



WORKOUT STAGE (Booth 908)

THURSDAY, OCT. 10

(Expo Hours: 10:30am-5:00pm)

- 12:50pm: Midtown - Karen Prorok
- 1:10pm: Myzone Bootcamp: Get in the Zone! - A. Fitzpatrick
- 1:30pm: Birt Strength Systems - Curtis Shirley
- 4:10pm: Club Vibe - Leah Reid
- 4:30pm: Lady Strong Fitness - Brittney Welk
- 4:50pm: Aqua Explosion - Connie Martin
- 5:10pm: EBC Slammin' Minute with Aida Johnson-Rapp

FRIDAY, OCT. 11

(Expo Hours: 10:00am-2:00pm)

- 6:30-7:15am: Sisterhood Stride (Hilton Chicago)
- 12:10pm: coreXyoga - Michelle Rae Sobi
- 12:30pm: Savvier. Barre Moves - Kia Williams
- 12:50pm: Savvier. Let the Beat Drop - Kia Williams
- 1:10pm: GIRLBOSS Supra Dupa Fly - Kymberlee Kaye
- 1:30pm: Turf on the Go - Jenn & Angelique

CLUB INDUSTRY