

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



## Workout & Win

Hosted by Katerina Kountouris,  
Adam Von Rothfelder,  
Samantha Clayton, &  
Eric the Trainer

\*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

	SATURDAY	Prizes	SUNDAY	Prizes
9:00	Fit Pro Day Presenter	CEUs	Fit Pro Day Presenter	CEUs
10:00	Sponsor Games (Real Deal Nutrition)		Sponsor Games (Real Deal Nutrition)	
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	H I I T Abhish Desai	On Running Products
11:30	Core Board Bryan Mistretta	One Winner	Core Board Bryan Mistretta	One Winner
Noon	Celebrity Bootcamp	Sweat Towels	Celebrity Bootcamp	Sweat Towels
12:30	Zumba® Eliza Stone	50% off next training	STRONG by ZUMBA® Alex McLean	50% off next training
1:00	Tae Bo Nation® Billy Blanks	C Sweat Swag	Tae Bo Nation® Billy Blanks	C Sweat Swag
1:30	Drum Late® Tami Pedigree	One Winner	Drum Late® Tami Pedigree	One Winner
2:00	Retreat Yoga Suzelle Snowden	One Winner	LiCi Fit Booty Bands Workout Liz & Cinee	Keep your XBand
2:30	RITUAL 30 min Gym Jason Ottley	T-Shirts	RITUAL 30 min Gym Jason Ottley	T-Shirts
3:00	Product Palooza		Local Club Partner	
3:30	Frequency Rhythm & Power Ride Shay Kostabi & Barry Enis	Pop Sockets	Backyard Bootcamp Shay Kostabi & Barry Enis	Pop Sockets
4:00	Wow the Crowd Dance Contest Hosted by Dance Fever 3D	\$100	Wow the Crowd Dance Contest Hosted by Dance Fever 3D	\$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**



Win without the Sweat?  
See the Contests with this Label!  
Over **\$1,000** in Cash & Prizes  
over the weekend!