

## SHC Health & Wellness Expo - Wellness Centre Activity Schedule

### Thursday, September 4, 2014

Time	Activity	Notes
3-4 pm	YMCA Spin Challenge (teams of 6 individuals x 5 min each)	These are Team Challenges, must register in advance before Aug 15 <sup>th</sup> , \$10 for all team challenges and 5/10K Run
4-7 pm	Scotiabank Ball Hockey Tournament	
4-7 pm	Soccer Tournament	

### Friday, September 5, 2014

Time	Activity	Notes
1:30-7 pm	Scotiabank Ball Hockey Tournament	These are Team Challenges, must register in advance before Aug 15 <sup>th</sup> , \$10 for all team challenges and 5/10K Run
1:30-7 pm	Soccer Tournament	
1:30-2:30 p.m.	Circles of Rhythm - Drumming Circle	Come and grab a drum and bang away your worries. Fun for all ages.
2-6 pm	Wellness Exhibition Fair	Includes over 60 exhibitors, free for all
2 pm	ATCO Blue Flame Cooking Demo in the Wellness Kitchen	Free for all, no registration required
3 pm	ATCO Blue Flame Cooking Demo in the Wellness Kitchen	
4 pm	YMCA Zumba Class	
4 pm	Kids Cooking Demo with Poppy Innovations in the Wellness Kitchen	
4-6 pm	YMCA Open Climbing Wall Time	

### Saturday, September 6, 2014

Time	Activity	Notes
8 am-1 pm	Scotiabank Ball Hockey Tournament	These are Team Challenges, must register in advance before Aug 15 <sup>th</sup> , \$10 for all team challenges and 5/10K Run
8 am-1 pm	Soccer Tournament	
9:15 am	5/10K Fun Run Starts!	Must register in advance, \$10 for team challenges and Runs
10 am-1pm	YMCA Open Climbing Wall Time	Free for all, no registration required
10 am-2pm	KidZone Opens	Free activities for kids, includes YMCA fun games, Calgary Soccer Association soccer drills, face painting and more!
10 am-3pm	Wellness Exhibition Fair	Includes over 60 exhibitors, free for all
10:30 -11:30 am	YMCA Group Cycle Fitness Class	Free for all, no registration required
11am	ATCO Blue Flame Cooking Demo in the Wellness Kitchen	
11 am-1 pm	Participant Lunch	Included in \$10 registration fee
12 pm	Kids Cooking Demo with Poppy Innovations in the Wellness Kitchen	Free for all, no registration required
11:45 am-12:30	YMCA Boot Camp Fitness Class	
1pm	AWARD CEREMONY	Prizes for Team Challenges awarded
1:30 pm	ATCO Blue Flame Cooking Demo in the Wellness Kitchen	Free for all, no registration required
2:30pm	ATCO Blue Flame Cooking Demo in the Wellness Kitchen	