

THE FIT EXPO™
GROUP TRAINING ZONE

	<p>THE FIT EXPO™ GROUP TRAINING ZONE</p>
10:00	<p>NLA for Her Goddess Tour 9:30 to 10:30 SATURDAY EMFit Workout with Emily Schromm 9:30 to 10:30 SUNDAY</p>
10:30	<p>GROOV3 with Ben Allen</p>
11:00	<p>NIRVANA Yoga with Local club Partner ClubSport– Kirsten Johnson</p>
11:30	<p><i>Education Challenge Presented by AFAA</i> R.I.P.E.D. One Stop Bodys shock® with Rosie Ballard</p>
12:00	<p>XPOLE DEMO with XPOLE Master Trainers</p>
12:15	<p>The 'GET STRONG' Challenge with NBC's Strong Chris Ryan and Wes Okerson <i>Sponsored by XPOLE & PONG</i></p>
1:00	<p>POUND® - Rockout. Workout. with Amy Chang</p>
1:30	<p>TAEBO FITNESS with TAEBO Creator Billy Blanks with special introduction by ERIC the Trainer <i>Presented by Celebrity Sweat</i></p>
2:00	<p>LTO with Lexy Panterra</p>
2:30	<p>Flat Gut, Perfect Butt with Emmett Bishop <i>Presented by Monolithic Life- I Think Massive</i></p>
3:00	<p>EB30X with Eric Bassett</p>
3:30	<p>Fight or Flight Challenge With NBC's Strong 'Bad Boy' Adam Von Rothfelder</p>
4:00	<p>PlyoJam® with Jason Layden</p>
4:30 to 6	<p>WOW THE CROWD Dance Competition (Saturday only)) <i>Sponsored by IMMORDL</i></p>
4:30 Sunday	<p>UJAM FITNESS Rene Huerta and Team UJam</p>