





Activity Schedule for Covered Patio across from Grand Oasis Ballroom

*For fitness classes, we recommend you wear sneakers, bring bottled water, and a towel. If you wish to do yoga, please bring socks and a yoga mat. All attendees enter and participate in activities at their own risk. Classes are free with ticket. Space may be limited. First come, first serve basis.

Times	Activity	Description	Sponsored by
10:30am-11:45am	Yoga *all levels	Courtney Mitchell, RYT500, will lead an all-levels Vinyasa flow. Yoga releases stress, increases strength and flexibility, and improves focus.	
11:50am-12:20pm	Xtend Barre Class 1 is a Circuit 7 and is 30 minutes *intermediate-advanced	This class is circuits of cardio and strength exercises to make this high intensity interval training class a fat-burning favorite. Be prepared to sweat and work out those muscles!	
12:25pm-12:55pm	Xtend Barre Class 2 is a combination of Dance, Ballet and Pilates *all levels	An invigorating floor conditioning class based on Pilates fundamentals with Xtend Barre Dance elements. This class is based on dance and fitness techniques to have you moving and shaking while finding your inner dance floor diva!	
1:00pm-3:00pm	GetFit4Kidz KidZone for kids ages 5-12 only	Kids will enjoy an obstacle course, hoola hoop, parachute, relay races, tug-o-war, ball tag, scooter relays and more.	
3:05pm-4pm	GetFit4Kidz face painting by Stephy	Stephy uses organic and non-toxic paints. Kids can choose their favorites animals to superheroes and Disney characters.	