

THE FIT EXPO™
TRAINING & WELLNESS ZONE
presented by



	SATURDAY	SUNDAY
Early Entry	AI Wellness Presents Filming opportunity for Titans of Fitness	AI Wellness Presents Filming opportunity cont.
10:00 am	Keynote VIP EMS Experience	Keynote Featuring Bernard Hillard
10:45 am	EMS Product Showcase Workout Circuit Featuring EMS Suits, Lagree Fitness, Carol Bike, Pure Steel, & PRO360 Training	EMS Product Showcase Workout Circuit Featuring EMS Suits, Lagree Fitness, Carol Bike, Pure Steel, & PRO360 Training
11:30 am	Body Weight Blast <i>presented by Fettle Fitness</i> Ryan O'Reilly & Glen McCready	Body Weight Blast <i>presented by Fettle Fitness</i> Ryan O'Reilly & Glen McCready
12:00 pm	Zumba Aileen Padilla	Zumba Cheryl Wu Hall
12:30 pm	Ultimate Athlete Bootcamp D'Juan Woods & Michael Myers	Jump Austen Jux-Chandler
1:00 pm	Influencer Challenge Hosted by Fit TV	Influencer Challenge Hosted by Brad Bose
1:30 pm	Pro Trainer Workshop Hosted by Fit TV	Pro Trainer Workshop Hosted by Brad Bose
1:50 pm	Influencer Demo TheFitExpo	Influencer Demo TheFitExpo
2:00 pm	Fitness Fashion Show Featuring Angel Competition Bikinis & MoveStrong BioStacks Runway	Fitness Fashion Show Featuring Angel Competition Bikinis & MoveStrong BioStacks Runway
2:45 pm	Influencer Demo TheFitExpo	Influencer Demo TheFitExpo
3:00 pm	The Body Bell Method Phil Ross	The Body Bell Method Phil Ross
3:30 pm	YogaFit Kim Gray	Yoga'ED Terry Shorter
4:00 pm	AI Wellness EMS Breathwork Beth Shaw	Eric the Trainer Memorial Push Up Contest Chef Rush

WEB UPDATES

Fit Pro Page Links:

Absolutely! Here you go:

<https://www.eventbrite.com/e/career-lab-by-coach360-live-from-thefitexpo-tickets-1344537370469?aff=oddtdtcreator>

Thursday Set Up Day: start time 1 pm to 7

3-DAY LIVE PROGRAMMING

Friday - DAY 1 - pre event: IGNITE –

Upstairs: -EMS Didactic 3 to 6 hour Training for 400 to 500 trainers in Room 204 B with ongoing Avatar filming in room 204C.

Downstairs: Rehearsal and Filming for movie going on through the day in the AI Wellness area and Wellness & Training Zone (WTZ)Stage.

Saturday DAY 2 - FitExpo Event Day: EXPERIENCE –

Upstairs: - EMS practical training and ongoing Avatar filming going on in Rooms 204B & C

Downstairs: - Pre entrance hours to film your documentary shots of the Titan competition categories and or your Angels of Alignment Ceremony. 10:00AM Keynote on WTZ stage followed by 10:30AM EMS workout, 11:30AM Circuit Workout, 1:30PM Fashion Show.

Sunday DAY 3 - FitExpo Event Day: TRANSCEND –

Upstairs: 11:00 to 12:00 Master class with Bernard Hiller and guest celebrities in room 204B. Room will be open afterwards for second Master class if needed and or meeting space for other initiatives. Continued Avatar filming will go on in Room 204C.

Downstairs: 10:30AM Keynote with Bernard Hiller on the WTZ Stage, followed by 11:30AM circuit workout, 1PM panel discussion, 1:30PM Fashion show and 4:00PM EMS suit giveaway.

Room Rental proposal

204 B & C - Friday, Saturday and Sunday \$1820 per day x 3 = \$5460

Set up B for lecture and master class

Set up C for avatar filming

With possibility of reserving A later if needed

In terms of the scheduled fashion show. We have two options depending on the time needed for your show. One would be to dedicate your fashion show to one day and have the second day be dedicated to the Angels fashion show. The second would be to have them merge, starting with the Angel and leading right into the MoveStrong wear. This would allow you to highlight both days and the crowd could build with the Angel drawing people to the seats and EMS closing with exciting give aways.

Three Day Breakdown Options:

3-DAY LIVE PROGRAMMING

DAY 1 Friday pre event: IGNITE – This day will be best for filming things that you want without disruption. We will have a room upstairs that you can set up and use for this purpose as well as our floor space in the hall/ although there will be other vendors setting up at this time. You could hold a welcome for your titans, angels and other attendees with a key note speaker upstairs in our session room. You could also tape the titan contests. You can also do interviews and a moc expert panel. DAY

DAY 2 Saturday FitExpo Event Day: EXPERIENCE – This day could start pre entrance hours to film your documentary shots of the Titan competition categories and or your Angels of Alignment Ceremony. This would be followed by the Training and Wellness Stage time slots throughout the day 10am to 5pm(see preliminary Saturday schedule). (World Record Attempt: Largest Simultaneous Biometric Scan, Fireside Interviews)

DAY 3 Sunday FitExpo Event Day: TRANSCEND – This could be billed as the AI Seminar Day... Featuring Bernard Hillard Masterclass, World Shortest workout, and motivational closing with Stan Cottrell. This can include master class upstairs in a seminar room as well as stage time on the expo hall floor as per the Training and Wellness Stage schedule (see preliminary Sunday schedule). (Contest Showdowns, Angels of Alignment Ceremony)

You could sell a three day ticket including weekend pass to TheFitExpo plus the AI 3 day Experience:

Day 1 - Meet and be one of the next generation of health and wellness influencers - network and be a part of the documentary filming.

Day 2- enjoy the expo and all it has to offer including the AI Wellness Pavillion and Training and Wellness Stage events. Featuring Early Entrance access and special AI goodie bags.

Day 3- AI Wellness Seminar Day with highlighted speakers Bernard Hillard, Jim LaValle and Stan Cottrell, Dr. William Stanford, Sarah Turner, Dr. Jessie Cheung, Dr. Gideon Kwok, Dr. Nathan Bryan, Dr. Jessie Cheung, Susan Shaffer