

Schedule of Events

FOOD

Cooking Demo

5:00 - 7:00 pm, RAC Deli

Free Hors d'oeuvres

5:00 - 7:00 pm, Gyms #2 & #3

Discounted Beer & Wine Sales

4:00 - 9:00 pm, RAC Deli and Gyms #2 & #3

Wine & Beer Tasting by Apollo Liquor

4:00 - 8:00 pm, Gym #3

LOOKING GOOD AND FEELING GOOD

Vendors selling unique gifts and products

4:00 - 9:00 pm, Gyms #2 & #3

Manicures provided by About Face, \$10

4:00 - 9:00 pm, About Face

Five Minute Eyes provided by About Face, \$5

4:00 - 9:00 pm, About Face

Free Chair Massages by RAC Massage Therapist

6:00 - 8:30 pm, Activities Desk

Fashion Show

7:00 - 7:30 pm, Multipurpose Room

Presented by Top RAC

FITNESS

Pilates, Yoga and Fitness Demos

5:00 - 8:00 pm, Mind Body Studio

5:00 - 5:15 pm Gutts and Butts Demo

Mind Body Studio

5:30 - 5:45 Foam Roller Demo

Mind Body Studio

7:30 - 7:45 Yoga Demo

Mind Body Studio

8:00 - 8:20 Pilates Apparatus Demo

Pilates Studio



INFORMATIONAL

RAC Fitness & Education Table

4:00 - 8:00 pm, Gym #3

Women's Health Presentation by Olmsted Medical Center
"Preventive Medicine and Cardiovascular Risks in Women"

6:00 - 6:20 pm, Multipurpose Room

Attendees will receive a free Pedometer