



EXPO

Saturday, October 14

10 a.m. – 3 p.m. | Rotunda



Free Fitness Class Schedule

10 – 11 a.m.: POUND presented by Fabletics

Using Ripstix[®], lightly weighted drumsticks engineered specifically for exercising, POUND[®] transforms drumming into an incredibly effective way of working out.

11 – Noon: No Limits Strength and Cardio presented by Under Armour

Participate in a complete workout which combines strength, cardio, and partner work!

1 – 2 p.m.: HIIT presented by Calvin Klein Performance

Kelli Otis from C4 Fitness will take you on a High Intensity Interval Training workout.

2 – 3 p.m.: HIIT presented by Calvin Klein Performance

Kelli Otis from C4 Fitness will take you on a High Intensity Interval Training workout.

Please bring proper attire, a yoga mat + water. Classes are first-come, first-serve. Waiver signature required to participate. Participants 17 and under must have parent and/or legal guardian sign waiver.