



Health & Fitness **EXPO**

2016 Expo Schedule: Free Yoga Classes and Seminars

November 4-5, 2016 | NC State Fairgrounds Exposition Center

Friday, November 4

3:00pm - Expo Opens

4:00pm - Free yoga class: Core Power Yoga

5:00pm - Seminar and Q&A: *Recovery Strategies – The Role of Nutrition and Dry Needling, Presented by Raleigh Orthopaedic*

6:00pm - Seminar and Q&A: *Lower Extremity Injuries Outside of Foot/Ankle Issues for Runners, Presented by Dr. Andre Grant - Duke Raleigh Hospital*

7:00pm - Free yoga class: Gratitude Hot Yoga

8:00pm - Expo Closes

Saturday, November 5

10:00am - Expo Opens

11:00am - Free yoga class: Core Power Yoga

1:00pm - Seminar and Q&A: *Foot and Ankle Injuries/Issues for Runners, Presented by Dr. Schweitzer - Duke Raleigh Hospital*

2:00pm - Free yoga class: Indigo Hot Yoga Center

3:00pm - Free yoga class: Indigo Hot Yoga Center

4:00pm - Free yoga class: Arrichion Hot Yoga

5:00pm - Free yoga class: Gratitude Hot Yoga

6:00pm - Free yoga class: Gratitude Hot Yoga

7:00pm - Expo Closes

Schedule Subject to Change. Expo Layout on Reverse Side

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Expo Layout Key



City of Oaks Marathon

City of Oaks Apparel Sales	Apparel
City of Oaks Bib # Lookup	Bib # Lookup
City of Oaks Bib Pick Up	Bib Pickup
City of Oaks Course Video	Course Video Screening
City of Oaks Race Registration	Register
City of Oaks T-shirt Pickup	T-Shirts
City of Oaks Volunteer + Pacer	Volunteers

Health Care

Blue Cross Blue Shield of North Carolina	BCBSNC
Duke Raleigh Hospital	Duke Raleigh Hospital
Medi Weightloss	701
Physicians Weight Loss Centers	301
Poe Center For Health Education	703
Raleigh Foot & Ankle Center	603
Raleigh Orthopaedic	811
Rex Healthcare	UNC Rex

Wellness

Aquatic Physical Therapy & Beyond	402
Cary Orthopaedics & Blue Ridge Surgery	401
Click It Hot	804
Origin Complete Medicine	107
Real Time Pain Relief	203
Revolution Chiropractic	407
Run Raleigh PT	308
Team Chiropractic & Sports Medicine, P.A.	302
Tobin Family Chiropractic	1011

Running/Athletic Retailers & Brands

Bondi Band	612
Fleet Feet Sports Raleigh	602
Inside-Out Sports	801
LEGEND Compression Wear	507
LILLYGRACE	505
LuLaRoe by Angela Johnson and Annette	106
National Running Center	511
Omega Sports Inc	406
Runologie	711
Salming Running	501

Health Foods and Drinks

Amino Vital	211
Humdinger Juice	204
Passanante's Home Food Services	304
Relay Foods	702
Sassool Mediterranean Cafe	601
KIND Healthy Snacks	1001

Fitness Studios & Gyms

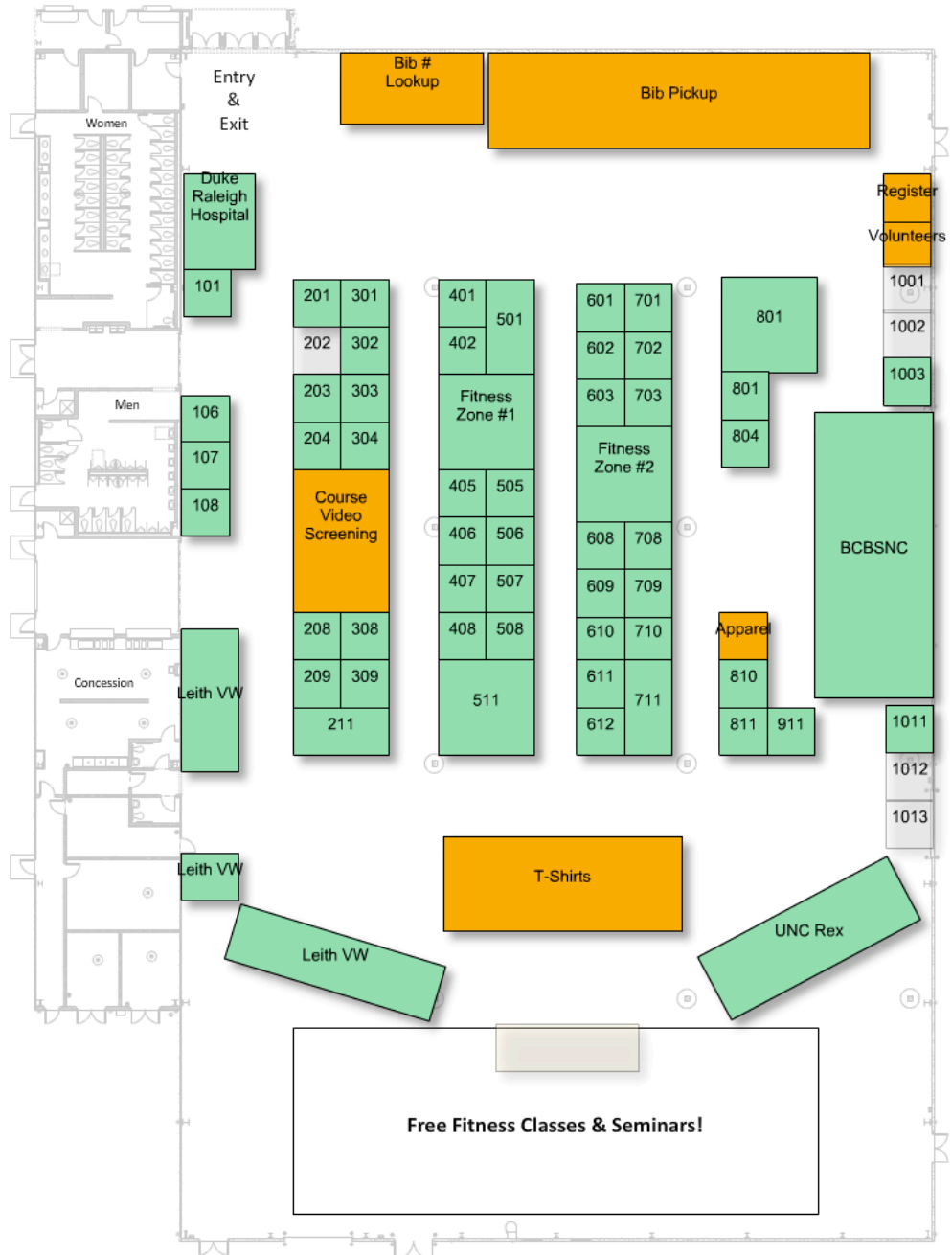
Active Bodez Fitness Center	101
Arrichion Yoga	Fitness Zone #2
Burn Boot Camp - North Raleigh	810
Core Fitness Studios	Fitness Zone #1
Core Power Yoga	Fitness Zone #2
CycleBar	708
Fitness Experiential Zone	Fitness Zone #1 & 2
Gratitude Hot Yoga	Fitness Zone #2
Indigo Hot Yoga	Fitness Zone #1
MADabolic	Fitness Zone #2
Raleigh Crossfit	Fitness Zone #1
Tapout Fitness	108

Races

Bull City Race Fest	208
Junction 311, LLC	309
Myrtle Beach Marathon	710
Race 13.1	709
Tobacco Road Marathon	209

Additional

Autumn Cobeland Paintings	303
CPI Security	911
Delta Airlines	201
Girls on the Run of the Triangle	609
GoRunUSA	610
Greater Raleigh Sports Alliance	506
Leith Volkswagen of Cary	Leith VW



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