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APRIL 12-14 / OFFICIAL PROGRAM



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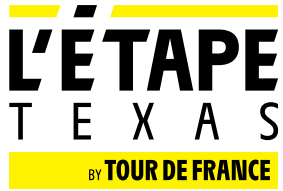


OG



*OUTDOOR. ONLINE. ON-DEMAND.
WORKOUTS ANYTIME FOR ALL LEVELS.*

PARTICIPANT & SPECTATOR PARKING MAP



One UTSA Circle / San Antonio, TX 78249 / April 12 - 14
PARTICIPANT & SPECTATOR PARKING MAP

ROAD CLOSURE/LIMITED ACCESS*

<p>UTSA Blvd CLOSED at Valero Way Friday, April 12 5 - 8 PM Saturday, April 13 8 - 10 AM Sunday, April 14 7AM - 3PM</p>	<p>Valero Way RESTRICTED at 1604 Frontage Road, expect delays Saturday, April 13 8 - 10 AM</p>	<p>UTSA Blvd CLOSED from Valero Way to Babcock Sunday, April 14 7 - 9 AM</p>
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**Recommended entry is from the 1604 Frontage Road and Peace Blvd during these times.*

Taste you
can't resist.

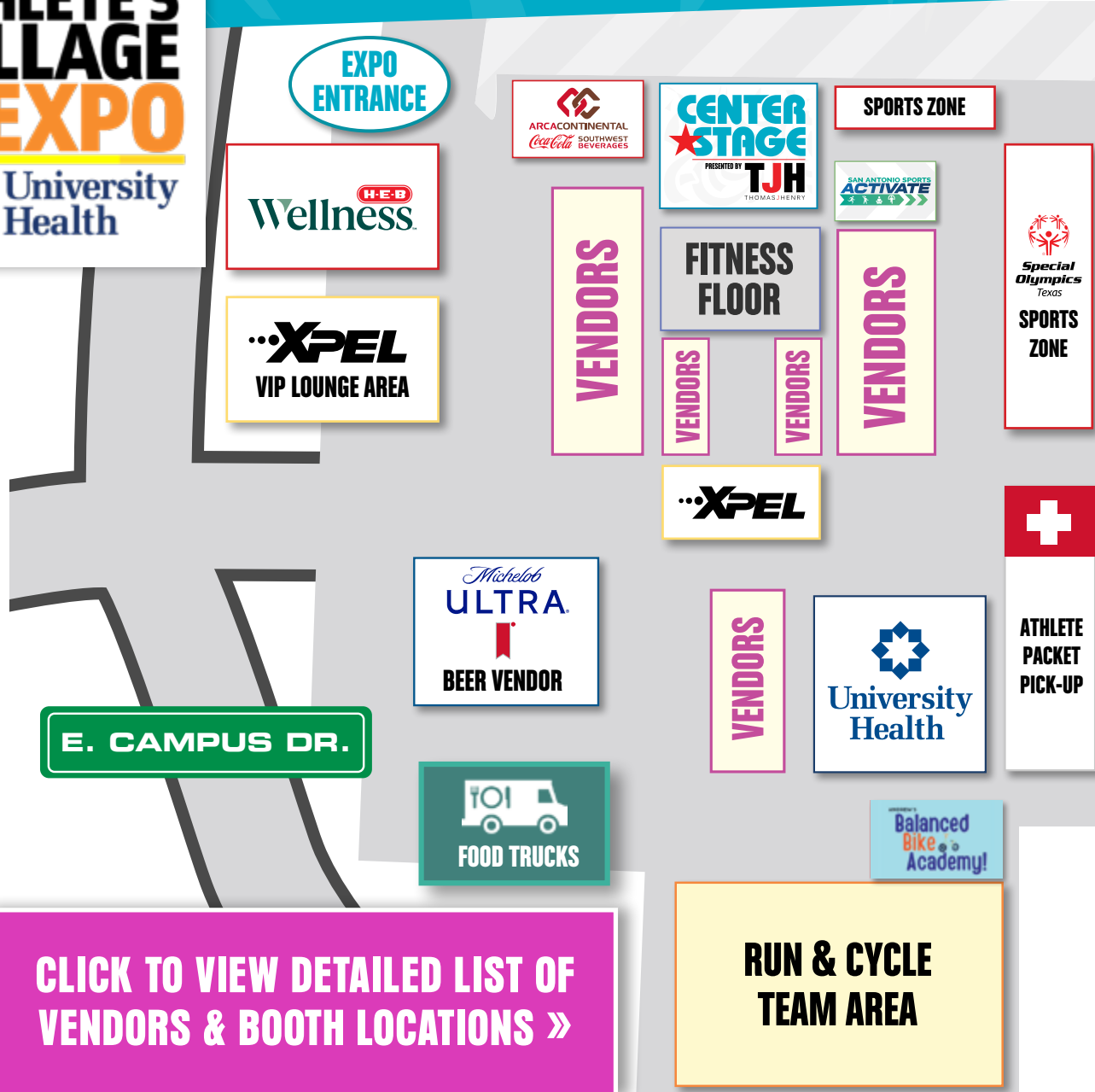
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#TakeATaste



EVENT MAP

ATHLETE'S VILLAGE & EXPO
University Health



CLICK TO VIEW DETAILED LIST OF VENDORS & BOOTH LOCATIONS »

FEATURED SPONSORS



FEATURED VENDORS



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CONVENTION SERVICES
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SCHEDULE OF EVENTS

FRIDAY, APRIL 12 / 5 - 8 PM				
5:00 PM	8:00 PM	Village Opens	University Health Athlete's Village	
5:00 PM	7:30 PM	SATX 5K/10K Packet Pick-Up (REGISTRATION REQUIRED)		
5:00 PM	7:30 PM	Corporate Cup Packet Pick - Up	Whataburger Tent	
5:30 PM	5:45 PM	Grupo Folklorico de Bendiciones	TJH Center Stage	
5:45 PM	6:00 PM	Opening Ceremony		
6:00 PM	8:00 PM	Beer Mile	Race Course	
FREE ▶	6:15 PM	6:45 PM	Beer Yoga w/ Cornbread Yoga (REGISTRATION REQUIRED)	TJH Center Stage
	7:00 PM	7:30 PM	L'Étape Texas Course Review	
SATURDAY, APRIL 13 / 6 AM - 4 PM				
6:00 AM	4:00PM	Village Opens	University Health Athlete's Village	
6:00 AM	7:45 AM	SATX 5K/10K Packet Pick-Up (REGISTRATION REQUIRED)		
8:00 AM	4:00 PM	Expo and Sports Zone Opens		
7:15 AM	7:45 AM	University Health Warm-Up	TJH Center Stage	
8:00 AM		SATX 5K/10K Run (REGISTRATION REQUIRED)	Race Course	
FREE ▶	8:00 AM	8:30AM	ACTIVATE Zumba®	TJH Center Stage
FREE ▶	8:00 AM	1:00 PM	Balance Biking Academy	University Health Athlete's Village
	8:00 AM	4:00 PM	Expo opens	
FREE ▶	8:45 AM	9:15 AM	ACTIVATE Yoga	TJH Center Stage
	9:15 AM	9:30 AM	SATX 5K Awards	
FREE ▶	9:30 AM	10:00 AM	Camp Gladiator	
	10:00 AM	4:00PM	L'Étape Packet Pick-Up (ID REQUIRED)	University Health Athlete's Village
	10:00 AM	10:30 AM	SATX 10K Awards	TJH Center Stage
FREE ▶	10:30 AM	11:00AM	Orange Theory Fitness	
	11:00 AM	11:30 AM	Kids Run	Race Course
	11:00 AM	11:30 AM	L'Étape Texas Course Review	TJH Center Stage
FREE ▶	11:30 AM	12:00 PM	ACTIVATE STRONG Nation®	
FREE ▶	12:15 PM	12:45 PM	ISI Elite Training	
	1:00 PM	2:00PM	Phil Gaimon Autograph Session	XPEL Booth
FREE ▶	1:15 PM	1:45PM	ACTIVATE Total Body	TJH Center Stage
	2:00 PM	3:00 PM	Kids Ride	Race Course
	2:15 PM	2:45 PM	XPEL Product Review	TJH Center Stage
	2:45 PM	3:15 PM	L'Étape Texas Course Review	
SUNDAY, APRIL 14 / 6 AM - 3 PM				
	7:00 AM	3:00 PM	L'Étape Texas (REGISTRATION REQUIRED)	Race Course
	8:00 AM	3:00 PM	University Health Athlete's Village Open	TJH Center Stage
FREE ▶	8:45 AM	9:15 AM	Orange Theory Fitness	
	9:15 AM	9:45 AM	L'Étape Texas 25-mile awards	
FREE ▶	10:00 AM	10:30 AM	Camp Gladiator	
	11:00 AM	11:30 AM	L'Étape Texas 60-mile awards	
FREE ▶	11:30 AM	12:00 PM	ACTIVATE Yoga	
	1:30 PM	2:00 PM	L'Étape Texas 100-mile awards	


NOTE: Free activities require registration. [Tap here or visit FiestaFitFest.com.](https://www.fiestafitfest.com)



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CENTER★STAGE

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THOMAS J HENRY



BEER YOGA LEAD BY CORNBREAD YOGA

Friday, April 12 | 6:15 PM – 6:45 PM

Join Cornbread Yoga for a relaxed session of yoga on Friday evening, maybe after you competed in the beer mile. Have your beer with your yoga or when you're done, your choice.

What participants should bring Bring your own mat and water.

What participants should wear Athletic attire & comfortable tennis shoes

All fitness levels welcome.



ACTIVATE ZUMBA® WITH PAULO

Saturday, April 13 | 8 – 8:30 AM

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic and exciting workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

What participants should bring A water bottle

What participants should wear Athletic attire & comfortable tennis shoes

All fitness levels welcome



ACTIVATE YOGA WITH CAPRICE

Saturday, April 13 | 8:45 – 9:15 AM

Sunday, April 14 | 11:30 AM – 12 PM

This class will guide you through movement that develops strength, flexibility, and the connection between body, mind & breath. Deepen your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques.

What participants should bring Bring your own mat and water.

What participants should wear Athletic attire & comfortable athletic shoes

All fitness levels welcome



CAMP GLADIATOR

Saturday, April 13 | 9:30 – 10 AM

Sunday, April 14 | 10 – 10:30 AM

Join Camp Gladiator's full-body group workout led by certified personal trainers. Experience a mix of cardio and strength training in a fun and interactive community!

What participants should bring Exercise mat

What participants should wear Cross trainers or running shoes, weather-appropriate athletic clothes

All fitness levels welcome



ORANGE THEORY FITNESS

Saturday, April 13 | 10:30 – 11 AM

Sunday, April 14 | 8:45 – 9:15 AM

There is something for everyone at Fiesta FitFest Presented by H-E-B with free access to workouts and classes all weekend at the Thomas J Henry Center Stage. All participants MUST register for FREE through this link and complete the waiver.

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CENTER★STAGE

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ACTIVATE STRONG NATION®

Saturday, April 13 | 11:30 AM – 12 PM

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

What participants should bring A water bottle

What participants should wear Athletic attire & comfortable tennis shoes
All fitness levels welcome.



ISI ELITE TRAINING SESSION

Saturday, April 13 | 12:15 – 12:45 PM

Optimize your physical capacity regardless of your fitness level and age by joining our Elite Coaches who will BRING THE ENERGY while you DO THE WORK!

What participants should bring No equipment needed - bring a mat or towel for comfort.

What participants should wear Athletic, closed-toed shoes and athletic clothing
All fitness levels welcome.



TOTAL BODY CONDITIONIN BY ACTIVATE

Saturday, April 13 | 1:15 – 1:45 PM

This is an aerobic and strength conditioning workout class. This class includes circuit training, cardio exercise, bodyweight exercises, and finishes with core training and stretching for a complete workout.

What participants should bring A water bottle

What participants should wear Athletic attire & comfortable tennis shoes
All fitness levels welcome



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\$20



Jaw opens!



2024 Fiesta FitFest Medal
\$15



2023 Fiesta FitFest Medal
\$5



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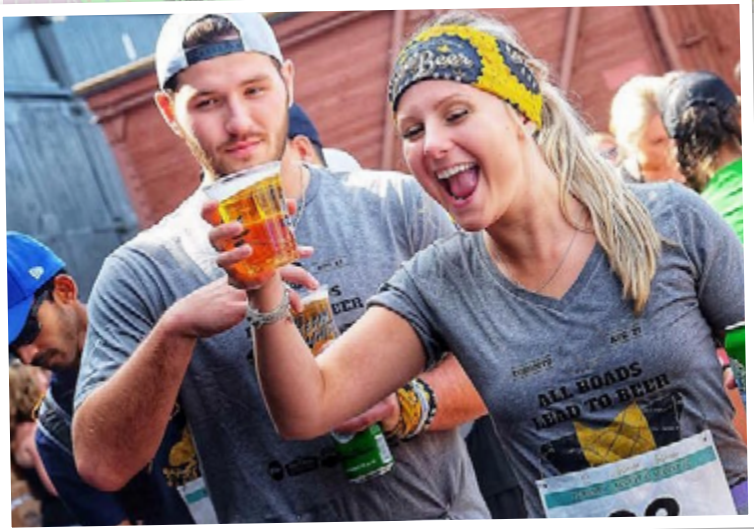
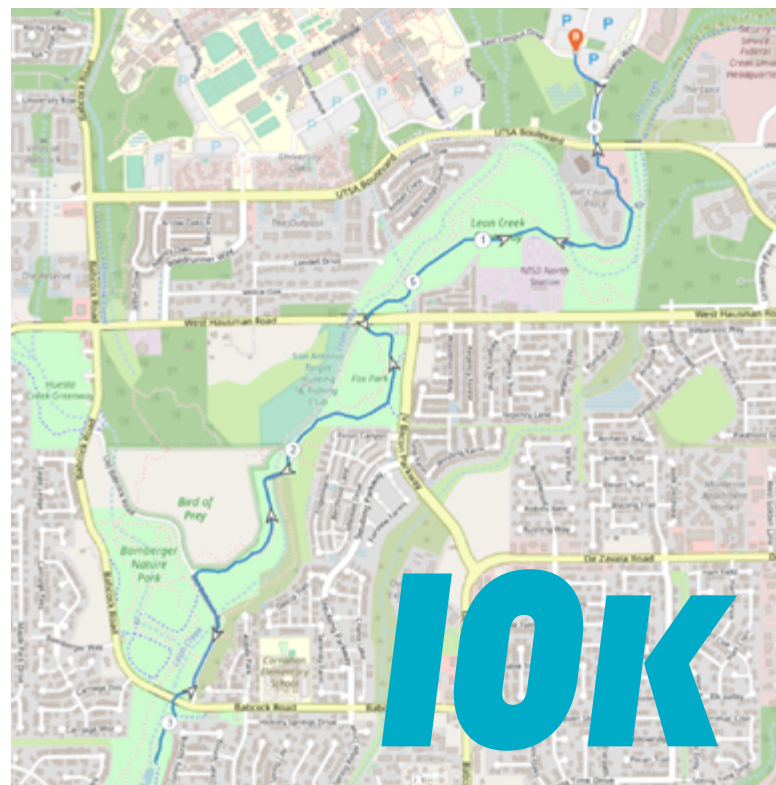
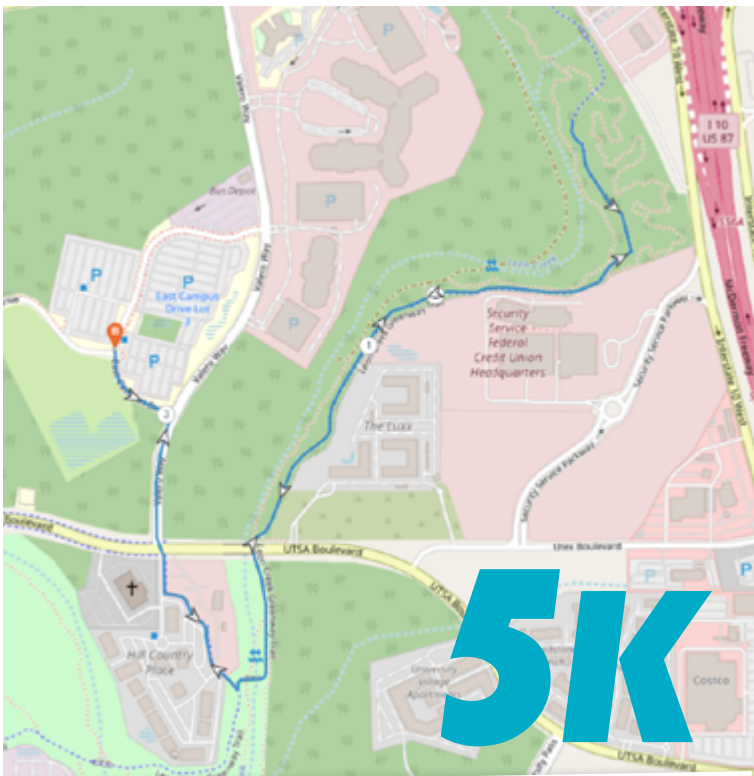
SCHEDULE

FRIDAY, APRIL 12

5 - 7:45 p.m.	Packet pick up (Athlete's Village)
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SATURDAY, APRIL 9

6 - 8 a.m.	Packet pick up (Athlete's Village)
7 - 8 a.m.	Stretching/warm-up (Center Stage)
8 - 10 a.m.	SATX 5k/10k run
9:15 a.m.	5k awards (Center Stage)
10 a.m.	10k awards (Center Stage)



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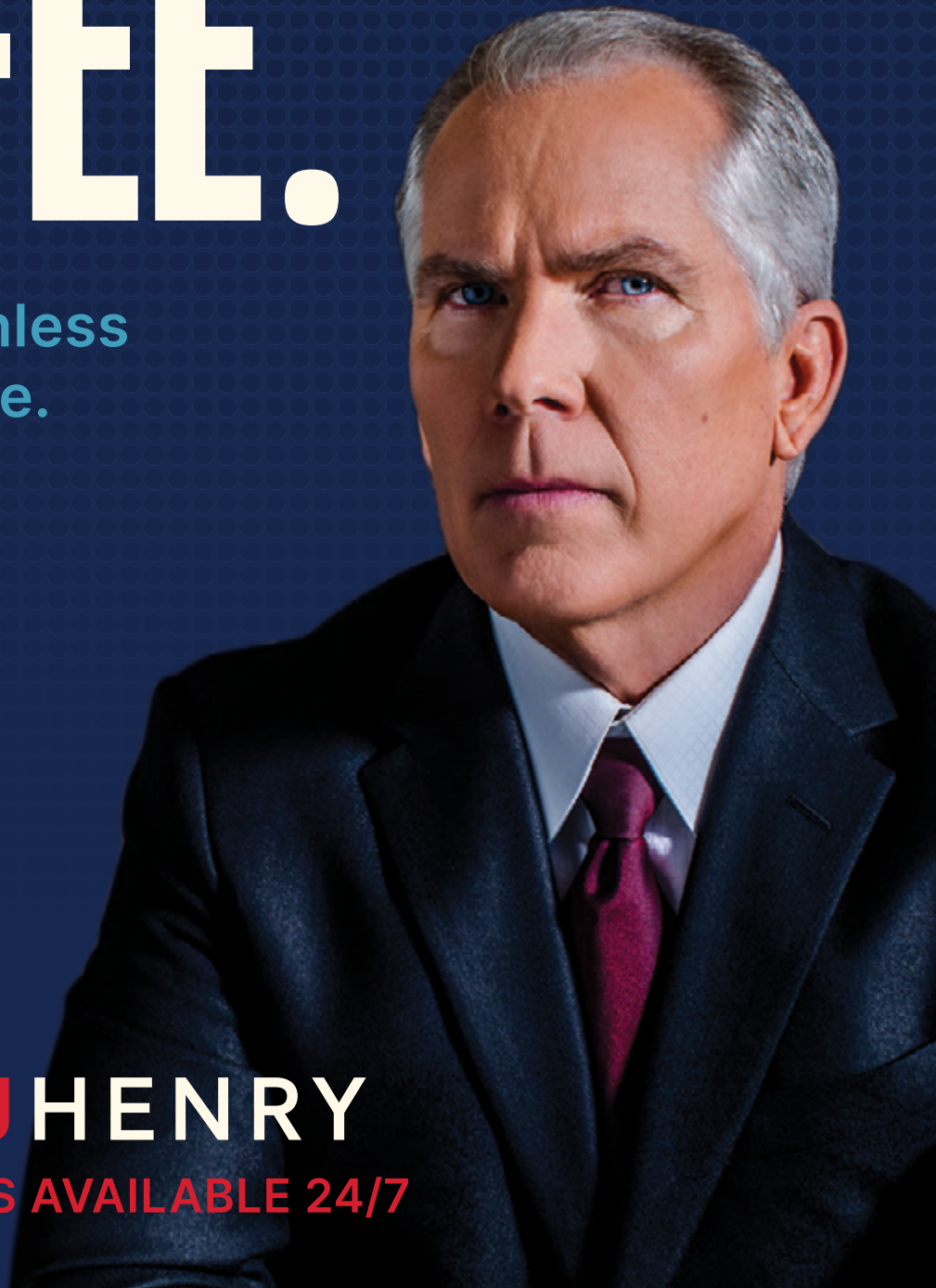
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L'ÉTAPE TEXAS

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**COURSE
MAPS**

THE LONG RACE 100 MILES



THE MEDIUM RACE 60 MILES



THE SHORT RACE 25 MILES





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Volunteers
*TRANSFORMING OUR COMMUNITY
THROUGH THE POWER OF SPORT.*

Thanks to all the volunteers who took time out of their weekend to help at Fiesta FitFest. Creating and executing a high-level event is a huge task. We look at volunteers as an extension of our staff, and simply could not do what we do without *you*.

Your gift of time and talent helps us continue to fulfill our mission to transform the community through the power of sport.

We're grateful you're on our team!

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