

Cantigny Park Fitness Classes Begin in June

WHEATON, IL, May 28, 2009 — Cantigny Park, part of the McCormick Foundation, is offering a range of outdoor fitness classes for all ability levels starting June 7. The Tai Chi, yoga and stroller fitness classes are new at Cantigny this year.

“Cantigny offers a beautiful and tranquil garden setting for these activities,” said Jennifer Benton, education and volunteer coordinator for the park. “It’s a great place for visitors to relax and focus on mental and physical wellness. The classes promote these benefits and fit perfectly with our emphasis on nature and outdoor education.”

Openings still remain for the following 8-week classes:

- **Introduction to Tai Chi**
Mondays, 6:30-7:30 pm, June 8-July 27
Experience the slow, gentle movements of this ancient Chinese martial art, easing the stress of everyday life.
Cost: \$96
- **Yoga in the Park**
Tuesdays, 6:30-7:30 pm, June 9-July 28
A blend of breath and body awareness, vinyasa flow and mindful stretching.
Cost: \$96
- **Power Lunch Yoga**
Wednesdays, 12-1 pm, June 10-July 29
A full mind/body workout emphasizing the fitness aspects of yoga.
Cost: \$96 (or \$120 with a healthy snack from Bertie’s)
- **Stroller Fitness**
Tuesdays and Wednesdays, 9-10 am, June 9-July 29
Combine cardio, toning and stretching while having fun with other moms and their kids.
Cost: \$65 for Tues or Wed; \$120 for both days

In addition, an **Outdoor Family Yoga Workshop** will be held Saturday, June 13, at 3 pm. The one-hour class will promote fitness, family fun and techniques to help quiet the mind and heal the body. Cost is \$20 (up to 3 people) and \$5 for each additional family member.

Detailed class descriptions are available online at Cantigny.org. Pre-registration is required for all classes at 630 260 8162. Classes will move indoors in case of rain (except stroller fitness, which will be rescheduled). Participants in the adult yoga classes should bring a yoga mat, yoga block and blanket. Mats and blocks are available for purchase in the Cantigny Gift Shop, open 9 am to 5 pm daily.

Cantigny conducted a popular fitness “boot camp” for women in 2008, and in 2007 installed an exercise course near the park’s picnic grounds. The park is also a favorite destination for dedicated fitness walkers. Nearly three miles of nature trails are available to the public from 7 am to sunset, 7 days a week.

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About the McCormick Foundation

The McCormick Foundation is a nonprofit organization committed to strengthening our free, democratic society by investing in children, communities and country. Through its grantmaking programs, Cantigny Park and Golf, museums and civic outreach program the Foundation helps build a more active and engaged citizenry. It was established as a charitable trust in 1955, upon the death of Colonel Robert R. McCormick, the longtime editor and publisher of the Chicago Tribune. The McCormick Foundation is one of the nation’s largest charities, with more than \$1 billion in assets. For more information, please visit [McCormick Foundation.org](http://McCormickFoundation.org).

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