

FIT FEST SCHEDULE

5:30-6:00 PM	Event check-in, self guided gym tours, meet the team, explore vendor booths			
6:00-6:15 PM <i>Pick 1 Zone to participate OR gym tour/explore vendors</i>	PILATES ZONE: Mat Pilates <i>w/ Hailey Mathews</i>	SPIN PARTY ZONE: Cycle Express <i>w/ Michelle Burke</i>	HIIT/BOXING ZONE HIIT Express <i>w/ Ann Marix + Katie Gill</i> Full Body Boxing <i>w/ Skyler Ortiz</i>	TURF/TERRACE ZONE Cardio Sculpt <i>w/ Angele Louviere</i>
6:15-6:30 PM <i>Pick 1 Zone to participate OR gym tour/explore vendors</i>	PILATES ZONE: Mat Pilates <i>w/ Deanna Marie</i>	SPIN PARTY ZONE: Cycle Express <i>w/ Alexis Hingle</i>	HIIT/BOXING ZONE HIIT Express <i>w/ Ann Marix + Katie Gill</i> Full Body Boxing <i>w/ Skyler Ortiz</i>	TURF/TERRACE ZONE Flow & Meditate Yoga <i>w/ Christina Andrini</i>
6:30-6:45 PM <i>Pick 1 Zone to participate OR gym tour/explore vendors</i>	PILATES ZONE: Mat Pilates <i>w/ Hailey Mathews</i>	SPIN PARTY ZONE: Cycle Express <i>w/ Michelle Burke</i>	HIIT/BOXING ZONE HIIT Express <i>w/ Ann Marix + Katie Gill</i> Full Body Boxing <i>w/ Tyler Ortiz</i>	TURF/TERRACE ZONE Cardio Sculpt <i>w/ Angele Louviere</i>
6:45-7:00 PM <i>Pick 1 Zone to participate OR gym tour/explore vendors</i>	PILATES ZONE: Mat Pilates <i>w/ Deanna Marie</i>	SPIN PARTY ZONE: Cycle Express <i>w/ Alexis Hingle</i>	HIIT/BOXING ZONE HIIT Express <i>w/ Ann Marix + Katie Gill</i> Full Body Boxing <i>w/ Tyler Ortiz</i>	TURF/TERRACE ZONE Flow & Meditate Yoga <i>w/ Christina Andrini</i>
7:00-7:30 PM	Gym tours, meet the team, membership sign up, specials check out, explore vendors, etc.			