



Fitness Zone Schedule

The following activities are complimentary, inside The ACTIVATE Marketplace Expo - April 13th, 2019

	Activity	Organization	Session Coach	Location
9:30 AM	Refresh with Yoga	Crystale Boisvert	Crystale Boisvert	Marketplace Expo Rm 106 EFG
10:00 AM	Move Your Joints for Mobility	Evo Studio	Mélissa Bourdeau	Marketplace Expo Rm 106 EFG
10:30 AM	Restore and Relax with Meditation	Crystale Boisvert	Crystal Boisvert	Marketplace Expo Rm 106 EFG
11:00 AM	Hip Hop	Culture Shock	Marc-André Clément	Marketplace Expo Rm 106 EFG
11:30 AM	Guts and Butts	Evo Studio	Mélissa Bourdeau	Marketplace Expo Rm 106 EFG
12:00 PM	Zumba	Zumba on the Hill	Valerie, Meredith, Raj & Xiang	Marketplace Expo Rm 106 EFG
12:30 PM	Hip Hop	Culture Shock	Marc-André Clément	Marketplace Expo Rm 106 EFG
1:00 PM	HIIT Bootcamp	Stadium Workout	Lisa Southall	Marketplace Expo Rm 106 EFG
1:30 PM	Kickboxing	FitMovement	Charles Simon	Marketplace Expo Rm 106 EFG
2:00 PM	Zumba	Zumba on the Hill	Valerie, Meredith, Raj & Xiang	Marketplace Expo Rm 106 EFG
2:30 PM	Essentrics	Amanda Sterczyk Fitness	Amanda, Rox & France	Marketplace Expo Rm 106 EFG
3:00 PM	Hip Hop	Culture Shock	Marc-André Clément	Marketplace Expo Rm 106 EFG
3:30 PM	Pound	Perfectly Fit	Denise Warren	Marketplace Expo Rm 106 EFG
4:00 PM	Pole Fitness	Iron Fitness	Andreana Petrocco	Marketplace Expo Rm 106 EFG
5:10 PM	Unwind with Yoga	Beyond Yoga	Diane Lanthier	Ballroom 106CD
5:10 PM	Unwind your Mind & Body	Beyond Yoga	Shelley Murdock	Ballroom 118DE
5:10 PM	Unwind with Meditation	Beyond Yoga	Kimberly Mantas	Lecture Hall 201-202

Note: Schedule subject to last minute changes. Ages 4 and up welcome. All participants must sign waiver prior to participation

OTHER EXCITING FEATURES OF THE EXPO TO CHECK OUT:

Visit StrongBars to Test Your Grip Strength

Visit IHN for your Complimentary Nutrition Assessment

Visit InBody Canada for your Complimentary Body Composition & Blood Pressure Test

Test your Fitness Level with the ACTIVATE FitTest

Grab a Free Massage with The International Academy of Massage