



SWEAT FEST PROGRAM



latinasweatproject.com/sweatfest

SWEAT FEST SCHEDULE



**7:00am
Kickoff 5k**

**8:30am
Doors Open**

**9:00am-6:00pm
Sweat Classes**

**6:00-9:00pm
Pachanga**

SWEAT SCHEDULE

West Stage



East Stage

Jay's Power Hour
Julio Peña

9:00am

Yoga Party
Josh Young

Slow & Grow
Greg Buford

10:00am

HIIT Pilates with Lizlates
Lizlates

Yoga Sculpt with Jax
Jackie Terrazas

11:00am

Full Body Strength & Conditioning
Brookie Trinity



11:45am

Sound Bath to Find Your Rhythm
Courtney Olender

Slow Burn: A Pilates Flow
Dr. Alyssa Perez

12:30pm

Yoga Flow
Gerald Pinckney

Yoga para Todos
Zoraida Magana

1:30pm

Mixxed Fit with IL National Trainer
Nana Sahagun

EDM & Tech Set
DJ Solita

2:15pm

Restorative Sound Bath
Kari Sanchez

Banda Sculpt
Veronica Quiñones

3:00pm

Reset & Release
Paulo Colby

Salsa Self & Soul
Maria Luisa Torres

4:00pm

Ring Ready HIIT
Jeff Williams

Mat Pilates
Margarita Quiñones

5:00pm

Wobble Baby Wobble: Balance Flow
Krystal Fernandez

Class descriptions at
latinasweatproject.com/sweatfest

SWEAT FEST MAP



SWEAT FEST PACKING LIST

- ★ **Water Bottle**
- ★ **Yoga Mat**
- ★ **Beach Towel**
- ★ **Sunscreen**
- ★ **Comfortable Clothing**
- ★ **Positive Energy**

No outside food permitted



SWEAT FEST

TRANSPORTATION

Train



Pink Line 18th Station (25 minute walk)
or connect to 18 Bus at station

Bus



18 Bus runs along 18th St stops at 18th & Peoria (entrance)
8 Bus runs along Halsted & stops at Halsted & 18th (2 minute walk)

Bike



Divvy Stations available
At 18th & Halsted (2 minute walk)
At 18th & Morgan (2 minute walk)

Metra



Halsted St Metra Station (BNSF)
Located on 16th & Halsted (5 minute walk)

Parking



Limited free parking available at Jungman School (5 minute walk)
Free and metered street parking available in area

