Fitness FESTIVAL
EVENT SCHEDULE
SATURDAY, OCTOBER 17 | 9:00AM–1:00PM

RWJ RAHWAY
ROBERT WOOD JOHNSON FITNESS & WELLNESS CENTER

RWJ Rahway Fitness & Wellness Center
2120 Lamberts Mill Road,
Scotch Plains, NJ 07076
908.232.6100
RWJRahwayFitness.com

EVENT ACTIVITIES

TIME	EVENT	LOCATION
9:00am to 1:00pm	Inbody Screenings	Inbody Office
	Health Screenings and Wellness Information *Provided by Robert Wood Johnson University Hospital Rahway*	Conference Room
9am–9:30am	LES MILLS BODYATTACK™	Studio 1
	Circuit Cycle	Cycle Studio
	H2O Blast	Lap Pool
9:30am–10am	LES MILLS TONE™	Studio 1
	Circuit Cycle	Cycle Studio
	Flex & Flow	Lap Pool
10am–10:30am	LES MILLS BODYPUMP™	Studio 1
	Lite Fit	Studio 2
	Cycle Strong	Cycle Studio
	TRX Demo	Mezzanine
10:30am–11am	LES MILLS BODYBALANCE™	Studio 1
	Power Yoga	Studio 2
11am–11:30am	LES MILLS BODYCOMBAT™	Studio 1
	Vinyasa Yoga	Studio 2
	Foam Rolling Demo	Mezzanine
11:30am–12pm	Partner Yoga	Studio 2
11:30am–12:20pm	Dance Party	Studio 1
	Rhythm Ride	Cycle Studio
12pm–12:30pm	Yogalates	Studio 2
	Kettle Bell Demo	Mezzanine
12:30pm–1pm	Restorative Yoga	Studio 2
	Power Plate Demo	Fitness Floor

**Schedule may be subject to change.* *†In case of inclement weather, outdoor activities will be moved indoors.*

FAMILY FRIENDLY ACTIVITIES

TIME	CLASS	LOCATION
9:00am to 1:00pm	Aqua Adventures: Mermaid & Mateys *(30mins)* *Email victorh@fitnessandwellness.org to reserve.*	Aquatics Center
	Witchy Hats & Slime Making	Outside Patio
	Trick-or-Treat Fun	Vendor Tables
	Boo Bag Coloring Station	Childcare
10am–11am	Elphaba from *Wicked* Meet & Greet	Lobby
10am–12:30pm	Face Painting	Library

URBAN pilates DEMOS

Please email carola@fitnessandwellness.org to reserve your demo spot.

TIME	CLASS	LOCATION
9am–9:30am	Pilates Reformer: Tower	Urban Pilates Studio
9:30am–10am	Pilates Reformer: Tower	Urban Pilates Studio
10am–10:30am	Pilates Reformer: Power Circuit	Urban Pilates Studio
	Pilates Chair: Strong & Steady	Group Fitness Office
10:30am–11am	Pilates Reformer: Grounded (Leg Day)	Urban Pilates Studio
	Pilates Chair Challenge	Group Fitness Office
11am–11:30am	Pilates Reformer: Sweat (Cardio)	Urban Pilates Studio
	Pilates Reformer Posture Perscription	Private Pilates Studio
11:30am–12pm	Pilates Reformer: Base (Core Essentials)	Urban Pilates Studio
	Pilates Reformer: Apparatus Challenge	Private Pilates Studio
12pm–12:30pm	Pilates Reformer: The Challenge	Urban Pilates Studio
12:30pm–1pm	Pilates Reformer: Restore	Urban Pilates Studio

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