







9:00am	Welcome on Main Stage				
	Studio 1 - Presented by	Studio 2 - Presented by	Studio 3 - Presented by	Studio 4 - Presented by	Studio 5 - Presented by
				 	
9:15am	Barre Burn with Stacy Lelinowski Equipment needed: Yoga mat, ankle weights and light dumbbells (dumbbells can be substituted with water bottles or light cans)	Healing Through Dance: Intro to Burlesque with Zoe Dalakas Equipment needed: a chair (high heels optional!)	Spinning with Lauren Kaplan Equipment needed: spin bike	Fusion Dance Fitness with Giulia Tripoli Optional equipment: yoga mat	Golf exercises with Peter Levidis and Melanie Scrase Equipment needed: golf club or stick resembling a golf club
9:45am	Stretching with Jonathan Williams	Stretching with Jonathan Williams	Stretching with Jonathan Williams	Stretching with Jonathan Williams	Stretching with Jonathan Williams
10:00am	Full Body Workout with Gaby Garbarino Equipment needed: Light dumbbells and heavy resistance band (dumbbells can be substituted with water bottles or light cans)	Stamina D.S. I 2.0 with David Snively	Strength and Conditioning with Brina Lewin Equipment needed: Yoga mat and light dumbbells (dumbbells can be substituted with water bottles or light cans)	Coaching on Mindset with Jaime and Scott Livingston	AMRAP Mix Circuit with Jonathan Williams Equipment needed: Light dumbbells and a yoga mat (dumbbells can be substituted with water bottles or light cans)
10:30am	Meditation with Stephane Bensoussan Equipment needed: A mat or carpet and a cushion to sit on	Meditation with Stephane Bensoussan Equipment needed: A mat or carpet and a cushion to sit on	Meditation with Stephane Bensoussan Equipment needed: A mat or carpet and a cushion to sit on	Meditation with Stephane Bensoussan Equipment needed: A mat or carpet and a cushion to sit on	Meditation with Stephane Bensoussan Equipment needed: A mat or carpet and a cushion to sit on
10:45am	Breathing Program to Enhance Fitness with Paul Gagné	Zumba with Andrea Papp Equipment needed: Running shoes for high and low impact aerobic workouts	Yoga with Natalie McLennan Optional equipment : yoga block	HIIT Workout with Chloe Bardos Equipment needed: Light dumbbells and a yoga mat (dumbbells can be substituted with water bottles or light cans)	Nutrition with Don White and Kayla Di Gaetano
11:15am	Wrap up and thank you	Wrap up and thank you	Wrap up and thank you	Wrap up and thank you	Wrap up and thank you

*** Please note that timing is approximate and classes may start later than indicated.*