

2008 **FREE**



MILLENNIUM
PARK

MILLENNIUM PARK WORKOUTS

Saturdays, June 7 - September 27
Great Lawn of the Jay Pritzker Pavilion

Begin your weekend with a workout led by a Chicago dance company or take a class with the instructors from the Lakeshore Athletic Club — Illinois Center.

YOGA 8AM

PILATES 9AM

DANCE 10AM

TAI CHI 7AM **New**

1st Saturday of the month

KIDS AND FAMILY WORKOUT 11AM

Select Saturdays



Saturdays, June 7 - September 27

WEEKLY

YOGA 8AM

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 9AM

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 10AM

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

To the Beat of the Drum with Amaniyea Payne of Muntu Dance Theatre of Chicago

JUNE 7, 14, 21 AND 28

Hip-Hop Wake-up Call with Culture Shock Dance Troupe

JULY 5, 12, 19 AND 26


Salsa! Salsa! Salsa! with Lisa "La Boriqua"

AUGUST 2, 9, 16, 23 AND 30

Chicago Bhangra Explosion with Shamila Khetarpal

SEPTEMBER 6, 13, 20 AND 27

PRESENTED BY

it's what i eat
and what i do  i'm lovin' it!

PROGRAM PARTNER

LAKESHORE
Chicago's Premier Athletic Club

THE MAYOR'S FITNESS COUNCIL

Millennium Park is located along Michigan Avenue between Randolph and Monroe Streets. For more information, visit www.millenniumpark.org or call 312.742.1168.

BONUS WORKOUTS

TAI CHI 7AM **New**

JUNE 7, JULY 5, AUGUST 2, 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.

BODY COMBAT™ 9AM

JULY 19TH

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.

KIDS AND FAMILY WORKOUTS 11AM

Get Moving with Ronald McDonald®

JUNE 28

Ronald McDonald® leads 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.



CITY OF CHICAGO
Richard M. Daley, Mayor

CHICAGO DEPARTMENT OF CULTURAL AFFAIRS
Lois Weisberg, Commissioner

312.742.1168 | www.millenniumpark.org