



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.: HIIT with Shelly Dose

Shelly will teach a Hi/Lo Impact Cardio, Core & Bodyweight Strength HIIT Workout. She'll offer modifications, you'll listen to motivating fun workout music and you'll get a big sweat on!

1 – 1:45 p.m.: REFIT[®] with Laura Bunker!

Of course we'll change your body -- but your body is only the beginning. REFIT[®] is a life changing fitness experience that combines movement + music to inspire you from the inside out. We believe there's a revolution inside you -- so let's get REFIT!

2 – 2:45 p.m.: Piloxing with Master Trainer Erika Cianciaruso presented by Fabletics

PILOXING uniquely blends two of the industry's most powerful and timeless disciplines of Pilates and Boxing and adds a third element of dance into this high-energy interval workout. This dynamic program moves through heart-pumping, powerful boxing combinations to sculpting and lengthening Pilates-influenced movement to 'let yourself GO' dance releases, and back around again. Come see what all the rage is about. It's your turn to love your workout!

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.