



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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FREE FITNESS CLASSES IN THE PARK

Park View Health & Fitness offers outdoor classes at Kracklauer Park in Mundelein

Mundelein, Illinois—Mundelein Park District’s Park View Health & Fitness Center will be hosting a series of free outdoor fitness classes for adults. The *Class in the Grass* classes will be on June 26, July 3 and July 10 from 6 – 6:45 pm at Kracklauer Park (<http://bit.do/Kracklauer>), across the street from the Mundelein Farmer’s Market. Certified group exercise instructors will meet members of Park View along with any other adults who are interested in a free workout at the gazebo. The classes will include 30 minutes of body weight interval training that can be modified for novice to advanced exercise enthusiasts. Participants are encouraged to bring a mat and water bottle.

“The great thing about this workout is that anyone can participate,” said Nicole Schaller,

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Fitness Coordinator of Park View Health & Fitness. “If we are performing jump squats, you can take those down to a body weight squat to decrease the intensity or pick up the pace to really get your heart pumping.”

The last 15 minutes of class will include mind/body work and stretching. Park View Health & Fitness will be featuring classes like Pilates, Yoga and more. Participants will leave feeling accomplished and invigorated!

Schaller has led and organized large group workouts in the area for the last few years. “Seeing community members meet outside to be active together is a rewarding experience. You can feel the energy of the person next to you and the motivation from the instructors in the gazebo. It truly is a unique workout that will hopefully open new fitness doors for Mundelein.”

Participants will receive Mundelein Park District giveaways and a free guest pass to Park View Health & Fitness. For questions about *Class in the Grass* classes contact Nicole at 847-388-5432. For information about Park View Health and Fitness visit www.mundeleinparks.org or follow us on Facebook, Twitter & Instagram at @mundeleinparks.

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