

Alpha Kappa Alpha Sorority, Inc.
Kappa Psi Omega Chapter Presents:

Walk It Out 2010

A no-cost fitness event in partnership with Group Health Cooperative of South Central Wisconsin, Susan G. Komen Foundation, 100 Black Men of Madison and Madison College.

Saturday, July 24, 2010
8 a.m. - 1:30 p.m.
Madison College - Truax Campus
3550 Anderson St.
Madison, WI

*In case of inclement weather, Walk It Out activities will begin at 9 a.m. inside the Madison College - Truax facility.

Walk followed by Pilates, Zumba, Relaxation Training and Practice, Tai Chi, Massage, Kickboxing and other workshops.

Healthy lunch provided.



Walk It Out Agenda

Saturday, July 24, 2010

Madison College - Truax Campus

3550 Anderson St., Madison

8 - 8:30 a.m.	Registration
8:30 - 8:40 a.m.	Stretch and Warm up with Terri Pelliteri
8:40 - 9:20 a.m.	2-Mile Walk
9:30 a.m. - Noon	Resource Tables

	Dining Room	Classroom 2	Classroom 1	Mirror Room	Outer Room
9:30-10:15 a.m.	Healthy Cooking Demonstration, Chef Rod Ladson, Johnny's Italian Steakhouse, 100 Black Men	Pilates, Dawn Dash	Chair Massage, Candice Lewis	Cardio Kick, Gina Curry	Reflexology, Mary Karls
10:15-11 a.m.	Relaxation Training and Practice, Michael Smith	Tai Chi, Terri Pelliteri	Chair Massage, Mary Karls	Cardio Slide, Gina Curry	Pilates, Dawn Dash
11-11:45 a.m.	Relaxation Training and Practice, Michael Smith	Tai Chi, Terri Pelliteri	Chair Massage, Dawn Dash	Cardio Activities, Zumba, Faith Dey	Reflexology, Mary Karls

Noon-1:30 p.m.

Lunch

Speakers: Iron Man Competitor Aaron Perry and Motivational Speaker Theola Carter

Door Prizes