

DRIVE SCHEDULE

6:30 **6:30 - 7:25** Lift - Kelly Homsey

6:45 **6:30 - 7:25** Yoga - Emily Bellia

7:00 **7:00 - 7:55** Phase16 - Kristina Psoinos

7:15 **7:15 - 8:10** Shred - Nicole Buono

7:30

7:45

8:00 **8:10 - 9:10** Yoga - Rich Sinopoli

8:15 **8:15 - 9:10** Lift - Ashley Glynn

8:30

8:45

9:00 **9:00 - 9:55** Shred - Kristina Psoinos

9:15

9:30

9:45

10:00 **10:00 - 10:55** Lift - Ashley Glynn

10:15

10:30 **10:30 - 11:25** Shred - Carlos Camargo

10:45

11:00

11:15

11:30

CLASSES

8:00 - 9:00 Drive Games - Sean Bryan on KO Turf

9:00 - 10:00 Spin on the Street - Kelley Bateman & Michelle Roux on Via Toscana

9:15 - 10:15 Drive Games - Russ Bard on KO Turf

10:00 - 10:50 Signature BBB Workout by Kelly Brabants at Lake Park

10:30 - 11:30 Drive Games - Cam Fosman on KO Turf

11:15 - 12:15 Lakeside Yoga by Drive w/ Becky Gabryjelski at Lake Park

WORKSHOPS

8:15 - 8:55 Mat Pilates by Collective Studios

9:15 - 9:55 Barre by Pure Barre

9:30 - 10:10 Sound Bath Meditation by Drive w/ Karen Fraser in Yoga Room

10:15 - 10:55 Yoga Alignment by Drive w/ Emily Bellia

11:15 - 11:55 Mobility by Drive w/ Tony Hajjar

SEMINARS

8:15 - 8:55 Hormone Balance w/ Dr. Lawson from Inbloom

9:15 - 9:55 Nutrition w/ Tony Hajjar from Drive

10:15 - 10:55 Weight Management w/ Joseph Zucchi from Transition

11:15 - 11:55 Metabolism Reset w/ Dr. Sandhu from Neem

VENDOR ACTIVITIES (ONGOING)

HYROX Demo by Drive | Free InBody Consultations by Drive | Pickleball by Pickleball603 | Putting Green by DICK's House of Sports



Saturday, September 6th
8:00 AM - 12:00 PM

**Empowering wellness, uniting fitness,
medicine, youth sports, and motivational
mindset for a healthier community.**

30+ Wellness Vendors, FREE Fitness Consultations,
Exclusive Tours of Drive, Hyrox Demo Zone,
Spin On The Street, FREE Drive Classes, Pickleball,
Kelly Brabants Signature Workout, And So Much
More!

LOCATIONS

- | | |
|------------------------|--|
| A Check-in | J Yoga Room (2nd Floor) |
| B Front Desk | K Outdoor Turf (Hyrox) |
| C CafeFit | L Spin in the Street |
| D Lift | M Lake Park |
| E Workshop Room | N Putting Green |
| F Knockout (KO) | O Pickleball |
| G Phase16 | P Beer Garden |
| H Shred | W Bathrooms |
| I Seminar Room |  Vendor |

