

# Health and Fitness Night Demonstrations/ Sessions

February 15<sup>th</sup>, 2017 from 5:15-7:00pm

Location	Presenter	Demonstration/ Session	Time
Stage	Carlos Rodriguez	Zumba	5:15-5:35pm 6:05-6:25pm
Stage	Dane Boyle	Group Fitness/ Circuit Training	5:40-6:00pm 6:30-6:50pm
RM 407	Rachel Bishop	Yoga	5:30-5:50pm 6:00-6:20pm 6:30-6:50pm
Big Gym	Strom's	Karate	5:15-5:35pm 6:05-6:25pm
Big Gym	Parisi Speed School	Sports Performance Training	5:40-6:00pm 6:30-6:50pm
Small Gym	Seguin HS Cheer Squad	Cheers & Tumbling Stunts	5:30-5:45pm 6:15-6:30pm
Small Gym	All Youth Sports	Sport Drills	5:50-6:05pm 6:35-6:50pm