



THE FITE XPO
GROUP TRAINING ZONE



Workout & Win
*Hosted by Billy Blanks, Melina Vlahos,
 Dance Fever 3D, D’Juan Woods & Michael Meyers*

**Note: Most workouts have an individual prize or
 a grand prize giveaway. Over \$1,000 in cash and
 prizes throughout the weekend!**

| | SATURDAY | SUNDAY |
|---------------|--|---|
| 10:00 a.m. | Zumba Jammers Zumba Education Specialists | YogaFit Flow Kim Gray |
| 11:00 a.m. | Booty Blast featuring Squat Wedgiez Erik Rokisky | Booty Blast featuring Squat Wedgiez Erik Rokisky |
| 11:30 a.m. | Bounce w/Shawn Harris Fitness Rhasaan Sherrill & Harris Martin | Bounce w/Shawn Harris Fitness Rhasaan Sherrill & Harris Martin |
| NOON | YogaFit Training Kim Gray | Move Your Muscles Dance Fever 3D |
| 12:30 p.m. | STRONG Nation Lucy Baretto | Zumba Eliza Stone |
| 1:00 p.m. | Vibe Fitness Tracy Lopez | Vibe Fitness Tracy Lopez |
| 1:30 p.m. | Tai Chi Boxing Sifu Singh | Tai Chi Boxing Sifu Singh |
| 2:00 p.m. | Tae Bo Nation Billy Blanks | Tae Bo Nation Billy Blanks |
| 2:45 p.m. | Booty Bootcamp <i>Sponsored by LiCI Fit</i> Liz Holtz | Ultimate Athlete Bootcamp <i>Unlock the Athlete in You</i> D’Juan Woods & Michael Myers |
| 3:15 p.m. | 3-2-1 Fit <i>Sponsored by Tru Niagen</i> Ramona Braganza w/ Milo Levell | Celebrity Trainer Collab Workout <i>Hosted by Corey Calliet</i> Melody Kandil, Dance Fever 3D, One Bulky Boy, Venus Moore, Latrell Mitchell & Courtney Sanderson |
| 4:00 p.m. | Wow the Crowd Hosted by Milo Levell | ETT Memorial Challenge <i>Bring Sally Up Push Up Contest</i> Hosted by Chef Rush |