ValleyHealth

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 ..... Parisi Speed School – Valley Health Wellness & Fitness Center
Helping athletes of all ages and abilities become fast, stronger and mentally tougher

11:30 ..... Chick Fil-A
Making healthier choices when on the go

12:10 ..... Little Gym
Kid's gymnastics, parent-child classes and more

12:50 ..... Armstrong Irish Dance Academy
Irish dance classes for all ages.

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 ..... D1 Training
Training the entire body for optimum performance using trusted and proven techniques delivered in age-appropriate programs

3:30..... Shenandoah University Music Therapy
Using the power of music to improve a person's well-being