

# summer workouts



**Saturdays ■ June 6-September 5**

Start your weekend with a **FREE** morning workout, featuring live music during yoga, pilates and live drumming during Zumba®.



**All workouts  
located on the  
GREAT LAWN**

<b>Tai Chi</b>	<b>7am</b>
<b>Yoga</b>	<b>8am</b>
<b>Pilates</b>	<b>9am</b>
<b>Zumba®</b>	<b>10am</b>

**\* All classes are 45 minutes**

Brought to you by the Department of Cultural Affairs and Special Events  
*Grant support provided by  
McDonald's Active Lifestyles Endowment,  
managed by the Millennium Park Foundation*

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Great Lawn

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## JUNE 6-27

NOTE: SATURDAY, JUNE 13 - WORKOUTS TO BE HELD AT WRIGLEY SQUARE

### Tai Chi • 7am

Christopher Zalek from Great Lakes Tai Chi

### Yoga • 8am

Lani Granum of Moksha Yoga

### Pilates • 9am

At the Core

### Zumba® • 10am

Iris T. London – ITL Fitness

*Music during yoga and pilates by: Carlo Basile of Las Guitarras de Espana and Friends*

*Drumming during Zumba by: The Rhythm Revolution Drummers*



### Wednesday Yoga

7:30-8:15AM

### June 3-24

Lani Granum of Moksha Yoga

### July 1-29

Bloom Yoga Studio

### August 5- September 2

Trevor Dye

## JULY 4-AUGUST 1

### Tai Chi • 7am

Tai Chi: Chinese Gong Fu Institute  
Master Zhang

### Yoga • 8am

Alie McManus

### Pilates • 9am

Park Family Wellness  
Chicago Park District

### Zumba® • 10am

DANCEYTUDE with Meagan Ponce

*Music during yoga and pilates by:  
DJ John Simmons*

*Drumming during Zumba by:  
Crozier Percussion Collective*

## AUGUST 8-SEPTEMBER 5

### Tai Chi • 7am

Gilda's Club Chicago with Deb Sitron and Martin Romero

### Yoga • 8am

Jim Bennitt of Tejas Yoga

### Pilates • 9am

Centered ON NORTH

### Zumba® • 10am

East Bank Club

*Music during yoga and pilates by: Bill MacKay*

*Drumming during Zumba by:  
Najwa Dance Corps Drummers*

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Cancellations due to weather will be posted on social media



City of Chicago  
Rahm Emanuel, Mayor  
Chicago Department of Cultural  
Affairs and Special Events



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