



Yorktown Market Days hosts annual Health & Fitness Market on Saturday, May 13

May 3, 2017

On Saturday, May 13, York County Parks, Recreation & Tourism is hosting the 7th Annual Health and Fitness Market, a program to support improving the quality of life for residents by educating citizens about the importance of healthy living and highlighting tools available to make healthy lifestyle choices.

Shop the market and make your way to the fitness section and enjoy demonstrations, information, exercise classes, numerous vendors, and health screenings such as blood pressure and body composition, and free giveaways all tying in with the farmers market. Enjoy Segway demonstrations provided by Patriot Tours & Provisions.

Other participating fitness market exhibitors include: Action Arts Academy USA, Riverside Wellness & Fitness Center, Riverside Health System/Cancer Care, Body By D Gym and Fitness Center, Garden of Zen Yoga Studio, Crystal Witte Nutrition, LLC, James A. Burden D.D.S. & Associates, Jazzercise Williamsburg & Yorktown, MyGym Children's Fitness Center, Hampton Roads Orthopaedics & Sports Medicine, York Chiropractic, Hampton Roads Tennis Academy, Walgreens, York County Mosquito Control, York County Beautification Committee, Victory Family YMCA, Hampton Roads Combat Games, HELO Wor(l)d Wear, Southeastern Virginia Health System, Seven Cities Dance Studio, Pivot Physical Therapy, Country Bootleggers Dance Studio, NASA Langley Exchange Skywatchers Astronomy Club, In Balance Mobile Yoga Studio, LLC, Patriot Tours & Provisions and York County Parks, Recreation & Tourism.

Registration for York County Parks, Recreation & Tourism's summer programs is now underway and the Fitness Market will feature detailed information on these program offerings. This summer's programs include summer youth sports and special interest camps, the Summer Fun playground program, the Safety Town program for rising kindergarten students, Special Recreation Camp for children with special needs, youth and adult instructional and fitness classes, and summer activities at the Senior Center of York. Information also will be available about county parks and boat landings as well as special events and concerts taking place in Yorktown.

Don't miss the cooking demonstrations of Northern Neck Crab Salad provided by the VA Marine Products Board at 10:30 a.m.

The tentative class demonstration schedule is:

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| 8:00 a.m. | Announcements/Music |
| 8:45 a.m. | Action Arts Academy USA Tae Kwon Do demonstration |
| 9:30 a.m. | Country Bootleggers Dance Studio Line Dance demonstration |
| 10:00 a.m. | Line Dancing with Good Time Dancers |
| 10:30 a.m. | Aerobic and Dance demonstration by Jazzercise |
| 11:00 a.m. | Zumba demonstration with the Victory Family YMCA |

- 11:30 a.m. Belly dancing demonstration by **Seven Cities Dance Studio**
11:45 a.m. **In Balance Mobile Yoga Studio** yoga demonstration
12:00 p.m. Announcements/Music

All demonstrations will take place on the performance stage.

This is the 11th annual Yorktown Market Days season, which began Saturday, April 29, along the Yorktown waterfront at Riverwalk Landing between Buckner and Ballard Streets. The market hosts more than 35 local farmers, producers, and vendors throughout the season with a variety of homegrown favorites. This season, the market also hosts over 20 local artists with four to seven featured artists appearing each week. Throughout the summer, the market will showcase a variety of entertainment. Confirmed market vendors, entertainment, and artists for the 2017 season can be found online at www.yorktownmarketdays.com.

The market operates weekly on Saturdays through October 28 from 8 a.m. to 12 p.m. (excluding October 7). Following the close of the weekly market season, monthly markets will be held on October 14, November 11 and 18, and December 9, with extended hours until 3 p.m.

The market is free and features:

- fresh produce and seasonal fruits
- fresh seafood including oysters, crabs, seafood spreads and dips and crab meat
- eggs, poultry, pork sausage & BBQ
- fresh baked breads, scones and mixes
- Greek pastries, cakes & desserts
- peanuts
- herbs and plants
- jams and pie fillings
- soaps
- tasty soups & salads
- quality art, and
- live musical entertainment

Special thanks to the 2017 Market Days sponsors including founding market sponsor 1st Advantage Federal Credit Union, as well as Farm Bureau Insurance for their support. Yorktown Market Days is presented by York County and the Riverwalk Landing Business Association.

Free parking will be available at the market in several public parking areas throughout Historic Yorktown. The free Yorktown trolley runs daily from 11 a.m. to 5 p.m. with extended hours of 10 a.m. to 5:30 p.m. Memorial Day weekend through Labor Day.

The markets are held rain or shine. In the event of severe inclement weather, please call the Yorktown events weather hotline at (757) 890-3520 for updates. For more information, please visit www.yorktownmarketdays.com.





@Yorktown
HEALTH & FITNESS MARKET
MAY 13, 2017
8 am - 12 pm
At Riverwalk Landing





CLASS DEMONSTRATIONS
 AREA HEALTH PROVIDERS
 ENTERTAINMENT
 HEALTHY COOKING DEMOS

SPONSORED BY
 YORK COUNTY
 PARKS, RECREATION
 AND TOURISM





WWW.YORKTOWNMARKETDAYS.COM or 757 890 3500

ENTERTAINMENT
8 am The Flies and Drums of York Town will kick off the first market of the season with a performance, followed by musical entertainment with a variety of music and hits by DJ Ron Henrick.

CLASS DEMONSTRATIONS SCHEDULE
8:00 am - 8:45 am Announcements/Music
8:45 am - 9:15 am Action Arts Academy USA
9:30 am - 9:45 am Country Bootleggers Dance Studio
10:00 am - 10:15 am Good Time Dancers
10:30 am - 10:45 am Jazzercise Williamsburg & Yorktown
11:00 am - 11:15 am Victory Family YMCA Zumba
11:30 am - 11:45 am Seven Cities Dance Studio
11:45 am - 12:00 pm In Balance Mobile Yoga
12:00 pm Announcements/Music

HEALTHY COOKING DEMONSTRATIONS
10:30 am VA Marine Products Beard, featuring northern crab salad

PARTICIPATING EXHIBITORS
Green Performance Area
 York County Parks, Recreation & Tourism (PRT)
 York County Beautification Committee
 James A. Burden D.D.S. & Associates
 Waggle's
 Garden of Zen Yoga Studio
 Hampton Roads Orthopedics & Sports Medicine
 Action Arts Academy USA
 Pivotal Physical Therapy
 Crystal White Nutrition, LLC
 Country Bootleggers Dance Studio
 NASA Langley Exchange Skywatchers Astronomy Club
 Victory Family YMCA
 Jazzercise Williamsburg & Yorktown
 York County Mosquito Control
 Body By D Gym & Fitness Center
 HELLO World Wear
 MyGym Children's Fitness Center
 Southeastern Virginia Health System
 Riverside Health Systems - Cancer Care
 Riverside Wellness and Fitness Center
 York Chiropractic
 Seven Cities Dance Studio
 In Balance Mobile Yoga Studio, LLC
 Ron Henrick DJ

Beach Area
 Patriot Tours & Provisions
 Hampton Roads Tennis Academy
 Hampton Roads Combat Games

Rain or shine. Severe weather hotline at 810-3120 WWW.YORKTOWNMARKETDAYS.COM

