



Wellness COMMUNITY festival

in partnership with **Shenandoah University**

Fitness & Wellness Demos

at JCPenney Court

- 10:10..... Parisi Speed School** – Valley Health Wellness & Fitness Center
Helping athletes of all ages and abilities become fast, stronger and mentally tougher.
- 10:50 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.
- 11:30 D1 Training**
Training the entire body for optimum performance using trusted and proven techniques delivered in age-appropriate programs.
- 12:10 Burn Boot Camp**
High-energy strength and conditioning workouts for all fitness levels, building both physical and mental strength for true transformation.
- 12:50..... Shenandoah University Physical Therapy Move U! Program**
Programs designed for children and adults with movement limitations
- 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. Gymnastics is more than just a sport; it’s a foundation for success in life.
- 2:50 Social Graces Ballroom Dance Studio**
Discover the joy of dance. Ballroom dancing improves stamina, strength and poise.
- 3:30..... Onelife Fitness**
Recovery is an essential part of an overall fitness plan. Assisted professional stretching can open up movement patterns and alleviate pain.