Rady Fitness

FitFest Schedule

Sunday, February 5, 2017

Time	Fitness Studio	Indoor Cycle	Gym A	Gym B	Track	B211	MPR	Pool	Outside	Main Street
9:00am								Lap Swimming 7:00-9:00am		
9:30am								Pool Reopening Ceremony 9:30-9:50am		
10:00am	High Energy 10:00-10:45am	Group Ride 10:00-10:45am		Strong by Zumba 10:00-10:30am	Foam Rolling 10:30-11:00am	Reflexology 10:00-2:00pm	Tai Chi 10:00-11:00am	Family Swim and Slide 10:00am-1:00pm		Exhibitors 9:30am-2:00pm
11:00am	Pound Fitness 1 11:00-11:45am	Group Ride 11:00-11:45am	Climbing & Slackline 11:00am-12:00pm	Family Fun Zone 10:30-12:00pm	Posture Analysis 11:15-11:45pm		Dr. Dan Timmerman, Chiropractor 11:30am-12:30pm		Fat Tire Bike Demo 11:00-12:30pm	Compli-mentary Massages with Romi Topper, RMT 10:00am-12:00pm
12:00pm	Pound Fitness 2 11:45am-12:15pm	Race Challenge 12:00-12:30pm & 12:45-1:15pm		Parkour Demo 12:10-12:40pm	Power Lifting 12:00-12:30pm					
1:00pm	Triple B 12:30-1:15pm	Teen Ride 1:30-2:15pm		Krav Maga 12:45-1:15pm				Aqua Zumba 1:00-2:00pm		
2:00pm	Block Therapy 1:30-2:00pm									