



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.: Sound Off™ presented by CorePower Yoga + Athleta

Sound Off™ headphones are noise isolating wireless LED headphones which let you hear the yoga instructor along with curated music, and eliminates other noise. Immerse yourself in the beauty and motion of yoga – it's a journey of flowing movement and sound like you've never experienced before. Certified yoga instructors from CorePower Yoga will lead us through our journey. Must be [registered](#) to participate.

Noon – 12:45 p.m.: TO BE ANNOUNCED

1 – 1:45 p.m.: Dr. Jim Stoppani presented by GNC

Join the world's leading fitness and nutritional supplement expert, Dr. Jim Stoppani (PhD, University of Connecticut; Post-doc Research Fellowship, Yale University School of Medicine), Owner and creator of JYM Supplement Science. Dr. Stoppani will teach participants and observers various body weight exercises that they can perform either at home, work or while traveling with no equipment. Dr. Stoppani believes in leading by example so come prepared to participate in this unique live event. To wrap up the event Dr. Stoppani will lead participants through 22 push-ups to honor 22KILL and bring awareness to the suicide epidemic plaguing our veterans.

2 – 2:45 p.m.: Sound Off™ presented by CorePower Yoga + Athleta

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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.