

**THE FIT EXPO™**  
**GROUP TRAINING ZONE**  
 Workout & Win Stage



**Workout & Win**

Hosted by Katerina Kountouris & Adam Von Rothfelder,



SWEAT & NO SWEAT OPTIONS  
 Win without the Sweat? See the Contests with this Label! Over **\$1,000** in Cash & Prizes over the weekend!

	SATURDAY	Prizes	SUNDAY	Prizes
9:00	Fit Pro Day Presenter	CEUs	Fit Pro Day Presenter	CEUs
10:15	Sponsor Games Sponsored by H24		Sponsor Games Sponsored by H24	
10:30	Alchemy Fit Jump® Lauren Viera	One Winner	Alchemy Fit Jump® Lauren Viera	One Winner
11:00	Penalty Box® Kris Barr	You keep your Penalty Box	Penalty Box® Kris Barr	You keep your Penalty Box
11:30	Core Board Bryan Mistretta	One Winner	Core Board Bryan Mistretta	One Winner
Noon	Celebrity Bootcamp Featuring Lita Lewis, Corey Calliet, WWE's Mada, & Zion Clark	Sweat Towels	Celebrity Bootcamp Featuring Lita Lewis, Corey Calliet, WWE's Mada, & Zion Clark	Sweat Towels
12:30	Zumba® Joy Smith	50% off next training	STRONG by ZUMBA® Cheryl Wu Hall	50% off next training
1:00	Tae Bo Nation® Billy Blanks	C Sweat Swag	Tae Bo Nation® Billy Blanks	C Sweat Swag
1:45	Sponsor Games Sponsored by Real Deal Nutrition		Sponsor Games Sponsored by Real Deal Nutrition	
2:00	Drum Late® Tami Pedigree	One Winner	Drum Late® Tami Pedigree	One Winner
2:30	LiCi Fit Booty Bands Workout Liz & Cinee	Keep your XBand	Local Club Partner TBA	TBA
3:00	RITUAL 30 min Gym Jason Ottley	T-Shirts	RITUAL 30 min Gym Jason Ottley	T-Shirts
3:30	Product Palooza		Product Palooza	
4:00	Wow the Crowd Fit Pro Dance Contest	\$250	Wow the Crowd You are the Star!	\$100

**Workout & Win Rules**

Sign Waiver **JUST ONCE** on Ipad Check-in  
 Prizes for those who **PARTICIPATE** in the  
 workout/challenge or watch demo **INSIDE** the stage area  
 Enjoy your Workout & **Pick Up Prize as you Exit**

\*Schedule is subject to change based on presenter availability – Every time you join a workout, demo or challenge you receive an instant prize or become eligible for a grand prize of a larger value!

**GTZ HIGHLIGHT**

Is dance or dance fitness your go to for cardio? If so, **COME TO THE STAGE** at 4pm for the **Wow the Crowd** with our Fit Pro Contest on Saturday and Attendee Contest on Sunday. Cash is on the line and everyone loves a good challenge. Let's see who can "bring it" to the GTZ Stage and **Wow the Crowd**.