



EXPO

SATURDAY, APRIL 22

10 A.M. - 3 P.M. | ROTUNDA



Free Fitness Class Schedule

10 – 10:45 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. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND[®] provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

11 – 11:45 a.m.: Haute Barre Fusion Class presented by Athleta

Join us for a 45 min barre-inspired fusion class. The class will target the areas we love to work the most - arms, abdominals, thighs and glutes. The class is low impact and great for all levels and abilities! Bring water and a mat and come ready to shake, tone and burn!

NOON – 12:45 p.m.: TO BE ANNOUNCED

1 – 1:45 p.m.: TO BE ANNOUNCED

2 – 2:45 p.m.: TO BE ANNOUNCED

Please bring proper attire, a yoga mat + water. Classes are first-come, first-serve. We ask that participants be at least 12 years of age.