



NEWS RELEASE

York County Public Affairs
www.yorkcounty.gov



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Yorktown Market Days Promotes Wellness Group Fitness Classes, Healthy Cooking Demonstration, FREE Kids Activities!

May 2, 2019

Yorktown Market Days' annual Wellness Market on Saturday, May 11, includes all your healthy farm-to-table and dock-to-dish favorites with some added demonstrations and free fun for the whole family. NEW this year will be a rock climbing wall set up on the Fountain Green. This is the ninth year of the program, presented by York County Parks and Recreation and York County Tourism Development.

In addition to the regular weekly market, guests will find a fitness section to enjoy demonstrations, gather information, participate in exercise classes, and meet with local wellness vendors. Several free interactive fitness activities for kids have been added this year and will be on and around the grassy area near the Fountain.

- **8 a.m. – 3 p.m. Archery Demonstrations, hula hooping, hop scotch, and jump roping**
- **9 a.m. – 1 p.m. Segway Demonstrations**
- **11 a.m. – 3 p.m. Rock Climbing Wall**
- **11 a.m. – 3 p.m. Face Painting**

Guests won't want to miss the healthy chef cooking demonstration by Grunow Kitchen's at 10:30 when Chefs Sheree Curry and Patricia Grunow whip up an easy healthy meal guests can make at home. The crowd will receive a printed copy of recipes for Bean Salad and Shrimp Chimichurri, with many of the fresh ingredients for sale by the market's farmers, artisans, and specialty vendors.



The market is also the perfect opportunity for parents to register for York County Parks & Recreation's summer programs, including summer youth sports and special interest camps; the Summer Fun playground program; the Safety Town program for rising kindergarten students; Special Recreation Camp for children with special needs. Citizens also can learn more about youth and adult instructional and fitness classes, as well as summer activities at the Senior Center of York.

Participating Exhibitors	
9Round Kickboxing	Jazzercise Williamsburg
Abetter U	Lackey Clinic
Action Arts Academy USA	My Gym Children's Fitness Center
Back in Motion	Patriot Tours & Provisions
Centerstage Academy	Pure Barre
Colonial Gastroenterology Associates	Riverside Wellness & Fitness Center
Country Bootleggers Dance Studio	Southeastern Virginia Health System
Dermatology Consultants of Gloucester	Space Walk of Yorktown
Eyewitness Fitness LLC	Tidewater Dental Arts
Faster Way to Fat Loss	Victory Family YMCA
Full Circle Kung Fu	Virginia Health Services
Garden of Zen Yoga Studio	York County Mosquito Control
Greater Williamsburg HEARTSafe Alliance	York County Parks & Recreation
Hampton Roads Combat	York County Tourism Development
In Balance Mobile Yoga Studio, LLC	York County Fire & Life Safety
Integrated Dermatology of Newport News	Zumba Presented by Jennifer Collins

Schedule of Demonstrations & Outdoor Classes

1. 10 a.m. **Action Arts Academy USA**
2. 10:30 a.m. **Jazzercise Williamsburg**
3. 11 a.m. **Action Arts Academy USA**
4. 11:30 a.m. **Zumba with Victory Family YMCA**
5. 12 p.m. **Center Stage Academy**
6. 12:45 p.m. **Country Bootleggers Dance Studio**
7. 1:15 p.m. **Center Stage Academy**
8. 1:45 p.m. **Zumba presented by Jennifer Collins**
9. 2:15 p.m. **Jazzercise Williamsburg**



York County's waterfront farmers market was just voted **OVERALL GOLD winner for "Best Farmers Market" in Hampton Roads**. The market is one of the most unique in the Tidewater Area—offering spectacular views of the York River; live weekly entertainment; food trucks; chef cooking demonstrations on select weeks; and a variety of vendors and artists! Markets run on Saturdays through the end of October, rain or shine, with the exceptions of this Saturday, May 4, and October 5.

This year's market season brings several special extended markets that include everything from a Paws at the River Pet Day, to a new Maritime Market, and also a Fall Festival—all geared toward families and kids. Visit www.yorktownmarketdays.com for the complete schedule.

Special thanks to the 2019 Market Days sponsors including Revolutionary Market Sponsors: Farm Bureau Insurance and Langley Federal Credit Union. This year's Chef Demonstrations are sponsored by State Farm – Mark Irwin, and live entertainment is sponsored by Amory Funeral Home. Children's Activities are sponsored by Parks Orthodontics. Yorktown Market Days is presented by York County and the Riverwalk Landing Business Association.

Additional Event Info:

- York County Tourism Development: (757) 890-3500
- Facebook: Visit Yorktown & Yorktown Market Days
- Instagram and Twitter: @visityorktown
- #visityorktown #york757 #yorktownmarketdays

Additional photos available at <https://bit.ly/2ZIoRfO>.

