

SUMMER WORKOUTS

May 17 – August 30 • Saturdays • Millennium Park



Millennium Park Summer Workouts is a FREE fitness program held at Millennium Park, offering 54 classes across 15 dates. Morning workouts feature 45-minute classes in Pilates, Yoga, Zumba and Cardio Kickboxing. The Pilates and Yoga sessions will be accompanied by live music from renowned Chicago musicians. Companies promoting health or wellness related products/services or targeting a health-conscious audience would align nicely with this program.

Schedule Updates:

- Workouts will be held at Wrigley Square (northwest corner of Millennium Park, along Randolph Street) on the following dates = 5/17, 5/24, 5/31, 6/7, 8/23 and 8/30.
- Shortened schedule – Kickboxing and Zumba are canceled on 6/7, 7/5, 8/13 and 8/30
- All workouts canceled on 7/5

Workout Schedule:

8 – 8:45 a.m. Pilates (+live music)
9 – 9:45 a.m. Yoga (+ live music)
10 – 10:45 a.m. Cardio Kickboxing
11 – 11:45 a.m. Zumba®

ESTIMATED ATTENDANCE (2024)

9,500 cumulative

AUDIENCE PROFILE

Mostly female participants. Gym and training groups often schedule meet ups at the workouts.

2024 NUMBERS

Total Dates = 15
Total Workouts = 54
Instructors = 42

Average attendance by class:

Pilates = 143
Yoga = 260
Cardio Kickboxing = 117
Zumba = 149