

THE FIT EXPO
GROUP TRAINING ZONE



	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 Lici Fit	Booty Bootcamp Lici Fit
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, Venice Moore, Latreal 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