



Take a break during, before or after your day of NAFEW speakers and work out with an instructor from Fit Bodies Fit Minds. You'll have 4 different videos to choose from:

- Movement & Posture (20 min)
- Pilates (30 min)
- Bodyweight Workout (30 min)
- Yoga/Meditation (45 min)

You'll find it all in the WHITE PINES Room all day long, every day this week!