

OPTIONAL EVENTS

WELLNESS ACTIVITIES

Circuit Training

Circuit training is a style of exercise where you rotate through a series of exercises that mixes cardio and strength training targeting different muscle groups with minimal rest in between. This circuit-style workout commands power, strength and agility. Enjoy beautiful views of Biscayne bay as you maneuver your way through each workout station achieving a full body workout!

Vinyasa Yoga

Enjoy beautiful Miami weather while taking a moment to develop a stronger mind-body connection and grow in strength and flexibility. Vinyasa Flow refers to the flow of smooth and continuous movement by using breath to align the body and mind. The purpose of vinyasa yoga is to keep you moving from one position to another, connecting each pose to an inhale and an exhale.

Guided Run

Get inspired during a guided run through Brickell key and the Brickell city area! A running coach will guide you through a specially selected route to fulfill your desired length of training. Lengths may vary from short runs to 5K, or 10K runs! Routes are subject to change based on weather and local activities.

When

Thursday, January 23, 2020
7:00 – 8:00 am

Where

Mandarin Hotel
500 Brickell Key Drive
Miami, FL 33131

Fee

There is no fee to attend, however you must register in advance.

ICSC Contact

Ester Vivona
Tel: +1 646 728 3647
Email: evivona@icsc.com

Return Completed Form to

ICSC Registration
P.O. Box 419822
Boston, MA 02241-9822
Fax: +1 732 694 1800

Terms, Conditions and Rules

This Registration Form is subject to ICSC Terms, Conditions and Rules for Event Registrants available at www.icsc.com/event-terms-and-conditions, which are hereby incorporated by reference.

Please Check One: ☐ Circuit Training ☐ Vinyasa Yoga ☐ Guided Run

Name		Title
Company		
Address		
City	State/Province	Zip/Postal Code
Telephone	Fax	
Email	Your Membership I.D. #	(2020NEX)
REQUIRED FOR NON-U.S. APPLICANTS:		
	Date of Birth	Country of Citizenship

☐ Please check here if any of the above information has recently changed.