

THE FIT EXPO™

GROUP TRAINING ZONE

Workout & Win

Every time you join a workout, demo or challenge you get receive an instant prize or become eligible for a grand prize of a larger value!

	SATURDAY	SUNDAY
10:00	MASHUP: VIIT is the New HIIT Jacquese Silva	AFAA: Low Impact / High Intensity Katrina Pilkington
11:00	Celebrity Bootcamp With Eric the Trainer & Featuring Corey Calliet, Lita Lewis, Kendrick Chavez, & Chris Shelton	Innovation Circuit With NETFLIX Strong Trainers Wes Okerson & Adam Von Rothfelder
12:00	Leg & Booty Blast <i>Sponsored by Herbalife 24</i> Samantha Clayton	Stability, Balance Beautiful <i>Sponsored by Herbalife 24</i> Samantha Clayton
12:30	Zumba® Dance Party Eliza Stone	STRONG by ZUMBA® Alex McLean
1:00	Ultimate Athlete Bootcamp D 'Juan Woods & Michael Myers	EB30x EXPRESS Eric Bassett
1:30	G-Train Fitness Cardio Bandz Garry Matthews	Don-A-Matrix DB Donamatrix
2:00	PlyoJam Infused Dance™ Jason Layden	Spartan Strong – Spartan in Studio Johanna Littlejohn
3:00	StingFIT by Scorpio Liberates™ Federico Canello	StingFIT by Scorpio Liberates™ Federico Canello
3:30	Billy Blanks - TaeBo® <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing	Billy Blanks - TaeBo® <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing
4:30	Product Palooza <i>Sponsored by Heal the Dream</i>	Product Palooza <i>Sponsored by Heal the Dream</i>
4:45	WOW the Crowd Dance Fitness Contest Hosted by Jason Layden & Stacey Beaman	QiGong Chris Shelton

*Schedule is subject to change based on presenter availability

