

Events | Women's Health Magazine and Exhale Spa present Fusion Fest

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Women's Health Magazine and Exhale Spa present Fusion Fest

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Women's Health magazine and Exhale Spa Dallas will present the second annual FusionFest, a free event featuring Core Fusion classes, lite bites, goodie bags, giveaways, DJs and more.

In conjunction with the event, Women's Health is kicking off its 2nd annual "Next Fitness Star" competition, searching for the next top trainer. After receiving thousands of submissions, Women's Health has selected the top 5 finalists competing to star in their own DVD series and become a leader in the fitness industry. Noell Yanik, a finalist, will be in attendance and will participate in the Core Fusion workouts and offer health consultations to attendees.

Core Fusion Barre+Cardio, Exhale's newest class will be one of the featured workouts for attendees to try during FusionFest. The class combines the cardio benefits of interval training with the toning benefits of the barre technique. This fast paced two-part class consists of 30 minutes of sweaty sprints with short recovery periods followed by muscle-defining barre-based sequences of movements that target the thighs, butt and abs.

Anyone who attends the complimentary FusionFest classes will receive a free month subscription to *WH Fit Club*, the online fitness center that gives access to the hottest, most coveted workout studios and leading fitness experts across the country—including exclusive workouts from Exhale co-founders Fred DeVito and Elisabeth Halfpapp and Exhale's National Yoga Director Stefanie Eris.

DATE - ADD TO MY CALENDAR

Tuesday, May 20th, 2014 at 4:45 p.m. Tuesday, May 20th, 2014 at 7:10 p.m. Tuesday, May 20th, 2014 at 6 p.m.

LOCATION

Exhale Spa Dallas
5300 E. Mockingbird Ln.
Dallas, TX 75206

WEBSITE

exhalespa.com/fusion...

PHONE

214-370-5800

TAGS Exhale Spa Dallas, fitness, Women's Health magazine

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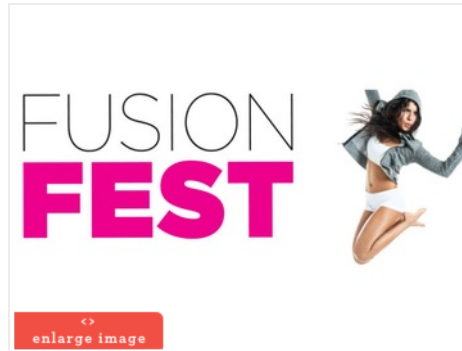


Photo courtesy of Exhale Spa Dallas



EXHALE SPA DALLAS
Get Directions - 5300 E. Mockingbird Ln. Dallas

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FOOD

- Knife 0.0 mile
- Central 214 0.02 mile
- Cafe Herrera 0.06 mile

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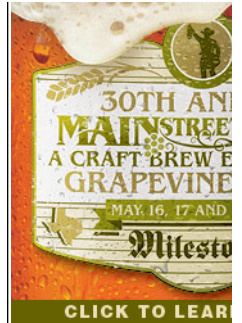
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