

Saturday Events

EXPO OPENS 9:30am-5pm

\$10 Expo All Day

Evening Bodybuilding Tickets Sold Separately
Health and Fitness Event Schedule

10:00am-Tap N Burn-Melody Pelfrey

11:00 am The Rush 24/7-Zumba Master Class

12:00 pm Sandy Larson-Yoga, Pilates, Dance for Children
and Adults

1:00pm Kimberly Roberts-Hip-Hop Dance Cardio Master Class

2:00pm Eddie Reymond/Kimberly Roberts

Nutrition and Supplements/Fitness training

3:00pm Trillia Newbell-TRX Suspension Training leverages body weight to
build power, balance,core strength and flexibility

AAA Arm Wrestling

11 am Registration

12 Competition Begins

American Powerlifting Federation

8am weigh-ins

9am Rules meeting

Meet Begins 10:00am

NPC Body Building, Figure& Bikini Championships

8 am Competitors Meeting

9:30 am Pre-Judge

6:00 pm Doors open for
Evening Show and
Trophy Presentation
Show starts 6:30pm