

Yorktown WELLNESS MARKET

MAY 11, 2019
8 AM to 3 PM
at Riverwalk Landing



CLASS DEMONSTRATIONS
AREA HEALTH PROVIDERS
ENTERTAINMENT
HEALTHY COOKING DEMO



SPONSORED BY YORK COUNTY
PARKS AND RECREATION
AND TOURISM DEVELOPMENT

www.YORKTOWNMARKETDAYS.com

ENTERTAINMENT

8:00 AM - 3:00 PM

Variety of music and hits by DJ Ron Herrick

HEALTHY COOKING DEMONSTRATION

10:30 AM

Grunow's Kitchen, Chefs Sheree Curry and Patricia Grunow

FREE FAMILY FUN

(Fountain Grassy Area)

8:00 AM - 3:00 PM

Archery Demonstrations

11:00 AM - 3:00 PM

Rock Climbing Wall

(Freight Shed Grassy Area)

8:00 AM - 3:00 PM

Kids Fitness Activities

9:00 AM - 1:00 PM

Segway Demonstrations

11:00 AM - 3:00 PM

Face Painting

CLASS DEMONSTRATIONS (Riverwalk Landing Stage)

10:00 AM - 10:15 AM

Action Arts Academy USA

10:30 AM - 10:45 AM

Jazzercise Williamsburg

11:00 AM - 11:15 AM

Action Arts Academy USA

11:30 AM - 11:45 AM

Zumba with Victory Family YMCA

12:00 PM - 12:30 PM

Center Stage Academy

12:45 PM - 1:00 PM

Country Bootleggers Dance Studio

1:15 PM - 1:30 PM

Center Stage Academy

1:45 PM - 2:00 PM

Zumba presented by Jennifer Collins

2:15 PM - 2:30 PM

Jazzercise Williamsburg

PARTICIPATING EXHIBITORS (Green Performance Area)

9Round Kickboxing

Abetter U

Action Arts Academy USA

Back in Motion

Centerstage Academy

Colonial Gastroenterology Associates

Country Bootleggers Dance Studio

Dermatology Consultants of
Gloucester

Eyewitness Fitness, LLC

Faster Way to Fat Loss

Full Circle Kung Fu

Garden of Zen Yoga Studio

Greater Williamsburg HEARTSafe
Alliance

Hampton Roads Combat

In Balance Mobile Yoga Studio, LLC

Infinity Chiropractic

Integrated Dermatology of
Newport News

Jazzercise Williamsburg

Lackey Clinic

My Gym Children's Fitness Center

Patriot Tours & Provisions

Pure Barre

Riverside Wellness & Fitness Center

Southeastern Virginia Health System

Space Walk of Yorktown

Tidewater Dental Arts

Victory Family YMCA

Virginia Health Services

York County Fire and Life Safety

York County Mosquito Control

York County Parks and Recreation

York County Tourism Development

Zumba presented by Jennifer Collins