

THE FIT EXPO
GROUP TRAINING ZONE
Workout & Win Stage



	SATURDAY	SUNDAY
10:00	HIIT Workout The Vision Twins <i>Kick Off Workout</i>	Emcee Contest Gideon Akande <i>Workout & Win</i>
10:30	San Diego’s Best F45 with Correy Jones <i>Workout & Win</i>	San Diego’s Best Evolve Fit with Bo Francy <i>Workout & Win</i>
11:00	BlazePod - Cognitive and Physical Training Michael Cummings <i>Try & Buy</i>	BlazePod - Cognitive and Physical Training Michael Cummings <i>Try & Buy</i>
11:30	Muffins & Muffin Tops NFL All Pro, Mike Douglass <i>Watch & Win</i>	Muffins & Muffin Tops NFL All Pro, Mike Douglass <i>Watch & Win</i>
12:00	Zumba® Dance Party Eliza Stone <i>Workout & Win</i>	STRONG NATION™ Krista Jacobs <i>Workout & Win</i>
12:30	San Diego Gymnastics Demo <i>Watch & Win</i>	Product Palooza Exhibitor Giveaways <i>Watch & Win</i>
1:00	Fitness Influencer MashUp <i>*adopted by Fitness Without Borders</i> Lita Lewis - Thick & Strong Mike Trotter- The PT Boss Gideon Akande – Get Fit with Giddy Maria Kang- The Fit Mom <i>Workout & Win</i>	Fitness Influencer MashUp <i>*adopted by the Scripps Ranch Racquet Club</i> Lita Lewis - Thick & Strong Mike Trotter- The PT Boss Gideon Akande – Get Fit with Giddy Maria Kang- The Fit Mom <i>Workout & Win</i>
2:30	EB30x Challenge – Sweet Sweat Giveaway Eric Bassett <i>Workout & Win</i>	Bodyweight! Arms/Abs/Legs/Butt Simon Carter- The Workout Minister <i>Workout & Win</i>
3:00	Emcee Challenge Gideon Akande <i>Workout & Win</i>	Emcee Challenge Maria Kang <i>Workout & Win</i>
3:30	Move Your Muscles Dance Fitness <i>*adopted by Being Fit Mira Mesa</i> Kaleila Jordan & Dance Fever 3D <i>Workout & Win</i>	Move Your Muscles Dance Fitness <i>*adopted by Being Fit Mira Mesa</i> Kaleila Jordan & Dance Fever 3D <i>Workout & Win</i>
4:00	WOW the Crowd Dance Fitness Contest Sponsored by GROOV3-Hosted by Mychele <i>Workout & Win</i>	Bring Sally Up PUSH UP Challenge Hosted by Dance Fever 3D <i>Workout & Win</i>

GTZ Experience Hosted By:
Maria Kang & Gideon Akande

Announcing - Wow the Crowd Contestants – Come Cheer them on at 4:00 p.m. on Saturday:

