



ZEST ENCOUNTER 12 July 2015 10am to 2pm

Stage and feature activities

Time	Activity	Location
10am – 10.05am	Welcome to Zest - MC	Stage
10.05am – 10.15am	Fusion Dance	In front of stage
10.15 am – 10.45am	Zumba with Jules	Stage
10.45am – 11am	Fusion Dance	In front of stage
11am – 11.30am	Yoga with Essence of Living	Stage
11.30am – 11.45am	Gold Coast Basketball	In front of stage
11.45am – 12pm	Stan the Active Man	Stage
12pm – 12.15pm	Superhero Dash and Prizes	Stage
12.15pm – 12.30pm	Weightlifting Demo	At weightlifting area
12.30am – 12.45pm	Hands up for Road safety Zero the Hero road safety Show – Active Travel City of Gold Coast	Stage
12.45am – 1pm	Stan the Active Man - games	Grass
1pm – 1.30pm	Jammin with GC and CC Show	Stage
1.30pm – 2pm	Happy Feet	In front of stage
2pm	Thank you and close - MC	Stage

Running all day activities

Business Name	Activity
Active & Healthy	Rock climbing wall
GMG Sports Training	Interactive activities
Sparky	Pop-Up Playground full of interactive activities
Active & Healthy	Jumping Castle
Dura Yaga Jar	Bush Tucker workshop and traditional games
Fitness First	Fitness challenges
The City of Gold Coast	Active Travel information
Basketball Gold Coast	Basketball activities
My Athletix	Superhero Dash and Kids athletics course
Paradise Lost Orienteers Inc	Orienteering course
Netball	Netball inflatable and activities
Gold Coast Stingrays	Gridiron activities
A Body 2 Fit	Triathlon, cycle safety, helmet fitting demo, bike maintenance, tester bikes and activities
Sharks Fitness Centre	Fitness activities and information
I9 bottles	Water bottle stand
Empower your Health with Essential Oils	Essential Oils Stand
Crossfit Engine Room	Crossfit activities and challenges
The Fit Hub	Health screenings and fitness testing including Bioscans
Body Brilliant Chiropractic	Posture health and stress checks
Active Body Therapies, Miami	Sport massage and wellness therapies
Small Sports	Inflatable kids sports zone

Food

Business Name	Activity
Besito	Coffee
Aussie Health Girl and Flannerys	Healthy food and samples
Surfers Paradise Rugby Union Club and Good Sports	Healthy BBQ