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**GET FIT WITH FREE WORKOUTS ON THE GREAT LAWN
AT MILLENNIUM PARK PRESENTED BY McDONALD'S®
AND THE MAYOR'S FITNESS COUNCIL!**

Saturday Morning from June 9 – September 29

New for 2007! Kids Workouts featuring Family Fitness Activities
Held the Last Saturday of Each Month!

Millennium Park, McDonald's and the Mayor's Fitness Council invite Chicagoans and visitors to kick off their weekends with energizing workouts on the Great Lawn of the Jay Pritzker Pavilion in Millennium Park. Workouts will be held from 8am – 10:45am every Saturday from June 9 until September 29.

Each week, instructors from Lakeshore Athletic Club will lead 8am **Yoga** and 9am **Pilates** classes. The 10am workout will vary throughout the summer - most mornings will feature a special **aerobic dance** session, led by Chicago-area dance companies and experts - Bhangra instructor **Shamila Khertarpal**, **Muntu Theatre of Chicago**, **Latin Street Dance**, and **Culture Shock Dance Troupe**.

Kids are welcome at all Millennium Park Workouts, but, for the first time in 2007, the Park is presenting **kid-friendly workouts** during the 10am session on the last Saturday of each month. The family workout series includes **Get Moving!**, a fitness session led by Ronald McDonald; **HoopDance**, a workout that utilizes the Hula Hoop; **Kung Fu Hustle**, featuring XTreme martial arts; and **Bouncin' Bubbles**, an exploration of creative movement for kids.

All levels of experience are welcome at all workouts.

"Chicago is committed to becoming one of the healthiest cities in the United States. We're proud to contribute to that goal by presenting these fun, free workouts on the Great Lawn for the third straight year," said Millennium Park Executive Director Helen Doria. "There's no better way to spend Saturday mornings than getting fit in the heart of our beautiful Millennium Park."

Last year, McDonald's Corp. committed \$5 million to Millennium Park to assist in providing free fitness activity, as well as the McDonald's Cycle Center. "Promoting balanced, active lifestyles is a commitment that McDonald's has made to Chicago and around the globe," explained Doug Goare, V.P. and General Manager of McDonald's Chicago Region. "We hope to see everyone out on the Great Lawn and at the many active events we host across Chicagoland, in the many neighborhoods that we serve."

For more information about Millennium Park or the Millennium Park Workouts, please visit www.millenniumpark.org or call 312-742-1168.

A complete schedule follows:

8am – 8:45am

YOGA

Yoga helps to improve strength and flexibility through guided poses (asanas) and breath work. Yoga attendees will learn to relax and de-stress while strengthening and loosening muscles and joints.

9am – 9:45am

PILATES

Chicagoans and visitors are invited to lengthen, strengthen and tone their midsections while improving their posture during Pilates classes in Millennium Park. Pilates strengthens core muscles (abdominals, glutes and back) through a repetition of ground-based exercises, while working on hamstring and back flexibility.

10am – 10:45am

DANCE

Chicago-area dance companies will help attendees dance their way to a healthy body with aerobic dance-based instruction!

Bhangra Blast with Shamila Khetarpal

June 9, 16, & 21

Attendees will have a blast learning moves from high-energy Indian folk dance with instructor Shamila Khetarpal.

African Tapestry with Amaniyea Payne and Muntu Dance Theatre of Chicago

July 7, 14, and 21

Amaniyea Payne and Muntu Dance Theatre return to lead this exploration of traditional and contemporary African dance, set to the pulsating rhythm of drums.

¡Salsa Caliente! with Lisa "La Boriqua"

August 4, 11, & 18

Latin Street Dance instructor Lisa "La Boriqua" teaches how to enjoy fitness through dance - Latin Style – with this red hot mix of Salsa, Merengue, Bachata, Cumbia, and Cha Cha Cha!

Hip-Hop: Culture Shock with Culture Shock Dance Troupe

September 1, 8, 15, & 22

Culture Shock Dance Troupe teaches the newest great American dance form: Hip-Hop. Attendees will groove to contemporary beats and get in shape.

FAMILY WORKOUT SCHEDULE

10AM session.

Get Moving! June 30, 10AM

Ronald McDonald leads an interactive workout program for kids and families, produced in association with the American Academy of Pediatrics.

HoopDance! July 28, 10AM

Licensed Hoopgirl instructor Heather Crosby teaches incredible movements and tricks with the hula hoop.

Kung Fu Hustle! August 25, 10AM

With Lakeshore Athletic Club

Kids and their parents can kick, jump, and stretch their way to fitness as they explore xtreme martial arts, a hot new sport featuring several martial arts styles fused with acrobatics and gymnastics.

Bouncin' Bubbles! September 29, 10AM

Bubbles Academy teaches the whole family how to combine elements of creative movement and yoga to stretch arms, legs and imaginations! Attendees will discover how to move their bodies by mimicking animals both large and small!

Millennium Park Workouts are presented by the Chicago Department of Cultural Affairs, Millennium Park, McDonald's and the Mayor's Fitness Council. Lakeshore Athletic Club, Illinois Center, is the program partner.

About Millennium Park

Located in downtown Chicago on Michigan Avenue between Randolph and Monroe Streets, the **24.5-acre Millennium Park** is an unprecedented center for world-class art, music, architecture and landscape design. Among the park's prominent features are the Frank Gehry-designed Jay Pritzker Pavilion, the most sophisticated outdoor concert venue of its kind in the United States; the interactive Crown Fountain by Jaume Plensa; the contemporary Lurie Garden designed by the team of Gustafson Guthrie Nichol, Piet Oudolf and Robert Israel; and Anish Kapoor's hugely popular Cloud Gate sculpture.

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