

FIT FÊTE: CHOOSE YOUR FIT

Main Lawn Area

11:00a

BOOTCAMP

30 min class

with *LiveFitArmy*

Best For: Intermediate Levels

11:30a

CARDIO BOXING

30 min class

with *1MoreRep*

Best for: All Levels

12:30p

ZUMBA

60 min class

with *Carmen*

Best for: All Levels

1:30p

ALL: GROUP COOL DOWN / YOGA

with *Chanelle*

Behind Carriage House

11:00a

FIT FÊTE FUTURE: MOVEMENT & MINDFULNESS

60 min class

with *Ashley*

Best for: Kids & Families

12:30p

YOGA

60 min class

with *Therlande*

Best for: All Levels

1:00p

Circle Area

11:00a

MOBILITY

30 min class

with *Demetrius & Demark*

Best For: 60+ Crew, varied mobility



12:30p

HIIT

30 min class

with *LiveFitArmy*

Best For: Intermediate levels

1:00p

CHAIR WORKOUT

30 min class

with *Vanessa*

Best for: All Levels, Varied Mobility

All Day

CONSULTATIONS & RESOURCES

Your chance to connect with more wellness professionals!

**Nutritionists,
Clinicians, and
Massage
Therapists**



Break & Introduction to Practitioners and Resources

COOL DOWN FOLLOWED BY

LUNCH!

RAFFLES

MUSIC