corp. committed \$5 million to Millennium Park to providing free fitness activity, as well as the McDonald's Cycle Center. "Promoting balanced, active lifestyles is a commitment that McDonald's has made to Chicago and around the globe," explains Monica Boyles, Vice President and General Manager of McDonald's Greater Chicago Region. "We hope that by helping to sponsor the free workouts at Millennium Park, McDonald's will provide both inspiration and fun for adults, families and kids."

For more information about Millennium Park or the Millennium Park Workouts, please visit www.millenniumpark.org or call 312.742.1168.

A complete schedule is as follows:

YOGA 8 a.m., Every Saturday

Start your day with Yoga in the Park, a class that helps to improve strength, balance, mental focus and flexibility through guided poses, mental imagery and breath work.

PILATES 9 a.m., Every Saturday

Strengthen the core muscles with Pilates in the Park and improve your posture, muscular imbalances and flexibility through a series of ground-based exercises.

DANCE 10 a.m., Every Saturday

Dance to the beat with a workout led by members of one of Chicago's outstanding area dance companies.

- **To the Beat of the Drum with Amaniyea Payne of Muntu Dance Theatre of Chicago**
June 7, 14, 21 and 28
Take an energizing African dance workshop and move to the beat of the drum as you enjoy this cultural experience with live musicians.
- **Hip-Hop Wake-up Call with Culture Shock Dance Troupe**
July 5, 12, 19 and 26
Dancers of all levels and ages are invited to learn the latest hip-hop moves from Chicago's premier hip-hop dance troupe.
- **Salsa! Salsa! Salsa! with Lisa "La Boriqua"**
August 2, 9, 16, 23 and 30
Enjoy fitness through Latin dance with this red hot mix of Salsa, Merengue, Bachata, Cumbia, and Cha Cha Cha.
- **Chicago Bhangra Explosion with Shamila Khetarpal**
September 6, 13, 20 and 27
Come join Chicago's biggest Bhangra party and learn the powerful moves of this popular Indian folk dance.

TAI CHI 7 a.m.

June 7, July 5, August 2 and September 6

Come out bright and early for the ancient Chinese soft martial art that has brought peace and discipline to its adherents for centuries.

KIDS AND FAMILY WORKOUTS 11 a.m.

June 28, July 26, August 30

- **Get Moving with Ronald McDonald**
June 28
Ronald McDonald and surprise friends lead a fun interactive workout program for kids and families.

- **Kung Fu Hustle! with Lakeshore Athletic Club**

July 26

Kick, jump, and stretch your way to fitness as you explore Xtreme Martial Arts, the new hot mixed sport that combines martial arts styles with acrobatics and gymnastics.

- **Jammin' Journey with Bubbles Academy**

August 30

Take a voyage into fantasyland and stretch arms, legs and imaginations through yoga and creative movement.

BODY COMBAT™ 9 a.m.

July 19

Les Mills master trainer, Josef Matthews, leads a fiercely energetic program, inspired by martial arts and drawn from a wide array of disciplines, including Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

About Millennium Park

Located in downtown Chicago on Michigan Avenue between Randolph and Monroe Streets, the 24.5-acre Millennium Park is an unprecedented center for world-class art, music, architecture and landscape design. Among the park's prominent features are the Frank Gehry-designed Jay Pritzker Pavilion, the most sophisticated outdoor concert venue of its kind in the United States; the interactive Crown Fountain by Jaume Plensa; the contemporary Lurie Garden designed by the team of Gustafson Guthrie Nichol, Piet Oudolf and Robert Israel; and Anish Kapoor's hugely popular Cloud Gate sculpture. Since its opening in July 2004, Millennium Park has welcomed over 12 million people, making it one of the most popular destinations in Chicago.

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