# Multicultural Wellness Weekend

**Saturday,September 10th, 8am-3pm**
**Sunday, September 11th, 2pm-6pm**

## SCHEDULE OF FREE ACTIVITIES

### Saturday

**Health Fair** 10am –2pm **HEALTH/WELLNESS EXHIBITORS**

**Classes**

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|---|---|
| 10:00am-10:45am | Yoga |
| 11:00am-11:45am | Earth Dance/Belly Dance |
| | Martial Arts |
| 12:00pm-12:30pm | African Dance |
| 12:00pm-12:45pm | Nine Basic Skills to Fitness |
| 12:45pm- 1:45pm | Zumba |
| **2:00pm** | **Women's Self-Preservation Class** |
| 8:00am-6:00pm | Open swim, Open weight/cardio |

***Classes are first come, first serve and are subject to change without notice***

### Sunday

2:00pm –6:00pm Open gym, Open swim, Open weight/cardio