

THE FIT EXPO™

GROUP TRAINING ZONE



TRU NIAGEN®



ZUMBA®

coach 360



lauryan



VITAL FORCE
BUILT STRONGER

TIME	SATURDAY	SUNDAY
10:30 a.m.	Move Your Muscles Dance Fever 3D	Zumba Dance Party Zumba Jammers
11:00 am.	Squat Wedgiez Erik Rokisky & Eliza Soriano	Squat Wedgiez Erik Rokisky and Eliza Soriano
11:30 a.m.	FITT Factor Stacy Packard	FITT Factor Stacy Packard
12:00p.m	Zumba Eliza Stone	Local Studio Highlight Active 7 Fitness featuring Tracy Lopez
12:30 p.m.	YogaFit Mandie Brice <i>Sponsored by Lauryan Yoga Mats</i>	Yoga Pilates featuring Two 8 Bandz Chantel Oakley <i>Sponsored by Lauryan Yoga Mats</i>
1:00 p.m.	THE PARTNER AB CHALLENGE: An Ultimate Ab Workout! <i>featuring Matt Tralli</i>	THE ROCKY CHALLENGE: An Ultimate Boxer Workout! <i>featuring Corey Calliet & ACHV Trainers</i>
1:30 p.m.	Influencer Challenge <i>Featuring</i> Spence, One Bulky Boy & It's Courtney	Influencer Challenge <i>Featuring</i> Spence, One Bulky Boy & It's Courtney
2:00 p.m.	The Angels Fashion Show	AC Bikini Posing
2:45 p.m.	Workout Circuit <i>Put trending fitness products to the test</i> Suples, Squat Wedgiez, Elektro Body, Sweet Sweat Trimmers, Two 8 Bandz & PRO360 Training	Workout Circuit <i>Put trending fitness products to the test</i> Suples, Squat Wedgiez, Electro Body, Sweet Sweat Trimmers, Two 8 Bandz & PRO360 Training
3:30 p.m.	Yoga'ED Terry Shorter	Yoga'ED Terry Shorter
3:45 p.m.	Charg'd Up with Philly Philly Weeden	Charg'd Up with Philly Philly Weeden
4:30 p.m.	WORKOUT & WIN Contest hosted by Luna Bruno <i>Sponsored by Vital Force</i>	WORKOUT & WIN Chef Rush Push Up Contest <i>In Memory of Eric The Trainer</i>

GUESTS AND SCHEDULE SUBJECT TO CHANGE

www.TheFitExpo.com