



## Cantigny Park Fitness Classes Begin in June

**WHEATON, IL, May 10, 2010** — Cantigny Park, part of the McCormick Foundation, is offering outdoor fitness classes for all ability levels starting in June. The Tai Chi, yoga and stroller fitness classes were introduced in 2009 and proved very popular.

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

Openings still remain for the following classes:

- **Introduction to Tai Chi**

*Experience the slow, gentle movements of this ancient Chinese martial art, easing the stress of everyday life.*

Choose an 8-week session, \$98 each:

- Mondays, June 7 to August 2 (no class June 28)
- Mondays, August 9 to October (no class Sept. 6)

All classes 6:30-7:30 pm

Register at [Cantigny.org](http://Cantigny.org) or call 630 260 8162

- **Yoga in the Park**

*A blend of breath and body awareness, vinyasa flow and mindful stretching.*

Choose an 8-week session, \$98 each:

- Tuesdays, June 8 to July 27
- Tuesdays, August 10 to September 28

All classes 6:30-7:45 pm. Bring a yoga mat, yoga block and blanket.

Register at [Cantigny.org](http://Cantigny.org) or call 630 260 8162

- **On A Roll Stroller Fitness**

*Combine cardio, toning and stretching while having fun with other moms and their kids.*

- Mondays and Wednesdays, June 7 to August 25

All classes 10:30-11:30 am

Fees are on a punch-card system. Get more information and register at

[bigbellyfitness.net](http://bigbellyfitness.net).

Full class descriptions are available online at [Cantigny.org](http://Cantigny.org). Tai Chi and Yoga classes will take place at Cantigny’s new Outdoor Education Center, or outside the center overlooking the Prairie Garden (weather permitting).

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**About Cantigny**

Cantigny, part of the Chicago-based McCormick Foundation, is the 500-acre Wheaton (Illinois) estate of Robert R. McCormick. Cantigny Park is home to the McCormick Museum, First Division Museum, formal gardens, picnic grounds, walking trails and a Visitors Center with banquet and dining facilities. More information, including hours, directions and upcoming events is online at [Cantigny.org](http://Cantigny.org). Cantigny Golf, adjacent to the park, features a 27-hole championship golf course, full-service clubhouse, Cantigny Golf Academy and the 9-hole Cantigny Youth Links. For more information, visit [CantignyGolf.com](http://CantignyGolf.com).

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