

A graphic on the left side of the page consisting of several overlapping geometric shapes in shades of blue and yellow, resembling a stylized letter 'V' or a mountain peak.

Valley Health

Community

**WELLNESS**

*Festival*

in partnership with  
**Shenandoah University**

## **Fitness & Wellness Demos**

at JCPenney Court

- 10:10..... Rock Steady** – Valley Health Wellness & Fitness Center  
A circuit-style boxing class for individuals with Parkinson’s to help improve reflexes, balance, neuromuscular memory, posture, and slow the progression of disease symptoms.
- 10:50..... Walk 15<sup>®</sup>** – Frederick County Parks and Recreation  
A “walking based” group exercise class for all ages and all fitness levels.
- 11:30..... Soccer Shots**  
An engaging children’s soccer program with a focus on character development
- 12:10..... FASST – Frisby’s Agility, Speed & Strength Training**  
Improving every aspect of an athlete’s performance on all levels
- 1:30..... Unique Hoops Basketball Academy**  
Teaching basketball skills and promoting life lessons and values such as character, teamwork, discipline, respect, and sportsmanship.
- 2:10..... East Coast Gymnastics & Cheer**  
Fitness classes and activities for kids
- 2:50..... Parisi Speed School** – Valley Health Wellness & Fitness Center  
Helping athletes of all ages and abilities become fast, stronger and mentally tougher
- 3:30..... Northern Shenandoah Valley Master Gardeners Association**  
Gardening...the healthiest of hobbies