

Sat & Sun Emcees  
10am -2pm

# SATURDAY 5/21

## GROUP TRAINING ZONE || WORKOUT & WIN STAGE

Sat & Sun Emcees  
2pm -4pm

	Giveaway	Workout or Challenge	Description
10:00 a.m.	<i>Fit Factory Giveaways</i>	LOCAL CLUB HIGHLIGHT <b>Fit Factory Underground</b> Quian Callis	Join our local club partner for a dance inspired Fit Factory Underground Workout led by Quian and featuring her instructors. This local studio has a wide selection of dance inspired workouts and you will have the opportunity to experience the Underground Workouts!
10:30 a.m.	<i>One Winner</i>	<b>Drum-Late'</b> Tami Peddgree	Grab some drumsticks and see where this inspired pilates cardio workout take you!
11:00 a.m.	<i>One Winner</i>  <i>Squat Wedgiez Back Pack</i>	<b>Blast Your Booty, Arms &amp; Abs</b> Sponsored by Squat Wedgiez	Discover the benefits of elevating your heel with Squat Wedgiez. Join Trainer, Erik Rokisky for a booty, arms & abs workout. Using this tool you will discover a deeper squat that will target the thighs and glutes more compared to a partial range of motion squat. The feeling of the ground in contact with your heel will improve your balance and give your brain the sensory information it needs to perform the squat optimally. Squat Wedgiez can also be used to elevate other body parts (like the wrists for push ups and the abs).
11:30 a.m.	<i>HEF Giveaways TBD</i>	<b>HEF Training</b> Hannah Eden & Paulo Barreto	Join Hannah Eden & Paulo Barreto for a bodyweight workout featured on the HEF Training App. HEF will be combining high intensity work with bodyweight strength for a full body workout. Showcasing the power of our bodies and our minds to be able to workout anywhere, anytime, together.
NOON	<i>Sweet Sweat Giveaways</i>	<b>EB30x</b> Eric Bassett	Join Influencer Eric Bassett (sponsored by Sweet Sweat) and explore his expressway workout featuring unique exercises to produce maximum calorie burn in 30 minutes or less. <i>Presented by Sports Research</i>
12:30 p.m.	<i>Discounted Future Training</i>	<b>Zumba® Dance Party</b> Eliza Stone	Zumba is a fitness program that involves cardio and Latin-inspired dance. It was founded by Colombian dancer and choreographer Beto Pérez in 2001, and by 2012, it became known as the largest international branded fitness program in the world.
1:00 p.m.	<i>DVD &amp; Instructor Training Certification Course</i>	<b>Country Fusion Dance</b> Elizabeth Mooney	Country Fusion® is a new fitness workout that incorporates country music and dance into one wild ride! Country Fusion is not just a workout program; it is a lifestyle! Participants attend a 50-minute class, where they can burn about 500 calories in a LIIT-based line dance workout. The class focuses on actual country line dances, While "fusing" four other types of dances and music.
1:30 p.m.	<i>\$ &amp; Giveaways</i>	<b>Product Palooza</b> Exhibitors & Sponsors	It's show and tell featuring TheFitExpo sponsors and exhibitors. No workout involved but you will win prizes and have a chance to try & buy!
2:00 p.m.	<i>First 20 Body By Venus Water Bottle</i>	<b>Celebrity &amp; Influencer Bootcamp</b>	Enjoy a bootcamp led by the celebrity trainers and influencers you are following (or should be) including Abraham Hernandez, The Vision Twins, Venus Moore, Simon Carter, Nicole Steen & Chris Shelton. Workout will include a warmup, bodyweight exercises, some booty dropping dance inspired moves, standing balance and a zen finish with Chi Gong.
3:00 p.m.	<i>TBD</i>	<b>Tae Bo Nation</b> Billy Blanks	Come workout with Tae Bo Creator, Billy Blanks and experience the workout system that incorporates martial arts techniques, such as kicks and punches plus mindful intention. Stay for the Water Pong Contest that follows as Billy Blanks shows you he's got skills and you try your luck for cash and prizes as well!
3:30 p.m.	<i>\$</i>	<b>Water Pong Contest</b>	Show off your party skills with a life sized PONG cups and a tennis ball. Can you sink it? You have been training for this moment! <i>Sponsored by Hydration Station, the Champagne of Water</i>
3:45 p.m.		<b>WOW the Crowd Dance Fitness Warm-up</b> Featuring Mychele	Join the Wow the Crowd Host, Mychele Sims, for a warm up to the Wow the Crowd Dance Fitness Contest. It is important to elevate your core temperature, stretch and prepare your body for the Dance Fitness Routines the Wow the Crowd Contestants will be throwing at ya!
4:00 p.m.	<i>\$ &amp; Prizes</i>	<b>WOW the Crowd Dance Fitness Contest</b> Presented by GROOV3	GROOV3 has rounded up the best dance fitness instructors in Southern California to see who can Wow the Crowd! You've warmed up and now we will treat you to up to seven different dance fitness routines. Workout with our contestants as they try to wow you and take note of your favorites. Soon, it will be time to vote. Don't leave the stage area as only attendees who stay for the entire competition will have the privilege to vote.



SUNDAY 5/22



GROUP TRAINING ZONE || WORKOUT & WIN STAGE



Time	Giveaway	Workout or Contest	Description
10:00 a.m.	One winner 10 class pass & One month unlimited	LOCAL CLUB HIGHLIGHT <b>LA Dance Fit</b> Wil-son Williams, Tier Elera, & Diana Geiger	LA Dancefit offers fun dance fitness for everyone, in-studio & online! An easy to follow, uber fun dance fitness extravaganza to the best music out there.
10:30 a.m.	Drum-Late' Swag	<b>Drum-Late'</b> Tami Peddigree	Grab some drumsticks and see where this inspired pilates cardio workout take you!
11:00 a.m.	Squat Wedgiez Gift Pack One Winner	<b>Blast Your Booty, Arms &amp; Abs</b> Sponsored by Squat Wedgiez	Discover the benefits of elevating your heel with Squat Wedgiez. Join Trainer, Erik Rokisky for a booty, arms & abs workout. Using this tool you will discover a deeper squat that will target the thighs and glutes more compared to a partial range of motion squat. The feeling of the ground in contact with your heel will improve your balance and give your brain the sensory information it needs to perform the squat optimally. Squat Wedgiez can also be used to elevate other body parts (like the wrists for push ups and the abs).
11:30 a.m.	One Winner HEF Swag	<b>HEF Training</b> HEF Ambassadors	Join Hannah Eden and her HEF Tribe Ambassadors for a bodyweight workout featuring Animal Flow. Come and join the HEF Tribe and meet our community leaders.
NOON	First 50 Body Armor Drink & Donamatrix T-Shirt	<b>Donamatrix Workout</b> DB Donamatrix "Sweet Sweat Workout" Presented by Sports Research	The Donamatrix Workout is based on fitness star DB Donamatrix signature Matrix Method, 4 quarter fitness system. The resist-a-band based workout incorporates resistance and cardio performance exercises for Rated "R" Results. You can do the workout without the bands OR purchase the bands at the Sports Research Booth for the discounted show price. Then, they are yours to keep!
12:30 p.m.	Discounts On Future Training	<b>STRONG Nation®</b> Krista Jacobs	STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
1:00 p.m.	ONE WINNER DVD & (1) Online instructor course	<b>Country Fusion Dance</b> Elizabeth Mooney	Country Fusion® is a new fitness workout that incorporates country music and dance into one wild ride! Country Fusion is not just a workout program; it is a lifestyle! Participants attend a 50-minute class, where they can burn about 500 calories in a LIIT-based line dance workout. The class focuses on actual country line dances, while "fusing" four other types of dances and music.
1:30 p.m.	TBD	<b>YogiFi</b> Terry Shorter	YogiFi is the only yoga mat that can help you learn new yoga postures. YogiFi's proprietary AI system tracks your moves & provides guidance plus posture suggestions. Join Terry as he takes you through a Sun Salutation and shows you how intuitive the YogiFi mat can be.
2:00 p.m.	First 20 keep their Body by Venus Mats	<b>Celebrity &amp; Influencer Bootcamp</b>	Enjoy a bootcamp led by the celebrity trainers and influencers you are following (or should be) including Kymberlee Raya, Vision Twins Venus Moore, Nicole Steen, Simon Carter & Chris Shelton. Workout will include a warmup, bodyweight exercises, some booty dropping dance inspired moves, standing balance and Chi Gong.
3:00 p.m.	Tae Bo TBD	<b>Tae Bo Nation</b> Billy Blanks	Come workout with Tae Bo Creator, Billy Blanks and experience the workout system that incorporates martial arts techniques, such as kicks and punches plus mindful intention. Stay for the Water Pong Contest that follows as Billy Blanks shows you he's got skills and you try your luck for cash and prizes as well!
3:30 p.m.	\$	<b>Water Pong Contest</b>	Show off your party skills with a life sized PONG cups and a tennis ball. Can you sink it? You have been training for this moment! Sponsored by Hydration Station, the Champagne of Water
4:00 p.m.	\$	<b>Move Your Muscles Dance Fitness Jam</b> Dance Fever 3D & DJ Say So	Join us for our SHOW FINALE! As seen on YouTube and at dance jams around the Globe, Dance Fever will show you how to Move Your Muscles in our the "Dance Fitness Jam" featuring DJ Say So. Workout, Dance & Demonstrate your Line Dance Skills!