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TIME	Session Schedule	SPECIAL GUEST
10:00	<p style="text-align: center;">KICK OFF – Keynote with Jessie Hilgenberg Come meet Jessie Hilgenberg and find out how to become one of Jessie’s Girls - Saturday Only</p> <p style="text-align: center;">KICK OFF - Fly Girl Fitness Dance your way to Fitness with LOCAL CLUB PARTNER Fly Girl Dance Fitness. Join Kymberlee and her Fly Girl Dance Members to experience this local club sensation. Sunday Only</p>	<p style="text-align: center;">Jessie Hilgenberg</p> <p style="text-align: center;">Kymberlee Raya</p>
10:30	<p style="text-align: center;">R.I.P.P.E.D. One Stop Body Shock® R.I.P.P.E.D. is a "Plateau Proof Fitness Formula" that masterfully combines Resistance, Interval, Power, Plyometrics, and Endurance training.</p>	<p style="text-align: center;">Master Trainer Hannah Pink</p>
11:00	<p style="text-align: center;">CELEBRITY SWEAT WORKOUT With Fitness Innovator Billy Blanks Special Introduction by Eric The Trainer Meet Celebrity Sweat Host, Eric The Trainer and get ready to join the master move maker himself, Billy Blanks. Tae Bo® Fitness is the original, groundbreaking workout that is over twenty years strong!</p>	<p style="text-align: center;">Billy Blanks & Eric the Trainer</p>
11:30	<p style="text-align: center;">Live Better Yoga Relax and focus with Bret’s signature Live Better Yoga session. Enjoy a much needed body break as you focus on alignment, mobility, meditation and flexibility. Saturday Only</p> <p style="text-align: center;">GROOV3 America's Coolest All-Levels Dance Workout. "Dance the ISH out if it" connecting the movement to music while getting a great workout in the process... DANCE SWEAT LIVE! Sunday Only</p>	<p style="text-align: center;">Bret Gornick</p> <p style="text-align: center;">Ben Allen</p>
12:00	<p style="text-align: center;">XPOLE Demonstration This is your chance to see what X-Pole is all about at the Group Training Zone Stage when the team does a demo of the exciting exercises you can do on the pole.</p>	<p style="text-align: center;">Team XPOLE</p>
12:15	<p style="text-align: center;">The ‘GET STRONG’ Challenge with NBC’s Strong Stars (Sponsored by Power Systems & PONG) Get Strong at TheFitExpo with Chris Ryan and Wes Okerson from NBC’s Strong. Flex your muscles and show us what you got in their fitness obstacle course. The first 30 competitors to sign up each day will also win a PONG cell phone case valued at \$50. Come prepared to WIN the top cash prize! Saturday Only</p> <p style="text-align: center;">Fight or Flight Workout with NBC’s Strong Star Join Adam Rothfelder for Fight or Flight to combine nuances of Martial Arts and natural movement that will take you from the floor to the ceiling with efficiency, strength and ultimate confidence in your innate abilities that have been preserved and cultivated for thousands of years. Sunday Only</p>	<p style="text-align: center;">Wes Okerson & Chris Ryan</p> <p style="text-align: center;">Adam Rothfelder</p>
1:00	<p style="text-align: center;">Planet Fitness Body-Weight Circuit A fun and simple way to hit all your major muscle groups while focusing on proper body awareness. This workout will be based on each participants ability level; you push to your max. All levels will sweat! Saturday Only</p> <p style="text-align: center;">The Chicago Boyz Acrobatic Performance</p>	<p style="text-align: center;">Dani Allen</p> <p style="text-align: center;">The Chicago Boyz</p>

	Internationally known performance acrobatic team featuring talented young men & boys from Chicago. As seen on NBC's Hit Show America's Got Talent. Sunday Only	
1:30	PlyoJam® PlyoJam® is an innovative new fitness method that seamlessly blends high-energy dance moves with the plyometric training of elite athletes.	Jason Layden
2:00	Team Gator Fitness You've never done an urban workout quite like King Pito Gators playground boot camp! It's all about the "clips" or max reps. After the workout you will be on Team Gator Fitness!	King Pito Gator
2:30	BODY BLAST Bootcamp A training program that requires NO GYM at all. This workout require no gym equipment, the only equipment required are basic finds found in your home.	Lita Lewis
3:00	EB30X EB30X is an expressway workout and fitness studio designed to sculpt your body and burn 500+ calories in half the time it takes in the gym.	Eric Bassett
3:30	POUND® - Rockout. Workout. Sweat. Sculpt. & ROCK in this 30 min cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.	Master Trainer Amber Bruehl
4:00	The BRUTEZ Ultimate Dance Fitness Put your fitness to the test with The Brutez Ultimate Dance Fitness workout. Come flex your muscles and strut your stuff. SWEAT till you drop with The Brutez.	Rukus & Fever
4:30 – 6:00	'WOW THE CROWD' (Sponsored by IMMORDL) Dance Instructor Challenge Contest From Latin to Urban Hip Hop, Jazzercise to Dancehall, the search is on to find the most Dynamic, Entertaining and Fierce fitness instructor... In the end, the audience will vote on who they believe is the "best in the business" and 1 winner will be crowned. (See contest details) - Saturday Only	Hosted by Benjamin Allen & Local Partner Kymberlee Raya
4:30	GROUP TRAINING ZONE FINALE Join the WOW the CROWD Champion for a fun filled Finale to our Training Zone Weekend. - Sunday Only	TBD
	All Fitness Workout Sessions and Contests happen on the Group Training Zone Stage in TheFitExpo Hall.	