



Cantigny Park's Fitness Classes For All Levels



Intro to Tai Chi • 6:30 - 7:30 pm • Mondays • June 8 - July 27

T'ai chi Ch'uan is an ancient Chinese martial art designed for self-defense, spiritual, mental and physical well-being. The slow, gentle movements promote relaxation, thus easing the stress and frustrations of everyday life.

Experience it for yourself in the tranquil setting of Cantigny's gardens. All levels welcome.

\$96 per adult over age 16, for eight consecutive weeks.

Please wear weather appropriate, comfortable workout clothes.
Shoes are optional; Chinese-style slippers or sneakers are fine.

Early bird discount: Register by May 1 and pay only \$89.



Yoga in the Park • 6:30 - 7:30 pm • Tuesdays • June 9 - July 28

Yoga in the Park is an eclectic blend of breath and body awareness, vinyasa flow and mindful stretching. The class will include Sun Salutations and standing poses.

Yoga in the Park is geared for beginner to intermediate. Some previous yoga experience is helpful, but not required.

\$96 per adult over age 16, for eight consecutive weeks.

Please bring a yoga mat, a yoga block and a blanket to class.
Wear weather appropriate, comfortable workout clothes.

Early bird discount: Register by May 1 and pay only \$89.



Power Lunch Yoga • 12 - 1 pm • Wednesdays • June 10 - July 29

This one-hour outdoor yoga class is a friendly, eclectic style of hatha-vinyasa yoga for all levels. It is offered during lunch time and emphasizes the fitness aspects of yoga with postures and breath. This class will provide a beautiful mind/body workout and includes a healthy smoothie or fruit cup from Bertie's afterward.

\$120 per adult over age 16 or \$96 without smoothie/fruit cup, for eight consecutive weeks.

Please bring a yoga mat, a yoga block and a blanket to class.
Wear weather appropriate, comfortable workout clothes.

Early bird discount: Register by May 1 and pay only \$112/\$89.



Registration Information

- Yoga blocks and mats are available for purchase in the Gift Shop: 9 am - 5 pm daily
- Classes will be held **outdoors**, with an indoor location in the event of rain.
- Pre-registration is required for all classes at 630 260 8162.
- For more information visit **Cantigny.org**.