

2012 Spice of Life Food & Fitness Fest
SPICE OF LIFE STAGE SCHEDULE

	Saturday, March 17 10:00am-6:00pm	Sunday, March 18 11:00am-5:00pm
11:00	Cascades Verdae presents Living for the Mind, Body & Spirit Demonstrated by the residents of Cascades Verdae	Show opens at 11am
NOON	Meet Miss South Carolina Bree Boyce (12:30) Cascades Verdae presents Living for the Mind, Body & Spirit Demonstrated by the residents of Cascades Verdae	Meet Miss South Carolina Bree Boyce (12:30) Self Defense for Kids with TimTv
1:00	ZUMBA Presented by the Imagine Center (1:30) Hoop Fitness with TimTv	Greenville Humane Society presents Animal Adoption Awareness Parade (1:30) Dog Training Tips/Techniques with Camp Bow Wow
2:00	TALK Magazine presents "A Happy & Healthy Life" Fashion Show Sponsored by Mast General and Zen Garden Yoga (2:45) Self Defense for Kids with TimTv	Belly Dancing Presented by Layali Layla Dance Co. (2:30) Hoop Fitness with TimTv
3:00	Kettlebells Presented by the YMCA of Greenville (3:30) Hoop Fitness with TimTv	The Puppy Nanny's Place presents Keeping Kids Safe with Dogs Presented by Sue Conklin (3:30) Cascades Verdae presents Living for the Mind, Body & Spirit Demonstrated by the residents of Cascades Verdae
4:00	The Puppy Nanny's Place presents Keeping Kids Safe with Dogs Presented by Sue Conklin	