



**LINCOLN PARK ZOO.**  
**FITNESS** *at the* **ZOO**

**August–September 2018** *All classes meet at Peoples Gas Pavilion at Nature Boardwalk*

| Sunday                            | Monday  | Tuesday  | Wednesday  | Thursday                                    | Friday | Saturday                         |
|-----------------------------------|---|--|--|---|--------|----------------------------------|
| <b>Power Vinyasa</b><br>9–10 a.m. | <b>Meditation Monday</b><br><br><b>Happy Minds Yoga &amp; Meditation</b><br>6:30–7:30 p.m.<br>(30 mins. yoga & 30 mins. meditation) | <b>Interval Circuit Training</b><br>6:30–7:30 p.m. | <b>Wine-d Down Wednesday</b><br><br><b>Happy Bodies Yoga</b><br>6:30–7:30 p.m.<br>(guests receive a discount on wine at Café Brauer) | <b>Power Vinyasa Yoga</b><br>6:30–7:30 p.m. |        | <b>Vinyasa Yoga</b><br>9–10 a.m. |

*Class schedule is subject to change. Please check the MindBody registration website to pre-register in advance.*

- All guests should bring their own mats, water bottles, and accessories as needed.
- Online registration is strongly encouraged in advance. Space is limited per class.
- Credit card payments only.
- Advanced Online Registration
  - \$20 for a single class
  - \$80 for a five-pack class pass
  - \$140 for a ten-pack class pass
  - \$270 for a twenty-pack class pass
  - \$399 for an unlimited class pass

When you attend events at Lincoln Park Zoo, you support state-of-the-art animal care and worldwide conservation, and help keep the zoo free and open every day of the year.

## **Frequently Asked Questions**

### **What forms of payment are accepted for drop-in participants?**

Participants are strongly encouraged to pre-register for each class. If you plan to pay at the class, please check the website in advance to ensure there is still availability. Please arrive 15 minutes early in order to submit your payment online. All other class passes must be pre-purchased online. Credit card only if paying in person.

### **What happens in the case of rain or severe weather?**

Fitness at the Zoo is a rain or shine event. When classes are hosted outside, a fitness instructor will always be present at the instructed meet-up location at the time of class. As long as there are pre-registered participants, the instructor will hold class and outdoor locations will be covered. However, in the case of severe weather, an email will go out to all pre-registered guests.

### **Is there a restroom available during class?**

Yes. Bathrooms will be located in a close proximity to the event for participants during, immediately before and after each class.

### **What is the maximum capacity for each class?**

Due to the flexible nature of our class registration and the large spaces where class is held, it is challenging to apply a strict maximum capacity for each class. We aim to limit the adult classes to about 35 people and Parent & Toddler classes to about 15 children plus their adult(s). We cannot guarantee that a class will not exceed this; however each class is created for the unique guest experience in mind.

### **Is Lincoln Park Zoo a comfortable location for fitness classes?**

Fitness at the Zoo is a great way to spend time with nature while staying fit, and Lincoln Park Zoo is a one-of-a-kind venue for classes! Indoor classes will be held at a variety of our animal houses, including Regenstein Small-Mammal Reptile House, where participants will be surrounded by the climates, conditions and animals of four continents: South America, Africa, Asia and Australia. Outdoor classes will typically be held at People's Gas Pavilion at Nature Boardwalk surrounded by a one-of-a-kind beautiful garden and natural ecosystem full of native birds, frogs, fish, turtles, insects and more.

### **What should I wear and bring to Fitness at the Zoo?**

Participants should dress according to the class activity and weather. For cardio classes, wear items that will help keep you cool, like lightweight fabrics. For yoga and Pilates classes, bringing layers is a good idea, so that you can be cool during more intense periods of class and warm enough during cool-downs. Participants should keep in mind the time of year and current weather as well as location of the classes (whether indoors or outdoors). Participants should bring their own yoga mat if necessary for the class as well as your own bottled water to stay hydrated throughout the class.