



Workout & Win

*Schedule is subject to change based on presenter availability – Every time you join a workout, demo or challenge you receive an instant prize or become eligible for a grand prize of a larger value!

	SATURDAY	Prize	SUNDAY	Prize
10:00	Strong Kick Off Contest Katerina & Adam	\$50 & Strong Coffee	Wollen Dance Demo Local Club Highlight	Towel, T-shirt & Water Bottle First FIVE
10:30	No Excuses Moms Maria Kang	Belly Ball	All Sports Challenge Featuring Herb Lang	Cash Contest
11:00	Swyft 30 H.I.I.T. Swyft Fitness with Will & Delina	Resistance Band Sets	BollyX Tamara Kodner	BollyX Swag
11:30	Spartan Challenge Pancake Pass	Cash Contest	Spartan Strong Johanna Littlejohn	Spartan T-Shirts
Noon	Celebrity Bootcamp Challenge Corey Calliet, Lita Lewis, and Adam Von Rothfelder	Strong Coffee Bag	Celebrity Bootcamp Challenge Corey Calliet, Lita Lewis, and Adam Von Rothfelder	Strong Coffee Mug
12:30	Zumba® Dance Party Cheryl Wu Hall	50% off next Zumba Training	STRONG by ZUMBA® Cheryl Wu Hall	50% off next Zumba Training
1:00	Jen Selter's Booty Burn Workout <i>Sponsored by Blendjet</i>	Blendjet Prizes	Ultimate Athlete Bootcamp D'Juan Woods & Michael Myers	UAB T-Shirt
1:45	Dynamic End Ball Kirsten Johnson, Bay Club	TBA	Dynamic End Ball Kirsten Johnson, Bay Club	TBA
2:00	EB30x Couch to Burpees Contest With Eric Basset <i>Sponsored by Sweet Sweat</i>	Cash & Prizes	EB30x Couch to Burpees Contest With Eric Bassett <i>Sponsored by Sweet Sweat</i>	Cash & Prizes
2:30	LiCi Fit Booty Workout Featuring XBands Liz & Cinee'	LiciFit Leggings	LiCi Fit Booty Workout Featuring XBands Liz & Cinee'	LiciFit Leggings
3:00	POP Pilates Angel Torres <i>Presented by 24 hour Fitness</i>	Sweat Towel	POP Pilates Angel Torres <i>Presented by 24 hour Fitness</i>	
3:30	Product Palooza Sponsored by Herbalife 24 <i>Featuring TheFitExpo Exhibitors</i>	Cash & Prizes	Product Palooza Sponsored by Herbalife 24 <i>Featuring TheFitExpo Exhibitors</i>	Cash & Prizes
4:00	Beat Back Milo Levell		POW Dance Closer Milo Levell	
4:30	WOW the Crowd Dance Fitness Contest Hosted by Milo Levell	Prize Package		