

ENTERTAINMENT LINE UP!

SWANSEA CHEERING CHALLENGE AT THE SCOTIABANK WATERFRONT MARATHON
SUNDAY, SEPTEMBER 26TH 7:30 AM TO 10:30 AM

TENTATIVE
START
TIMES



7:45 A.M.

FIT2DANCE WITH MICHELLE!

FIT2DANCE gives people of all ages a chance to get fit, have fun and just DANCE! President and Creative Director, Michelle Hillier is a specialist in dance and fitness, and is one of Toronto's most innovative and fitness instructors, adult dance teachers and educational presenters. Michelle's Groove inspired style of teaching is infused in dance styles such as hip hop, african, bollywood, disco, latin, swing, krump and more! To "Find YOUR Inner Groove" this fall, her Dance Grooves class is coming to Swansea on Wednesdays from 7-8pm and Saturdays from 10-11am - no dance experience necessary!! Everyone is welcome. For more information and to register, please visit www.fit2danceinc.com or call 416-818-8804.

ZUMBA WITH DIONE MASON!

Fitness and Lifestyle Coach, Can-Fit-Pro FIS, NWS, PTS, Spinning®, Zumba®

Dione Mason is dedicated to inspiring others to achieve optimal wellness by improving their mind, body and spirit. Through her group fitness classes, audiences are motivated by her energy, creativity, style and focus in helping participants not only achieve their fitness goals, but have fun while doing it. She teaches a vast array of classes including Aqua-fit, Boot Camp, Cardio Kickboxing, Muscle Conditioning, Spinning, Hi/Low, and Zumba.

She started teaching group fitness in 2000 and has a wealth of experience and knowledge about techniques and industry trends. She has taught to audiences of various ages and wellness stages at corporate gyms, private gyms, public gyms and international audiences at Caribbean resorts as Coral by Hilton, Dominican Republic; Breezes Jibacoa, Cuba; and Breezes Varadero, Cuba. You may also visit her online at www.dionemason.com



8:20 A.M.

CONTEMPORARY SWING WITH AT EASE!

At Ease is a 1940s-style swing trio featuring Kate Proctor, Rachelle Boudreau and Cyndi Carleton. These powerhouse vocalists revive the singing style of the Andrews Sisters and add a splash of swing to contemporary hits. Impeccable three-part harmony and a seamless blend create the At Ease sound that keeps audiences coming back for more. **At Ease** has regular appearances at Ten Feet Tall, Gate 403, and

Dominon on Queen. They have also sung at private functions throughout the GTA, and they have performed at many fundraisers and special events across Toronto, including Scribble Me Silly and the 2009 Scotiabank Marathon. Visit www.ateasemusic.com to find out where **At Ease** will be playing next!



8:50 A.M.

9:25 A.M.

HiP KiK

Belly Dancing and Fitness
Visit www.hipkik.com



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DUKE THE DOG
from the Toronto Marlies!
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