

**ADMIT ONE  
ADMISSION**

ADMISSION WITH THIS TICKET



ORGANIZATION FOR DONATION

**THE MARTIN CENTER - SICKLE CELL INITIATIVE**

## EVENT INCLUDES

### ATHLETIC PERFORMANCES & COMPETITIONS

CROSSFIT / MUAY THAI / BOXING / FENCING / DANCE  
TENNIS / YOUTHSPORT COMBINE  
KARATE & SELF DEFENSE / PAINTBALL / FITNESS ZONE  
FOOTBALL / BASEBALL

### FITNESS & EXERCISE

KRAV MAGA / BEACHBODY / ZUMBA / TRX / YOGA  
BAR METHOD / PILATES / POLE FITNESS  
BELLY DANCING / LIVE EXERCISE

### 250+ EXHIBITORS FEATURING

NUTRITION & SPORT SUPPLEMENTS  
STRENGTH & FITNESS EQUIPMENT  
BICYCLE SALES & EQUIPMENT / REHAB & SPORTS MEDICINE  
WEIGHTLOSS METHODS & ADVICE / ATHLETIC APPAREL  
HEALTH CLUBS / OBSTACLE COURSES  
5K & MARATHON EVENTS / YOUTH SPORT ORGANIZATIONS

### HEALTH SCREENINGS

BODY FAT, BMI, BLOOD PRESSURE,  
FUNCTIONAL MOVEMENT, HIP & SHOULDER MOBILITY

## HIGHLIGHTED ACTIVITIES

### YOUTH SPORT COMBINE

40 yard dash &  
Vertical / Broad Jump Testing  
*\*Plus much more!*

Indiana Division Fall Open  
Tournament & Open Play



**FITNESS  
ZONE**

2 Days Full Of  
LIVE EXERCISE HOURLY



**INDIANA'S LARGEST  
MULTI-SPORT & FITNESS FESTIVAL**



**OCTOBER 4<sup>th</sup> & 5<sup>th</sup>**

**SAT: 10AM - 5PM**

**SUN: 10AM - 4PM**

General Admission: \$10

Kids (5 & Under): FREE

\*No refunds, returns or exchanges.

INDIANA STATE FAIRGROUNDS

EXPOSITION HALL

1202 E. 38TH STREET

INDIANAPOLIS, IN 46205

[www.SportShowIndiana.com](http://www.SportShowIndiana.com)

# FITNESS ZONE

## SCHEDULE OF EVENTS

**FREE  
w/ADMISSION**

### Saturday, October 4<sup>th</sup> 2014

<u>TIMEFRAME</u>	<u>FITNESS TYPE</u>	<u>PRESENTER</u>
10:30AM-11:30AM	PILATES BODY BURN	REFORMING INDY PILATES STUDIO
12PM-1PM	ZUMBA	ERIN SCHWEIN FITNESS
1PM - 2PM	KRAV MAGA	KRAV MAGA WORLDWIDE
2PM - 3PM	BARRE FITNESS	PURE BARRE
3PM - 4PM	BOOT CAMP	FOCUS FITNESS
4PM - 5PM	PiYo	TEAM BEACHBODY

### Sunday, October 5<sup>th</sup> 2014

<u>TIMEFRAME</u>	<u>FITNESS TYPE</u>	<u>PRESENTER</u>
10:30AM-11:30AM	ZUMBA	INDY HOUSE OF PILATES
12PM-1PM	SELF DEFENSE 101	THE SCHOOL OF SELF DEFENSE
1PM - 2PM	H.I.I.T. CLASS	1 & ONLY FITNESS
2PM - 3PM	SUPER SCULPTING	THE BAR METHOD INDY
3PM - 4PM	ZUMBA FOR KIDS	STAGE I DANCE ACADEMY