



# 1<sup>ST</sup> PHORM/ FIT TRUK PLAZA

## FRIDAY



9:00AM

FIND YOUR ZEN WITH **SMALL WORLD YOGA**

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10:00 AM

BOOT-CAMP STYLE CLASS WITH **FIT TRUK**

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11:00 PM

STRENGTH TRAINING USING ELECTRO-MUSCLE  
STIMULATION SUIT WITH **BODY20**

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1:00 PM

STRENGTH CONDITIONING CLASS WITH  
**ALLOY PERSONAL TRAINING**

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2:00 PM

PUSH/PULL STRENGTH TRAINING SESSION  
WITH **FIT TRUK**

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3:00 AM

HYBRID FIGHT-INSPIRED WORKOUT WITH **UFC GYM**

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# 1<sup>ST</sup> PHORM/ FIT TRUK PLAZA (SATURDAY)



9:00AM

MOVE FIT BY **DANI D.**

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10:00 AM

FIND YOUR ZEN WITH **SMALL WORLD YOGA**

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BODY20

11:00 PM

STRENGTH TRAINING USING ELECTRO-MUSCLE  
STIMULATION SUIT WITH **BODY20**

---



12:00 PM

**SPECIAL OLYMPICS FUNDRAISER**

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1:00 PM

**SPECIAL OLYMPICS FUNDRAISER**

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2:00 AM

**SPECIAL OLYMPICS FUNDRAISER**

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3:00 AM

**SPECIAL OLYMPICS FUNDRAISER**

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# FROM THE EDITOR



@talashatara



@watchtalashatara

I remember my first Music City Fit Expo...

My fiancé bought the tickets months in advance and had been counting down the days until we went. So what – It's just a fitness expo! I doubt I will be impacted by an event as simple as this.

## WRONG!

The Music City Fit Expo changed my life – literally. As a person who never thought she could never find comfortability in health and wellness quickly found out just how accessible it is, especially in Middle Tennessee. What seemed as an unapproachable and intimidating world was shut down when I walked through the doors. Hundreds of health and fitness professionals invited me into their world and they are here to do the same for you! You can live a healthier and better life and many experts are onsite to start this journey with you – regardless of skill level and experience.

Now, I look forward to the Music City Fit Expo every year – and as you can see, I even turned it into my job! I look forward to chatting with you about your fitness journey, and remember – it's never too late to start.

I would love to get know our readers and collaborators as much as possible...have a story?

Send me an email:  
editorials@nashvillefitmagazine.com

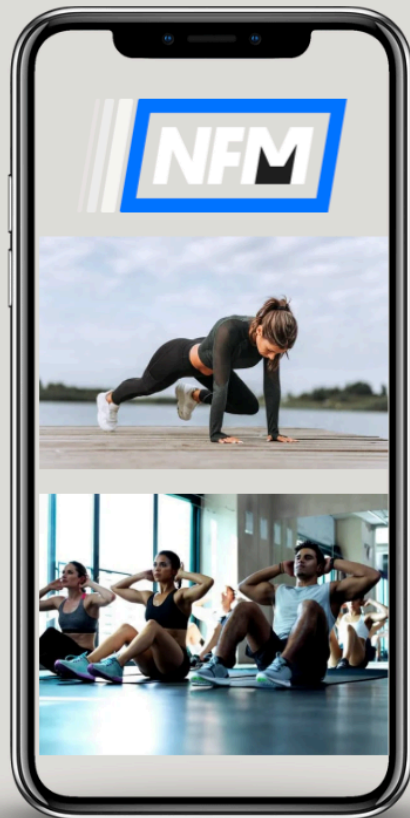






# THE NFM APP IS HERE!

Find the digital  
version of the  
expo magazine

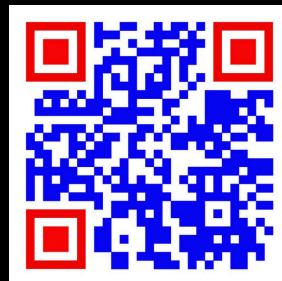


**NFM is officially on-the-go!**  
**The top workouts, nutrition, events, and all things**  
**Music City fitness at your fingertips!**



# TRANSFORM PAIN INTO POWER

Stop by the BBPS booth at the Expo for your FREE 15-minute tissue and movement assessment. Scan the QR code below to schedule yours!



- ✓ Eliminate pain and restore movement
- ✓ Prevent injuries before they happen
- ✓ Enhance performance with increased strength and mobility

**B**e Strong. **B**e Confident. **P**ursue Greatness

Booth #3101



**SCAN HERE FOR  
3 CLASSES  
FOR \$3**




**UNLOCK YOUR POTENTIAL**



**BODY FIT TRAINING  
BRENTWOOD**

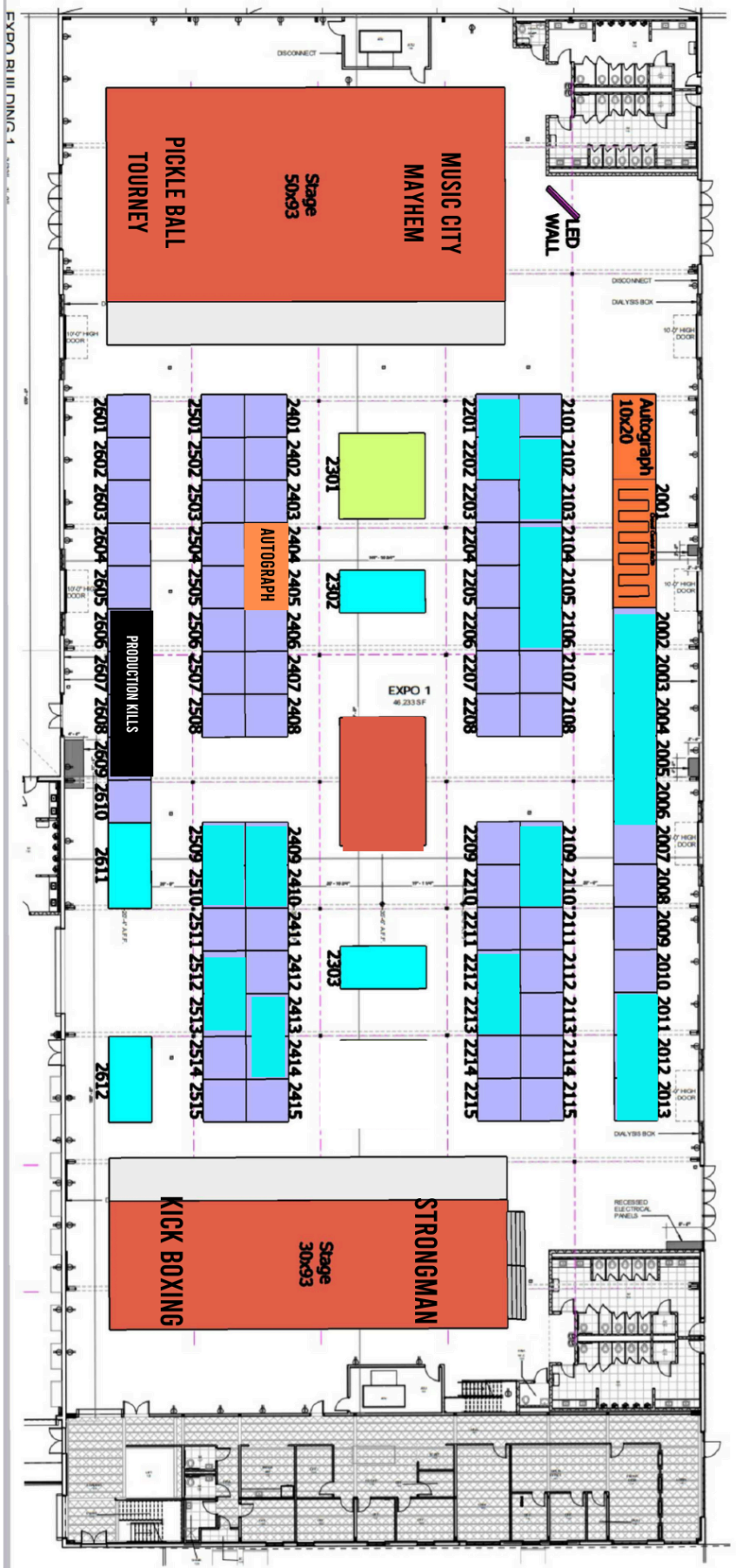
(615) 747-9495  
205 Franklin Road, Suite 150  
Brentwood, TN 37027  
[brentwood@bodyfittraining.com](mailto:brentwood@bodyfittraining.com)

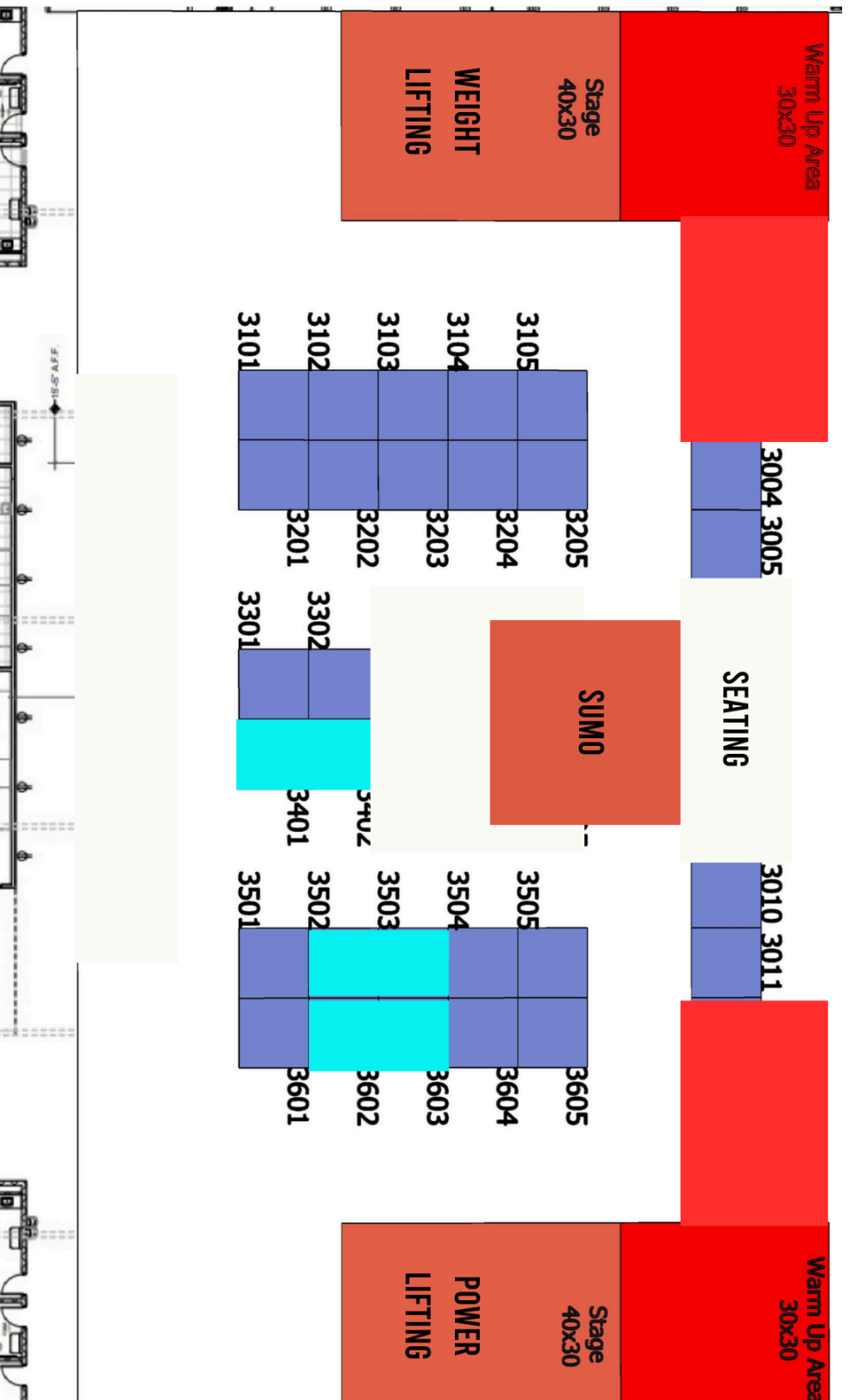
**TRANSFORM YOUR TRAINING.**

 @bft\_Brentwood  
 @BFTBrentwood



# EXPO 1

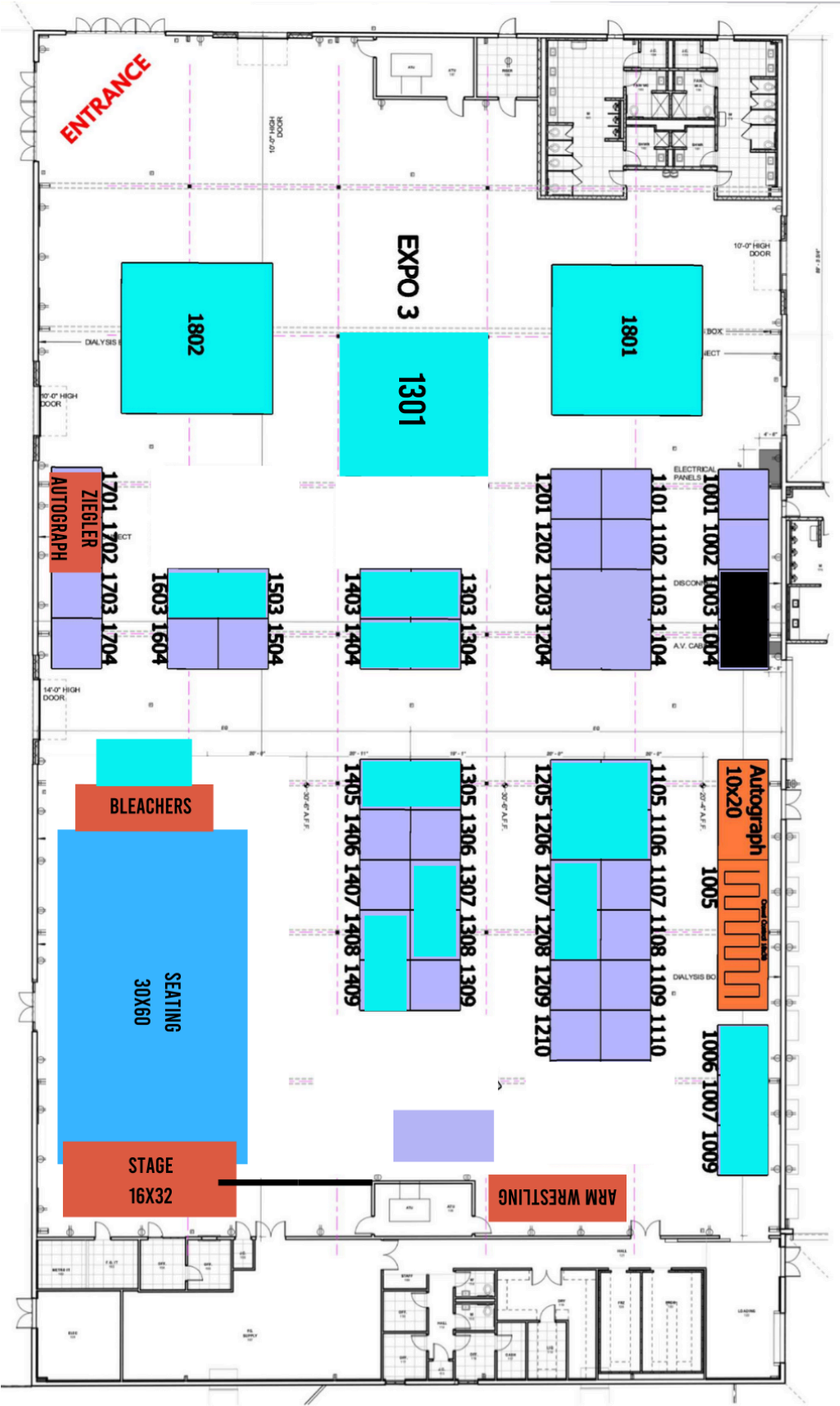




# EXPO 2



# EXPO 3





Friday 5/30/2025			Saturday 5/31/2025		
Expo Hall	Event	Start Time	Expo Hall	Event	Start Time
EXPO 3	PT Conference	8:00 AM	EXPO 3	Titan	9:00 AM
EXPO 3	Jay Cutler Meet	10:00 AM	EXPO 3	Jay Cutler Meet	10:00 AM
EXPO 3	Zielger Meet	10:00 AM	EXPO 3	Arm wrestling	1:00 PM
EXPO 3	Titan Registration	3:00 PM	EXPO 3	Ziegler Meet	10:00 AM
EXPO 2	USA Weightlifting	1:00 PM	EXPO 2	USA Weightlifting	6:30 AM
EXPO 2	SPF Powerlifting	10:15 AM	EXPO 2	SPF Weightlifting	8:30 AM
EXPO 1	KickBoxing		EXPO 2	Sumo Wrestling	8:30 AM
EXPO 1	Brian Shaw Meet	10:00 AM	EXPO 1	Maddox Meet	10:00 AM
EXPO 1	Pickle Ball	10:00 AM	EXPO 1	Olivia Reeves Meet	11:00 AM
			EXPO 1	STRONGMAN	10:00 AM
			EXPO 1	Music City Mayhem	9:00 AM

# Expo Bingo

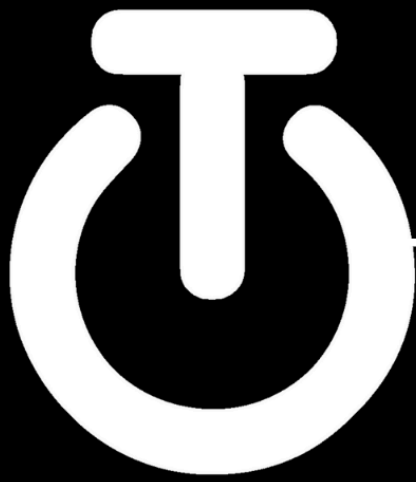
## Instructions:

- Download NFM app
- Click in bingo icon in app
- Select day
- Follow rules below



## Rules:

- Get 5 in a row (up/down, sideways, diagonal)
- Once you get 5 in a row- take to NFM booth and fill out a raffle ticket
- Winners will be drawn at the end of each day
- be entered into a drawing for one of these three prizes
- - \$200
- - expo vendor merch basket
- - case of black rifle energy, tshirt and canister of protein



# OPTIMIZE U

## EAST NASHVILLE

FOR DISCOUNT USE CODE:  
NFMOPTIMIZE

**HORMONE THERAPY  
PEPTIDE THERAPY  
MEDICAL FAT LOSS**

### **RECOVERY SERVICES:**

- ⚡ CRYOTHERAPY
- ⚡ RED LIGHT THERAPY
- ⚡ INFRARED SAUNA
- ⚡ COLD PLUNGE
- ⚡ HYPERBARIC CHAMBER



*SCAN ME*



**801 WOODLAND ST.**



**(615) 953-0530**



**[www.optimizeucenters.com](http://www.optimizeucenters.com)**