



FOR IMMEDIATE RELEASE

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“Spring into Action” with Free Fitness Classes at Navy Pier

Chicago’s popular lakefront destination offers free weekly Circuit Training and Cardio Yoga sessions in Polk Bros Park from April through mid-May

CHICAGO – With summer just around the corner, Navy Pier – Chicago’s mission-driven cultural district – is helping guests get in shape with ***Spring into Action***, a free seven-week fitness series featuring weekly morning workouts led by a couple of Chicago’s top fitness instructors. From Tuesday, April 3 through Thursday, May 17, guests will have the opportunity to participate in complimentary Circuit Training and/or Cardio Yoga sessions in Polk Bros Park, against the inspiring backdrop of Lake Michigan and the city skyline.

Circuit Training – led by certified personal trainer and fitness instructor, [Maria Armstead](#) of Phenomenal Fitness – will be offered every Tuesday from April 3 through May 15 from 7 a.m. to 8 a.m. at the City Stage in Polk Bros Park. The class will utilize various aspects of the Park for high-intensity circuit exercises, treating the space as a large obstacle course. Upon arrival, participants should gather inside the main entrance to the Pier, near Giordano’s. The instructor will meet class participants and lead them into exercises from there. In the event of rain or severe weather, classes will be held indoors (same starting point).

Cardio Yoga – led by eight-year cardio yoga practitioner and certified instructor, Julia Perkins – will be offered every Thursday from April 5 through May 17 from 7 a.m. to 8 a.m. at the City Stage in Polk Bros Park. The class is designed to infuse fundamental yoga postures with low-impact cardio and sculpting exercises. Participants are encouraged to bring a yoga mat, yoga block and set of three or five-pound weights (optional). In the event of rain or severe weather, classes will be held in the Crystal Garden.

All *Spring into Action* classes are free and open to the public. No registration is required.

For more information, visit www.navypier.org or download the Navy Pier app, now available in the App Store on any Android or iOS device.

About Navy Pier

Located on Lake Michigan, Navy Pier is one of the top-attended nonprofit cultural destinations in the Midwest, stretching more than six city blocks and welcoming more than 9 million guests annually. Originally opened in 1916 as a shipping and recreation facility, this Chicago landmark showcases more than 50 acres of parks, restaurants, attractions, retail shops, sightseeing and dining cruise boats, exposition facilities and more. In 2018, Navy Pier continues to usher in its second century with a series of special events and programming, year-round rides on the *Centennial Wheel* and ongoing pier-wide redevelopment efforts as part of the *Centennial Vision*. Navy Pier, as a nonprofit organization, maintains and manages the iconic destination that is being redeveloped as a contemporary, environmentally responsible urban space. For more information, visit www.navypier.org or download the free Navy Pier app for Android and iOS device users, now available in the App Store.

Navy Pier Mission Statement

Navy Pier is the People’s Pier, Chicago’s lakefront treasure, welcoming all and offering dynamic and eclectic experiences through partnerships and programs that inspire discovery and wonder.