

MICHIGAN AVENUE

The Best Outdoor Workout Spots
According to Chicago Fitness Pros By
Emma Sarran Webster | September 17,
2015 | [Style & Beauty](#)



"My favorite outdoor workout spot is Montrose Track. I'm a runner and enjoy being on the track for speed workouts from time to time—it brings out a little more competitive spirit and pushes me harder, and not to mention, a change of scenery is always a plus." –*Emily Hutchins, owner of [On Your Mark Coaching & Training](#) (1101 W. Monroe, Suite A; 1755 N. Damen)*
