

Cantigny Park Introduces Yoga Class for Seniors

WHEATON, IL, September 19, 2012 — Cantigny Park today announced a new fitness class designed exclusively for seniors, “Yoga for the Young at Heart.” Participants must be at least 65 years old and will learn the basics of yoga through gentle, step-by-step instruction.

The class will meet on six consecutive Fridays beginning October 5 in the Medill Room, located in the Cantigny Park Visitors Center. Participants can choose from a 9:45 am or 11:15 am start. Each class is 75 minutes. Cost is \$60 per person for the six-class session.

“Yoga for the Young at Heart” will be taught by Maureen Fogerty, a certified yoga instructor. All equipment is provided but participants are welcome to bring their own if they wish.

For more information or to register, seniors should contact Jill Bonniwell at 630.260.8232 or jbonniwell@cantigny.org.

The idea for a yoga class for seniors grew out of Cantigny’s popular Golden Oak Club, a social program for seniors introduced in April 2012. The Golden Oak Club meets twice each month in the Cantigny Education Center. Cantigny also offers Yoga in the Park, an evening class for adults of all ages.

Cantigny Park is open every day through October from 7 am to dusk. A complete schedule of events is posted online at Cantigny.org. Annual memberships starting at \$50 include unlimited free parking and other benefits.

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About Cantigny Park

Cantigny Park, part of the nonprofit Chicago-based Robert R. McCormick Foundations, is the 500-acre Wheaton (Illinois) estate of Robert R. McCormick (1880-1955), longtime editor and publisher of the *Chicago Tribune*. It is home to 30 acres of spectacular gardens, the Robert R. McCormick Museum, the First Division Museum and a 27-hole championship golf course. All are open to the public. Cantigny also is a favorite destination for special events, weddings, concerts, lectures, workshops and other recreation and learning opportunities for all ages. Full-service banquet and dining facilities are on site. More information, including hours, directions and a calendar of upcoming events is online at Cantigny.org. For details about Cantigny Golf, including the Cantigny Golf Academy and 9-hole Cantigny Youth Links, please visit CantignyGolf.com.

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