

ABC Health & Fitness Expo Bringing Indiana's Health, Fitness & Wellness Community Together at the Indiana Convention Center

INDIANAPOLIS, IN — ABC Health & Fitness Expos is proud to announce the ABC Health & Fitness Expo is coming to the Circle City! The Expo is taking place Saturday, October 10, 2026, from 10:00 a.m. to 8:00 p.m. at the Indiana Convention Center in Hall A.

The ABC Health & Fitness Expo was created to bring Indiana communities together for a day dedicated to health, wellness, fitness, and healthy living. The event will showcase Indiana owned businesses, local gyms, fitness studios, personal trainers, coaches, meal prep companies, healthcare providers, nutrition experts, and wellness professionals all under one roof.

"ABC Health & Fitness Expo was created with one goal in mind—to bring our community together in one place where people can discover resources, ask questions, learn from experts, and take meaningful steps toward healthier living," said Co-Founder of ABC Health & Fitness Expos and former Butler Basketball player, Bruce Horan. "Whether someone is just beginning their wellness journey or has been committed to healthy living for years, there will truly be something for everyone!"

ABC Health & Fitness Expos is committed to supporting Indiana businesses while creating a one-of-a-kind experience where consumers can meet the professionals, products, and services that can help them live healthier lives.

Event Information

ABC Health & Fitness Expo

Date: Saturday, October 10, 2026

Time: 10:00 a.m. – 8:00 p.m.

Location: Indiana Convention Center – Hall A, Indianapolis, Indiana

For vendor, sponsorship, or media inquiries:

ABC Health & Fitness Expos

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