



# GAINS FIT 2022 Retreat

May 12-15, 2022

## Agenda

Thursday			Location
5:45PM	6:00PM	Welcome and Door Prizes	Nutilus A-E
6:00PM	7:45PM	Xtreme Hip Hop Masterclass with Multiple Instructors	Nutilus A-E
7:45PM	9:15PM	MixedFit Masterclass with Multiple Instructors	Nutilus A-E
Friday			Location
7:00AM	9:00AM	Breakfast	Prefunction
9:00AM	9:45AM	Aqua Zumba with Meladie Capers Adams/Jonathan Alley	Indoor Pool
9:00AM	9:45AM	EDM Body Fitness with Hilda Young	Nautilus TBD
9:00AM	9:45AM	Strong Nation with Eric Blue	Nautilus TBD
9:00AM	9:45AM	TBD with TBD	Nautilus TBD
10:00AM	10:45AM	Aqua Zumba with Rana Blue	Indoor Pool
10:00AM	10:45AM	Urban Boot Camp with Latoya Purvis	Nautilus TBD
10:00AM	10:45AM	Zumba Toning with Janice Sims	Nautilus TBD
10:00AM	10:45AM	Zumba with Thess Bernard	Nautilus TBD
10:00AM	10:45AM	Chair One with Terry Pena Gasperino	Nautilus TBD
11:00AM	11:45AM	Aqua Zumba with LeNesha Cunningham	Indoor Pool
11:00AM	11:45AM	Commit with Joe Dumayas	Nautilus TBD
11:00AM	11:45AM	Core Fusion/Piyo with Robyn Roper	Nautilus TBD
11:00AM	11:45AM	Xtreme Hip Hop with Tiffani Samuel	Nautilus TBD
11:00AM	11:45AM	Strength & Power with April Perton	Nautilus TBD
12:00PM	12:45PM	Afro Beats with Shakalee Exantus	Nautilus TBD
12:00PM	12:45PM	HIIT Challenge with LaToya Purvis	Nautilus TBD
12:00PM	12:45PM	Line Dancing with Meladie Capers Adams	Nautilus TBD
12:00PM	12:45PM	LEVEL UP- Your teaching style is your brand with Hilda Young	Coral
7:00PM	9:00PM	Dance Crew Masterclass	Nutilus A-E
9:00PM	10:30PM	Meet & Greet Party	Nutilus A-E

## Agenda Continued

Saturday			Location
7:00AM	9:00AM	Breakfast	Prefunction
8:00AM	8:45AM	Aqua Zumba with Theresa Darden Hooker	Meet in Lobby
8:00AM	8:45AM	Zumba with Mahoghany Reid/Lisa Lundy	Nautilus TBD
8:00AM	8:45AM	Core Fusion/Piyo with Robyn Roper	Nautilus TBD
8:00AM	8:45AM	Turnup Fitness with Jaiquala Tyree	Nautilus TBD
9:00AM	9:45AM	Aqua Zumba with Harriett Pimpong	Indoor Pool
9:00AM	9:45AM	Mixxed Fit with TBD	Nautilus TBD
9:00AM	9:45AM	Booty Sculpt with Watanya Resper	Nautilus TBD
9:00AM	9:45AM	Fitkizomba with Liliana Means	Nautilus TBD
9:00AM	9:45AM	It's Getting Hot in Here with Martha McNair	Nautilus TBD
10:00AM	10:45AM	Aqua Zumba with Markiss Barnes	Indoor Pool
10:00AM	10:45AM	U-Jam with Jerod Williams	Nautilus TBD
10:00AM	10:45AM	Refusal to give in Resistance Bands with Stephanie Kegler	Nautilus TBD
10:00AM	10:45AM	World Rythmz Fitness with GeeGee Cadet	Nautilus TBD
10:00AM	10:45AM	Weight Management 101 with Dacia Jeffries	Nautilus TBD
11:00AM	11:45AM	Commit with Jee Wong/Maybelle Manolo	Nautilus TBD
11:00AM	11:45AM	EDM Body Fitness with Hilda Young	Nautilus TBD
11:00AM	11:45AM	Xtreme Hip Hop with Tiffani Samuel	Nautilus TBD
11:00AM	11:45AM	Barre with Gretchen Lawson	Coral
12:00PM	12:45PM	Afro-Caribbean with Marquetta Dupree	Nautilus TBD
12:00PM	12:45PM	Flex Focus with Dacia Jeffries	Nautilus TBD
12:00PM	12:45PM	Yoga with Kiesha Battles	Nautilus TBD
12:00PM	12:45PM	Cooking for Fitness with April Perton	Coral
2:30PM	5:30PM	ZIN Jam Session (ZIN ONLY - Add'l cost) with Marquetta D	Natilus A-E
7:00PM	9:00PM	Main Event: Let's Glow Crazy Dance Smash	Natilus A-E
9:00PM	10:30PM	After Party	Natilus A-E
Sunday			Location
7:00AM	9:00AM	Breakfast	Prefunction
8:00AM	9:30AM	COMMIT Masterclass	Natilus A-E
10:00AM	5:00PM	COMMIT Training (Additional cost) with Jee W and Maybelle M	Natilus A-E