

ONLINE

# canfitpro | 2021

## FITPRO

APRIL 10, 2021

SPONSORED BY:



TRACK	GROUP FITNESS SPONSORED BY: Gallagher Insurance   Risk Management   Consulting	GROUP FITNESS SPONSORED BY: Gallagher Insurance   Risk Management   Consulting	PERSONAL TRAINING 	TECH 	BUSINESS & LEADERSHIP 
10:30 AM - 12:00 PM EST   7:30 AM - 9:00 AM PST   9:30 AM - 11:00 AM CST					
SESSION #	400	401	402	403	404
SPONSOR					
SESSION NAME	Breaking Body Biases to Empower Inclusive Fitness	POUND® - Rockout. Workout.	Pandemic Kyphosis!	THINK Yourself® A TECH PRO - Apps, Tech and Shortcuts to Propel Your Fitness Business in 2021	Creating & Cultivating Community
TYPE	L	W/S	W/S	L	L
PRESENTER	Facilitated by Christine DeFilippis. With Paul Galloro, Tiffany Moffatt & Samantha Montpetit-Huynh	Amy C Rad	Tracie Smith-Beyak	Nathalie Plamondon-Thomas	Jessica Maurer
EQUIPMENT		Ripstix (or any household item that resembles drumsticks)	Medium resistance tubing, mat & dumbbells (2-10 lbs)		
VIRTUAL TRADE SHOW					
12:15 PM - 1:45 PM EST   9:15 AM - 10:45 AM PST   11:15 AM - 12:45 PM CST					
SESSION #	405	406	407	408	409
SPONSOR					
SESSION NAME	Core - Never Crunch Again!!	canfit PRO of the Year Panel of Excellence	The Small, Specific, Stacked Method for Habit Change	Pandemic Programming: Create a Virtual Running Program to Drive Revenue	Diversifying your Income: Setting up Multiple Revenue Streams as a Fitness Professional
TYPE	W/S	L	L	L	L
PRESENTER	Leslee Bender	Hosted by: Maureen (Mo) Hagan With: Tony Felgueiras (2020), Lisa Mastracchio (2019) & Ruby Smith Diaz (2020)	Casey Zavaleta & Kevin Darby	Dr. Jason Karp	Brent Bishop
EQUIPMENT	Bender Ball (Small Pillow or rolled up towel)				
VIRTUAL TRADE SHOW					
2:00 PM - 3:00 PM EST   11:00 AM - 12:00 PM PST   1:00 PM - 2:00 PM CST					
SESSION #	410				
SPONSOR					
SESSION NAME	GENERAL SESSION KEYNOTE: Career Disruption: Permission to Bravely Change Course				
TYPE	L				
PRESENTER	Kia Williams & Doris Thews				
VIRTUAL TRADE SHOW					
4:00 PM - 5:30 PM EST   1:00 PM - 2:30 PM PST   3:00 PM - 4:30 PM CST					
SESSION #	411	412	413	414	415
SPONSOR					
SESSION NAME	Keiser: Back in the Saddle and Better than Ever	Yoga Fitness Fusion	Exercise Is Medicine- a Prescription To Get Active	The Art of Cueing and Live Streaming Like A Boss	The Ultimate Toolkit to Creating a 6 Figure Business
TYPE	L	W/S	L	L	W/S
PRESENTER	Krista Popowych	Christina Raskin	Facilitated by Maureen (Mo) Hagan. With Scott Wildeman, Lisa Dare, Sara Hodson & Dr. Don Morrow	Kia Williams	Len Fridman
EQUIPMENT		Yoga Mat			
VIRTUAL TRADE SHOW					
5:45 PM - 7:15 PM EST   2:45 PM - 4:15 PM PST   4:45 PM - 6:15 PM CST					
SESSION #	416	417	418	419	420
SPONSOR					
SESSION NAME	Mastery of Variation - Create Dozens of Exercises from a Single Movement with Limited Tools	STRONG Nation™ <i>NOTE: This session is 1 hour</i>	Leaking When You Lift Is NOT Normal	10 Steps to Creating the Ultimate Virtual Experience	State of Fitness Industry: Moving Towards Preventative Care
TYPE	W/S	W/O	W/S	L	L
PRESENTER	Karyn Silenzi	Amanda Grant	Kim Vopni, Julia Di Paolo & Samantha Montpetit-Huynh	Fraser Quelch	Facilitated by Nathalie Lacombe. With Scott Wildeman, Carl Ulmer, Emily Slaneff, Maureen (Mo) Hagan & Dynasti Hunt
EQUIPMENT	If available, a mat & some type of platform (e.g. step, bench, sturdy chair, couch, etc.)				
VIRTUAL TRADE SHOW					

LEGEND: L - Lecture | W/S - Workshop | W/O - Workout

