

Yoga, Zumba and Tai Chi Classes Start Soon at Cantigny Park!

WHEATON, IL, April 6, 2011 — Cantigny Park is pleased to announce three upcoming evening fitness classes for adults. New sessions of yoga and zumba begin in May, followed by an introductory tai chi class starting in June. Beginners are welcome at all classes.

Registration is now open for the following:

- **Yoga in the Park**
Tuesdays, May 3 to June 21 (8 sessions)
6 to 7:15 pm
\$98/per adult over age 16; free parking
Relax your mind with an eclectic blend of breath and body awareness, vinyasa flow and mindful stretching. Previous yoga experience helpful but not required.
- **Zumba**
Wednesdays, May 4 to June 22 (8 sessions)
6 to 7 pm
\$98/per adult over age 16; free parking
Ditch the workout and join the party! That's the rallying cry for this one-of-a-kind fitness program that delivers an exciting hour of calorie-burning, body-energizing and awe-inspiring movements.
- **Introduction to Tai Chi**
Mondays, June 6 to July 18 (6 sessions; no class July 4)
6:30 to 7:30 pm
\$73/per adult over age 16; free parking
Tai chi combines slow, gentle movements and stretches with deep breathing and relaxation to build strength and flexibility. Experience this ancient form of meditative therapy in the tranquil setting of Cantigny's prairie garden.

Registration is available online at Cantigny.org or call 630.260.8162. The website also includes detailed class information and instructor bios.

Classes take place at Cantigny's new Education Center, overlooking the prairie garden. Weather permitting, the tai chi class and some components of the yoga class will be held outdoors.

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About Cantigny Park

Cantigny Park, part of the Chicago-based McCormick Foundation, is the 500-acre Wheaton (Illinois) estate of Robert R. McCormick, longtime editor and publisher of the *Chicago Tribune*. It 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. 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.

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