

FIT FEST!

Schedule and Class Descriptions

Fountain Area:

9-10 Yoga (YMCA/Heart Montessori)

Event Plaza / Fit Fest Zone 1:

10:10-10:55 Dance Fitness (Beyond Ballet)

11-11:30 Laughter Yoga

11:40-12:10 Wacky Special Olympics

12:15-1 Adaptive Bicycle Obstacle Course

Shaded Grass Area / Fit Fest Zone 2:

9:15-9:35 QCK

9:45-10:15 Laughter Yoga

10:30-10:50 QCK

11-11:30 Children's Yoga (Heart Montessori)

11:40-12 QCK

12:15-1 Mindfulness (Zen Center)

Kids Zone:

Most OutGROWing 9am-11am

4 Paws for Ability 10am-1pm

T-Shirt Making Station 9am-1pm

CCHMC Occupational Therapy Exercises: 9am-1pm

CLASS DESCRIPTIONS

4 Paws for Ability

4 Paws for Ability trains and places service dogs for children and veterans with disabilities worldwide. Come meet (and snuggle) some local furry friends!

4 Paws for Ability 10am-1pm

Beyond Ballet / Kristin Smith

Kristin Smith is a former member of the Cincinnati Ballet, and a lifelong dancer. She recently formed Beyond Ballet, which is focused on dance education as well as arts/performance enrichment around the greater Cincinnati area. Kristin will be teaching a dance fitness class, so bring your energy and get ready to dance!

10:10-10:55 Dance Fitness (Beyond Ballet)

FIT FEST!

Schedule and Class Descriptions

Children's Yoga / Caroline Caldwell (Heart Montessori)

Caroline is a yoga instructor through World Peace Yoga. She is trained in many forms of yoga and is excited to offer a class geared towards children. In addition to teaching yoga, Caroline is a founder of Heart Montessori, a school that is rooted in empathy, compassion, and peace, along with academics.

11-11:30 Children's Yoga (Heart Montessori)

CRC Adaptive Bicycle Program / Kristen McMahon

Kristen McMahon is a certified therapeutic recreation specialist with the CRC. Cincinnati Recreation Commission's division of therapeutic recreation offers an array of adaptive sports and activities for those with physical and/or developmental disabilities year round.

12:15-1 Adaptive Bicycle Obstacle Course

Laughter Yoga / Lainey Docque

Lainey Docque, Ph.D. is a certified laughter yoga facilitator as well as a certified coach. She combines laughter yoga, principles of attitudinal healing, and energy work in her classes. Laughter yoga is a practice involving prolonged voluntary laughter and is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter.

9:45-10:15 Laughter Yoga

11-11:30 Laughter Yoga

Mindfulness Meditation/ Cincinnati Zen Center / Dennis Kurlas

Dennis is a 25 year meditator with Cincinnati Zen Center. Zen simply means "meditation." It is the practice of inquiry, the act of studying the self, of looking into the matter of our lives directly, of investigating the fundamental questions that arise from our sentience- and in this openness arises our original nature, which is compassionate and concerned with alleviating the suffering of all beings.

12:15-1 Mindfulness (Zen Center)

Most OutGROWing / Adoria Maxberry

Most OutGROWing is an organization focused on helping others grow beyond expectations and develop their purpose through the arts. We inspire, create and grow through art, focusing on the pillars of design, retail, education, events and philanthropy. MOG is on a mission to bring color to the earth! We invite you to join us to make your own diverse creature, supplies provided. \\

Most OutGROWing 9am-11am

FIT FEST!

Schedule and Class Descriptions

Queen City Kettlebell

QCK is improving the human condition. We believe the key to a healthier you should not be complicated and they define what we do as: Moving better and getting stronger. We practice coaching quality movements in each individual, of all levels and abilities, with kettlebells and a variety of other tools.

9:15-9:35 QCK

10:30-10:50 QCK

11:40-12 QCK

Special Olympics Hamilton County

Our mission is to provide year-round sports, training and competition in a variety of sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience the joy of achievement, be included in the community, build skills and make friends. Join us for some Wacky Relay Races for all ages and abilities!

11:40-12:10 Wacky Special Olympics

Yoga / Cincinnati YMCA & Caroline Caldwell

The Cincinnati YMCA has graciously partnered with Caroline (Heart Montessori) to make the Saturday morning yoga class inclusive! Caroline will be co-teaching a seated practice alongside Allison's typical practice.

9-10 Yoga (YMCA/Heart Montessori)