

BeWellPhilly **FEST**

BROUGHT TO YOU BY **Independence** 



MON. 7/6 • 5PM

BE INSPIRED

WELCOME ORIENTATION

led by Gina Tomaine

LIT & FIT BOOTCAMP

led by Ahmad, Khalil and Malik Jones of TriYo Fitness

Join us as we kick off Be Well Philly Fest with a 45-minute total-body workout! You won't need any equipment for this one (mats optional), so bring yourself and bring a friend! This will be a high-intensity cardio and strength workout!

EQUIPMENT: Mats optional

TUE. 7/7 • NOON

BE ENLIGHTENED

RUNNING 101

led by Liz Pagonis of Philly Runner

Welcome to the starting line! From training tips to what to wear and where to run, we'll go over everything you need to know about starting to run, returning to running, and continuing to better your runs.

EQUIPMENT: None

5 TIPS FOR RACE DAY

led by Jess Wayashe of *The Wayashe Lives*

Join local Run Coach and Fidler Club Trainer, Jess Wayashe as she takes you through 5 tips to help you execute your best Race Day, ever.

EQUIPMENT: None

WED. 7/8 • 5PM

BE ENERGIZED

FROM YOGA TO ACTION

led by Joanna Da Sylva of Teranga Yoga

In these challenging and uncertain times, bring some much needed love and joy to your day. Move and groove through a dynamic, fun and creative vinyasa flow class set to world beats.

EQUIPMENT: 2 blocks and a strap, optional

[SPOTIFY PLAYLIST](#)

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THU. 7/9 • NOON

BE NOURISHED

HOW TO EAT MORE PLANTS WITH EASE (AND ENJOY THEM!)

led by Adjua Fisher and Zach Rice of REAP Wellness

In this session, we'll talk all things eating more plants: how incorporating more plants on your plate can benefit everything from your skin health to your gut health. Then, together we will make one of REAP's client-favorite dressings, the Miso Magic Dressing, which makes eating plants on the day-to-day super easy and delicious.

EQUIPMENT: Microplane, whisk, mixing bowl

INGREDIENTS:

- White miso paste
- Juice of 2 limes
- Coconut aminos
- Sesame oil
- 2-inch knob ginger, microplaned
- 2 cloves garlic, chopped
- Olive oil
- Water
- Salt to taste

FRI. 7/10 • NOON

BE RADIANT

SOUND MEDITATION

led by Luna Maye of The Sound Lab

Take a thoughtful break from the day's tasks with this cellular massage of sound led by Sound Artist and Founder of The Sound Lab, Luna Maye. Find a comfortable seat, plugin via headphones, and let's meet at the intersection of art and science to explore how sound can support relaxation, connection, and stress relief.

EQUIPMENT: Headphones

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SAT. 7/11 • 9AM

BE EMPOWERED

BARRE3 45

led by Stephanie Maas
of barre3 Rittenhouse

Join us for a 45-minute Live barre3 class led by Stephanie Maas, studio owner barre3 Rittenhouse. Come ready for some joyful movement that will leave you feeling balanced in body and empowered from within, especially in these crazy times. Just bring yourself and some space to move your body.

EQUIPMENT: Hand-held weights ranging from 2-8lbs are a great addition, but not required.

SAT. 7/11 • NOON

BE EMPOWERED

BOXING + BEATS

led by Jen Cohen Crompton
of FUEL Cycle Fitness

Boxing + Beats is our signature cardio-boxing class set to the beat of the music. We incorporate real boxing moves into a 45-min choreographed workout that offers a mix of cardio and strength - and it's a lot of fun! No experience required.

EQUIPMENT: Hand-held weights ranging from 1-3lbs and/or a resistance loop band, optional.

SUN. 7/12 • 9AM

BE EMPOWERED

RHYTHMLAB

led by Jackie Dragone
of RHYTHMLAB

RHYTHMLAB is a high energy, total body workout set to the beat of the music. Using resistance bands and body weight this heart pumping 45 minute workout will allow you to reach new fitness goals where you will also have fun! RHYTHMLAB is not dance based, although the beat of the music is the guide taking you through a series of familiar movements.

EQUIPMENT: Resistance bands or light weights are suggested, but not required.