

WELLNESS ACTIVITIES

Monday, November 13
6:00 AM • 3:45 PM



WALK/RUN GROUP

Registration Desk

Enjoy a brisk morning walk or run with a group of your peers before a great day of education and Expo fun.



YOGA

Registration Desk

Refresh and relax with a group yoga session. Stretch out your stresses. Yoga mats provided.

Tuesday, November 14
6:00 AM



WALK/RUN GROUP

Registration Desk

Enjoy a brisk morning walk or run with a group of your peers before a great day of education and Expo fun.



Advanced Boot Camp Workout

Registration Desk

Get your heart started and sweat rolling with an intense workout routine with mighty Matt Robinson.

Wednesday, November 15
6:00 AM



WALK/RUN GROUP

Registration Desk

Enjoy a brisk morning walk or run with a group of your peers before a great day of education and Expo fun.