



You Are Invited...

This year, Aurora WDC launched Aurora Sports to make it possible for SCIP09 attendees who enjoy exercising to have an opportunity to get in a scenic run around Chicago’s waterfront, a stress-relieving yoga class, or a casual gym workout. All you need to do is show up.

Enjoy a Scenic Chicago Waterfront Run – Aurora’s two running guides will take you on a 30-45 minute jog that starts at the Sheraton Health Club, then out to Navy Pier and eventually leads you by Chicago landmarks such as Shedd Aquarium, Adler Planetarium, the Field Museum of Natural History, and Soldier Field.

Empowering “Get Out of Your Own Way!” Yoga – Our Master Trainer, Christi Andringa, will lead an inspirational session, “Get Out of Your Own Way!” designed to help attendees better understand the relationship between productivity and self-esteem. Christi reminds us that, “Our potential is truly all we have.” *(Yoga mats will be provided)*

7th Floor Gym Workout – Whether you prefer cardio, free weights, or swimming, we invite you to join us in the Sheraton Health Club and keep your own pace and style as we work out together.

Wednesday – April 22	Thursday – April 23	Friday – April 24
	5:30-6 a.m. Cardio & Resistance Training Sheraton Health Club	6-7 a.m. Cardio & Resistance Training Sheraton Health Club
	6-7 a.m. Get Out of Your Own Way! Yoga Huron Room	7-8 a.m. Chicago Waterfront 45min Run Sheraton Health Club
3-4 p.m. Cardio & Resistance Training Sheraton Health Club		
Chicago Waterfront 45min Run Sheraton Health Club		
4 - 5 p.m. Yoga Orientation & Introduction Chicago 6	4-5 p.m. Chicago Waterfront 45min Run Sheraton Health Club	
	5-6 p.m. Cardio & Resistance Training Sheraton Health Club	