

30th
ANNUAL

Valley Health

Community Wellness Festival

in partnership with **Shenandoah University**

Fitness & Wellness Demos

at JCPenney Court

10:10..... Shenandoah University Music Therapy

Using the power of music to improve a person's well-being.

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..... Parisi Speed School – Valley Health Wellness & Fitness Center

Helping athletes of all ages and abilities become fast, stronger and mentally tougher

12:10..... Frederick County Parks & Recreation

All Level Yoga... building strength, stamina, agility, flexibility and balance.

12:50..... Unique Hoops Basketball Academy

Teaching basketball skills and promoting life lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

1:30..... Fit4Mom Winchester

Prenatal and postnatal fitness programs, providing fitness classes and a network of moms to support every stage of motherhood, helping to make moms strong in body, mind, and spirit.

2:10..... East Coast Gymnastics & Cheer

Fitness classes and activities for kids

2:50..... Armstrong Irish Dance Academy

Irish dance classes for all ages.

3:30..... Social Graces Ballroom Dance Studio

Dancing to improve physical and mental well-being