



Presented by:
Joanne Schmalenberger's



Schedule of Fun, Uplifting Events:

Bring the kids and your friends to the **lululemon Fit and Function Show and lululemon Trunk Sale!**

- 8:30 a.m. – **Cardio Bounce and Smart Bells.** Rebounding and Muscle Conditioning with Leonie Foy.
- 9:30 a.m. – **Slenghtening Technique: Core Strengthening and Flexibility,** a Joanne Schmalenberger creation.
- 10:00 a.m. – **NIA** with our beautiful dancing-spirit Donna McGurk. Come let your hair down and see what NIA is all about.
- 10:45 a.m. – **ZUMBA.** Lose the workout join the party with a bouncie Sheri Gladu.
- 11:30 p.m. – **Miss Luann of Dance impulse** Observe her unique dance style.
- 12:30 p.m. – **lululemon In-Studio Fit an Function Show.**
- 1:15 p.m. – **Chunky Heel Workout.** Grab you thick, chunky, high-heel shoes and please come experience the newest core/leg butt workout with sexy weight training by Joanne.
- 1:45 p.m. – **Kid's Jujitsu.** With Harry Curtis.
- 2:15 p.m. – **Woman's Self-Defense.** With Harry Curtis.
- 3:00 p.m. – **Kid's Obstacle Course** "JoAnimal" style.
- 3:30 p.m. – **Carol Serada – Adult beg/int modern dance.** Join in for a modern dance sampler, till 4:30 p.m.



1st Floor Samplers all-day-long with Artists, Open Studios and Table Set-Ups by:

- **Diane Reed** – REEDESIGNING (Like "Ree-Design" your garden...) Holistic Garden designer.
- **Beyond Fitness** – Body Works.
- **"JoAnimal"** – Kid's parties and town events.
- **Marilyn Feldman** – Mary Kay holiday makeup and skin care.
- **Carol Sereda** – Children's Dance Theatre.
- **Beyond Fitness** – Class information.
- **Nancy Sciore** – Body Magic Massage – Beyond Massage.
- **Giulietta the Muse** – Inspirational Rebel.
- **Angelica of the Angels:** – Rev. Barbara Szafranski 7 Central St. Salem, MA
Physic Medium Readings/ Aura/ charka photography.
- **Carol Mayo** – Nu Skin intro to the amazing Galvanic spa.
- **lululemon** – Trunk Sale.



Ask questions, mingle with the instructors and more.

Joanne Schmalenberger Beyond Fitness – 5 Summer Street – Natick, MA 01760 – T. 1.508.651.1991 – www.beyondfitness.net

New England Regional Training & Certification Center in downtown Natick above Debsan's