

River North Meet & Greet @ Erie Park

Saturday, August 18 8-2pm

Join River North Residents and Businesses over exotic teas, pastry and specially blended java @ Caribou Coffee Elements of Spa & Early Morning to Mid Day Fitness Samplings @ Erie Park & Specially Formulated Coffee Concoctions and Nutritious Taste Treats

Compliments of Caribou Coffee 600 North Kingsbury Street (the corner of Ontario & North Kingsbury)
Luxurious Rejuvenating Spa Escape Compliments of Runway Productions Chicago

Workout in Erie Park

Baiba Liduma

Featured Guest: **Linden Mathurin**

Diane Crawford

Owner/Personal Trainer Total Wellness Systems, Inc.

8-1pm Meet & Greet in Caribou Coffee (Tea and Coffee sampling, Elements of Spa)
600 North Kingsbury Street

Sample fine teas, aromatic coffees, pastry delights while indulging in complimentary spa treatments with one-on-one consultations.

9:30 Pilates & Yoga Rejuvenation

Total Body Blast

Bring Mat/towels

Baiba Liduma, Personal Trainer, Elite Model, Runway Productions Chicago, Associate Director, RPC Model's Group

10:30 Core in Motion

Bring Mat/towels/Workout Gear

Featured Guest Linden Mathurin Owner, Personal Trainer Total Wellness Systems

Total Wellness Systems, a premier fitness and wellness service provider, has earned the title of *Chicago's elite personal training company* supervising workouts in the privacy of your own home or at the Total Wellness Studio.

11:30 Savvy Gal (Guy) Fitness

Wear Shoes, Bring Mats and Towels

Diane Crawford, SAVY OF CHICAGO, Founder Runway Productions Chicago, Dancer Choreographer Producer

12:30 - 2:00

Meet & Greet the Instructors; Image and Spa Consultants; Chase Bank Consulting Services,

Passed appetizers provided by Ai Japanese Restaurant & Lounge -
River North's newest restaurant grande - opening.

Raffle: 10 gift totes \$600+ value

Complimentary skin care analysis with Runway Productions Chicago Spa Consultants; Personalized mini consultations with Baiba, Diane and Linden.

Experience Life.....In River North.....
The Merchants and Resident's
Welcome You.....

Registration taking place for River North Early Morning Stretch & Tone Classes; River North Potpourri Fitness & Walk Club (sponsored by Caribou Coffee); Savvy Gal (Guy) Fitness, Boomer's & Loving It Events; Sunrise Fitness (Erie Park); Corporate and Private Spa Escapes, Runway Production Chicago VIP Event Registration; Savvy of Chicago Pilates, Rolling and Yoga Classes with Baiba (Private & Group); Resident Incentive Programs for Local Business Merchants.

Experience an individualized approach to fitness. An expert trainer knows every person has different challenges, needs and goals. We work with you on several levels. Speak to Baiba about our Outside In approach to wellness and lifestyle choices and our Look Like a Model, Move Like a Dancer (Even if You're Not) Development Workshops beginning September 4th.

Model's Search for Runway Productions Chicago Talent Group (Runway, Commercial Print, Spa Models; Spokes Models) will take place all day long at Caribou Coffee the day of this event.

Local Business Presence and Involvement: Caribou Coffee, Chase Bank (Grand &), Ai Japanese Restaurant & Lounge, SAWY of Chicago, Runway Productions Chicago, Kristine Farra Preferred Properties; Baiba Yoga, Polates and Rolling Private Consultation

This is a Runway Productions Chicago Event.
Contact 312.654.9771 for details or to become involved in the event.
RSVP 312.654.9771; indicate number of attendees
www.runwayproductionschicago.com

Welcome to River North's
First Annual Meet & Greet