



Fitness in the Falls 2010

Agenda

Friday April 30

- 3pm-7pm Check-in at front desk Sheraton Fallsview Hotel, registration for Fitness in the Falls mezzanine level
- 6:15pm Cocktails in reception area with pianist Eddie Pizzo
- 7:30pm Dinner and Opening ceremonies in the ballroom

Saturday May 1

- 7am Walk the Falls with the Niagara Falls Fire Department.
- 7:30-9am Breakfast in 'Salon A' Banquet room (located on the 3rd floor)
- 9am-4:pm Follow your Master Fitness/Seminar Schedule.
- 12:00-2pm Lunch 'Salon A' Banquet room
- 12pm-4pm Trade show and shopping
- 5:30-6:15pm Shuttle to Greg Frewin Theatre
- 6:30pm Dinner & Show
- 10pm-10:45pm Shuttle back to Sheraton Fallsview Hotel

Sunday May 2

- 7am Walk, Cardio or Yoga (optional)
- 7:30-9am Breakfast in 'Salon A' Banquet room
- 9-1:00pm Follow your Master Fitness/Seminar Schedule
- 12pm Master Stretch Class - All Instructors, Closing remarks
- 12pm Check-out

We hope you have a fabulous weekend, your team!