

Millennium Park Summer Workouts

May 25–August 31

Saturdays, 7–11am

Tuesdays & Thursdays, 7:30–8:15am (no workout on July 4)

Millennium Park Great Lawn

Free Admission

Kickstart your day with a FREE morning workout on Millennium Park's Great Lawn.

House Music Workout, part of the [Chicago House Music Conference & Festival](#)

Saturday, May 25, 8–9:30am

Siddiqu Muhhamed leads a special house music edition of the workouts along with a DJ

Gospel Music Workout, part of the [Chicago Gospel Music Festival](#)

Saturday, June 1, 8–9:30am

360.Mind.Body.Soul leads a special gospel music edition of the workouts.

Yoga

Tuesdays, May 28–August 29, 7:30–8:15am

Instructor Schedule:

		May 28–June 27	July 2–August 1*	August 6–29
Tuesdays	7:30–8:15am	Kataya Sidelnik	Melissa Talleda	Izabel Olson
Thursdays	7:30–8:15am	Alison Riazzi	Paula Bui	Jane Murphy

*No workout on Thursday, July 4

Saturday Workouts

Saturdays, May 25–August 31

Instructor Schedule:

		June 8	June 15	June 22	June 29
7–7:45am	Tai Chi	Timothy Suh	Timothy Suh	Timothy Suh	Mia Park
8–8:45am	Yoga	Rajiv Nathan	Rajiv Nathan	Danny Be	Danny Be
9–9:45am	Pilates	Eileen Foust	Denise Noodwang	Desnise Noodwang	Melissa Metro
10–10:45am	Zumba®	Iris London	Iris London	Megan Ponce	Megan Ponce
		July 6	July 13	July 20	July 27
7–7:45am	Tai Chi	Timothy Suh	Mia Park	Sui Wen	Sui Wen
8–8:45am	Yoga	Jessica Carlin	Alie McManus	Alie McManus	Pierce Doerr
9–9:45am	Pilates	Denise Noodwang	Aida Johnson-Rapp	Aida Johnson-Rapp	Denise Noodwang
10–10:45am	Zumba®	Xavier M. Euzarraga	Xavier M. Euzarraga	Janice Lofton	Janice Lofton
		August 3	August 10	August 17	August 24
7–7:45am	Tai Chi	Sunny Akhigbe	Sunny Akhigbe	Paul Hannah	Mia Park
8–8:45am	Yoga	Jessica Carlin	Dorie Silverman	Dorie Silverman	Alexia Bauer
9–9:45am	Pilates	Randi Whitman Garley Giggi Tonye'	Zineb Chraibi	Zineb Chraibi	Denise Noodwang
10–10:45am	Zumba®	Briggs	Danery Barraza	Ajanta Chakraborty	Diese Costa
		August 31			
7–7:45am	Tai Chi	Nathan Paulus			
8–8:45am	Yoga	Alexia Bauer			
9–9:45am	Pilates	Denise Noodwang			
10–10:45am	Zumba®	Katie Campbell			

Summer Workouts are produced by DCASE with support from the Millennium Park Foundation and the McDonald's Active Lifestyles Endowment.