



Workout & Win Stage

TIME	SATURDAY	SUNDAY
10:00	<p>p90x</p> <p><i>Presented by FitnessFest</i></p>	<p>Spartan Strong – <i>Spartan in Studio</i></p> <p>Johanna Littlejohn</p>
11:00	<p>Celebrity Bootcamp</p> <p>Featuring Celebrity Trainers Appearing at TheFitExpo TBA</p> <p><i>Presented by Celebrity Sweat</i></p>	<p>Innovation Circuit</p> <p>With NETFLIX Strong Trainers</p> <p>Wes Okerson</p> <p><i>Sponsored by Inspire Fitness</i></p>
12:00	<p>Challenge Workout</p> <p><i>Sponsored by Herbalife 24</i></p> <p>Sara Haley</p>	<p>Challenge Workout</p> <p><i>Sponsored by Herbalife 24</i></p> <p>Sara Haley</p>
12:30	<p>Zumba® Dance Party</p> <p>Eliza Stone</p>	<p>STRONG by ZUMBA®</p> <p>Alex McLean</p>
1:00	<p>StingFIT by Scorpio Liberates™</p> <p>Federico Cancelllo</p>	<p>StingFIT by Scorpio Liberates™</p> <p>Federico Cancelllo</p>
1:30	<p>G-Train Fitness <i>Cardio Bandz</i></p> <p>Garry Matthews</p>	<p>G-Train Fitness <i>Cardio Bandz</i></p> <p>Garry Matthews</p>
2:00	<p>Billy Blanks - TaeBo®</p> <p><i>Presented by Celebrity Sweat</i></p> <p>Featuring Billy's BoomBoxing</p>	<p>Billy Blanks - TaeBo®</p> <p><i>Presented by Celebrity Sweat</i></p> <p>Featuring Billy's BoomBoxing</p>
3:00	<p>Inspire Fitness™ Studio Workout</p> <p>Master Trainer</p>	<p>Inspire Fitness™ Studio Workout</p> <p>Master Trainer</p>
3:30	<p>Jump and Sweat</p> <p>Eric Bassett</p> <p><i>Featuring EB30x and Sweet Sweat</i></p>	<p>TheFitExpo Highlight</p> <p>TBA</p> <p><i>It's Local Partner</i></p>
4:00	<p>Product Palooza</p> <p><i>Featuring TheFitExpo Exhibitors</i></p>	<p>Product Palooza</p> <p><i>Featuring TheFitExpo Exhibitors</i></p>
4:30	<p>WOW the CROWD</p> <p>Dance Fitness Contest</p> <p>Hosted by GROOV3's Ben Allen</p>	<p>POW Show CLOSER</p> <p>Ben Allen</p> <p><i>Featuring GROOV3</i></p>

*Every Workout or Challenge has an instant or grand prize