

canfitpro | 2021

GLOBAL CONFERENCE & TRADE SHOW

FRIDAY, AUGUST 13, 2021

OUR MOMENT

TRACK	PERSONAL TRAINING				PERSONAL TRAINING & GROUP FITNESS	GROUP FITNESS				ACTIVE AGING	NUTRITION	MIND-BODY WELLNESS			BUSINESS SUCCESS			
	Training The Strength Curve	Personal Training	Personal Training Design	Mobility	Body Positivity & Inclusivity Training	Group Fitness	Freestyle Group Fitness	Group Fitness	Dance/Barre	Active Aging	Nutrition	Mind-Body	Mental Health	Wellness	Technology	Business Management Success	Business Management Success	Coaching & Leadership
8:15AM - 8:45AM EST																		
SESSION #	600 Sponsored by: ROSE BUDDHA How to Introduce Meditation Into Your Daily Life W/O Madeleine Arcand																	
9:00AM - 10:30AM EST																		
Session #	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617
Sponsor																		
Session	Preparation (Mobility) = Performance (Strength & Power)	Hip Hinge Fundamentals	Where to Focus: Movement or Performance?	Breaking Barriers through Inclusive Fitness: Your Exclusive Market	Happy HIIT - Happy Inclusive Interval Training	Kids Fitness Fun - With PL3Y! :)	The Outdoor Training Playbook	StickFit®: Stick Smarts - Train Your Brain AND Your Body	STRONG Nation™	Nutrition and Active Aging	How to ROCK Virtual Culinary Demos	Range of Motion- Finding Stability and Mobility in a Healthy & Personalized Way	Letting Go of Guilt	Introduction to Evidence-Based Mindfulness	Build a Winning T.E.A.M - Business Management Strategies for Long-Term Growth	Race, Diversity & Inclusion in the Fitness Industry	How to Build Your Brand on Instagram!	Coaching and Connection: Rebuilding our Fitness Communities
Type	W/S	W/S	W/S	L	W/S	W/S	W/S	W/S	W/O	L	L	W/S	W/S	L	L	L	L	L
Presenter(s)	Chad Benson & Cameron Lichtwer	Ben McDonald	Dr. Lee Burton	Megan Williamson	Tiffany Moffatt	Mélanie Levenberg & PL3Y Team	Anouk Garnier	Eugene Downing, Andy Elliott, Sylvia Lokollo, Ana Roman, Linda Shelton & Tian Jay	Amanda Grant	Alisa Herriman	Carol Harrison	Christina Raskin	Bria Wannamaker	Jooli Park	Len Fridman	Samantha Montpetit-Huynh, Reena Parekh, May Rabano & Trish Curling	Dawn Bowman	Krista Popowych
10:45AM - 12:15PM EST																		
SESSION #	618 Sponsored by: MATRIX OPENING KEYNOTE - The Fitness Future: Rules of Engagement Ian Mullane																	
12:15PM - 1:15PM																		
TRADE SHOW & NETWORKING BREAK																		
1:15PM - 2:45PM EST																		
Session #	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636
Sponsor																		
Session	Periodization for Physique Transformation	Training the Post-COVID Client with Breathwork	Hoo-Ha Biohacking	Master Mobility	Create a Body Positive Fitness Experience	BOSU Toolbox	Cultural Cardio	"Big Bang" Exercises - What Are They Really Doing?	POUND - Rockout. Workout.	I am Ageless Now Intro	Successful Fasting in the Real World	STOTT PILATES® Matwork Flow with Weights	Resilience- How to build it for yourself and your clients, mentally and physically	Fierce Fitness & Wellness For Women	The Fitness Future. Applied Today.	It's About The Experience	Expand Your Reach to Members with Inclusive Messaging and Marketing Methods	A Prescription To Get Active: A Movement To Improve Canadian's Health
Type	L	W/S	L	W/S	L	W/S	W/S	W/S	W/S	W/S	L	W/S	W/S	L	L	L	L	L
Presenter(s)	Benjamin Siong	Paul Galloro	Kim Vopni	Jodie Boettger	Beth Yarzab	Helen Vanderburg	Cher Obediah	Dr. Jinger Gottschall & Bryce Hasting	Amy C-Rad	Leslee Bender	Larry Diamond	Lauren DuBeau	Christina Raskin	Heather Wilson-Phillips	Facilitated by: Emma Barry, With Ian Mullane, Carrie Kepple-Styles & Amy Styles	Chris Stevenson	Katrina Pilkington	Facilitated by: Maureen (Mo) Hagan & Jeff Tareta. With Sara Hodson & Scott Wildeman
3:00PM - 4:30PM EST																		
Session #	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654
Sponsor																		
Session	Troubleshooting the Squat	HIIT Beyond Your MAX!	Simply "Just Start Exercising" Isn't Always the Best Answer	Mobility Makeover: Removing Dead Zones	Pride and Celebration in the Fitness Industry	Sword Athletes	Creating Stability in an Unstable World	Les Mills & Group Fitness in a Post- COVID world: A Fireside Chat	Country Fusion®	Arthritis Exercise Integration	Eating to Live or Living to Eat - What's the Missing Link?	STOTT PILATES® Athletic Conditioning on the Mat	Your Brain on Meditation - the Neuroscience Behind Meditative Practice	Change your Brain, Change your Life!	THINK Yourself® A TECH PRO Technology, Apps and Shortcuts to Save Time and Automate Your Online Business	How to Write a 1-Page Business Plan That Turns Your Fitness Passion into Profit!	The Future of Fitness: Global Trends	State of the Fitness Industry - Leadership In Action
Type	W/S	L	W/S	W/S	L	W/S	W/S	W/S	W/S	L	L	W/S	L	L	L	L	L	L
Presenter(s)	Max Aita	Dr. Len Kravitz	Dr. Lee Burton	Chad Benson & Gareth Bryson	Facilitated by: Lawrence Biscontini. With Ragen Chastain, Kyle Christiansen, Paul Galloro & Heather Harrison	Annika Kahn	Krista Popowych	Facilitated by Dan McDonogh. With Kyle Gates & Phillip Mills	Elizabeth Mooney	Christine Conti	Benjamin Siong	Lauren DuBeau	Lorne Opler	Jill Hewlett	Nathalie Plamondon-Thomas	Sean Greeley & Tony Maslan	Emma Barry	Facilitated by: Scott Wildeman & Maureen (Mo) Hagan With Debby Carreau, Paula Comford, David Hardy & Guest Sheldon McBee

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

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GLOBAL CONFERENCE & TRADE SHOW

SATURDAY, AUGUST 14, 2021

OUR MOMENT

TRACK	PERSONAL TRAINING					GROUP FITNESS				ACTIVE AGING	NUTRITION	MIND-BODY WELLNESS			BUSINESS SUCCESS			
	Training the Strength Curve	Personal Training	Personal Training Design	Mobility	Special Populations	Freestyle Group Fitness	Group Fitness	Group Fitness	Dance/Barre	Active Aging	Nutrition	Mind-Body	Mental Health	Wellness	Technology	Business Management Success	Business Management & Marketing	Coaching & Leadership
8:15AM - 8:45AM EST																		
SESSION #	7000																	
Sponsored by: ROSE BUDDHA Morning Meditation W/O Maxime Morin																		
9:00AM - 10:30AM EST																		
Session #	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717
Sponsor		FIC	3				StickXfit	GoodLife FITNESS LESMILLS	ZUMBA								THINK YOURSELF ACADEMY	impakt
Session	Troubleshooting the Jerk	A Systems Based Approach to Enhancing Mobility and Performance	Training the Multi-Sport Athlete of the Future	Body Weight Blitz	Beyond the Shaking: How to Train the Parkinson Client	Double Short Swords	StickFit®: Stick Smarts - Train Your Brain AND Your Body	Level up! Taking Your Teaching & Coaching to the Next Level	Zumba®: Let it MOVE YOU™!	How To Train And Coach Men Over 40 – Workouts, Nutrition, Hormones, Lifestyle and Results!	Supplements for Improved Sports Performance	Yin Yang Yoga: Destress and Flex	Brain and Body Fitness: Tackling the Two-Headed Dragon of Healthy Aging!	How To Be a Hero with Heart	Streaming With Meaning	The Future of Personal Training	THINK Yourself® A MARKETING PRO How to Market Your Online Programs & Fitness Business	Change for Good Health
Type	W/S	W/S	W/S	W/S	L	W/S	W/S	W/S	W/S	L	L	W/S	L	L	L	L	L	L
Presenter(s)	Max Aita	Paul Cauldwell & Chris Nentarz	Chad Benson & Cameron Lichtwer	Lisa Mastracchio	Lisa Coors	Annika Kahn	Eugene Downing, Andy Elliott, Sylvia Lokollo, Ana Roman, Linda Shelton & Tian Jay	Dan McDonogh & Marlon Woods	Ricardo Marmite & Andrea Sandhu	Funk Roberts	Zeina Khawam	Andriana Crawford	Emily Johnson	David Patchell-Evans	Lawrence Biscontini	Facilitated by Eric Wong Kai Pun, With: Lee Boyce, Cassandra Chin, Sam Hall & Charlotte Sobolewski	Nathalie Plamondon-Thomas	Paul Klein
10:45AM - 12:15PM EST																		
Session #	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735
Sponsor		PREVENEW WELLNESS	TRX	MedFit CLASSROOM		3	POUND	PL3V	F.M.G.			merrithew.			WellnessLiving			UTS
Session	How To Effectively Use Video for Coaching the Powerlifts	Core Training Secrets For Women	TRX Beyond the Basics - The Evolution of Suspension Training	Fitness is the Frontline of Healthcare	Engage ALL Abilities with Chair Fitness	BOSU Kinetic Line Training for Mobility & Movement Efficiency	The Next Generation of POUND	Kids Fitness Biz Toolkit – Tips, Tools & Templates!	Barre For the Masses	Fitness for Active Agers	Overcoming Stress Eating	ZEN-GA® Flowing Sequences	Failure and the Brain	Bootcamps For Change: How One Fitness Class Became a National Program Supporting At-Risk Youth	Fitness Technology Panel	Give Your Brand & Business a Voice: The Power and Potentiality of Podcasting	Culture Is Key: Operationalizing Innovative People Practices for Business Success	The Small, Specific, Stacked Method for Habit Change
Type	W/S	W/S	W/S	L	W/S	W/S	W/S	L	W/S	L	L	W/S	L	L	L	L	L	L
Presenter(s)	Chris Fudge	Kim Vopni	Fraser Quelch	Dr. Dan Mikeska	Alexis Perkins	Helen Vanderburg	Amy C-Rad	Mélanie Levenberg	Dylan Harries, Laurie Idema-Wood, Tricia Murphy-Madden & Ron McPhee	Facilitated by: Sara Kooperman, With Lawrence Biscontini, Dr. Len Kravitz, Robert Linkul, Maureen (Mo) Hagan & Beth Oldfield	Bridget Fauteux	Carol Earle	Dr. Mandy Wintink	Katie Heggveit	Facilitated by: Sander van den Born, With Len Fridman, Steve Groves, Mendel Witzzenhausen & Candy Wong	Facilitated by: Nathalie Lacombe, With Christine Conti, Gareth Nock, Nkechi Nwafor-Robinson & Sarah Pellegrino	Debby Carreau	Kevin Darby & Casey Zavaleta
12:15PM - 1:15PM																		
TRADE SHOW & NETWORKING BREAK																		
1:15PM - 2:45PM EST																		
Session #	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753
Sponsor		Therabody	3					GoodLife FITNESS LESMILLS	COUNTRY FUSION			merrithew.			THINK YOURSELF ACADEMY		NPE	
Session	How to Safely Test Rep Maxes For Clients and Athletes	Therabody Warm Up & Recovery Programming Jam	Triangulate your Training: Prepare Δ Perform Δ Recover Δ	Muscle and Joint Assessment and Rehabilitation to Increase Range of Motion and Strength	Working Around Knee Pain	Metabolic Training - HIIT Trainer - How to Implement Metabolic and HIIT Workouts Into Your Coaching and Training	DanceGLAM by DanzFitNation	Passport to Success: Improving Inclusive Excellence in the Fitness Industry	Country Fusion® Active Agers	Chair Yoga for the Young at Heart	The Nutrition & Mental Health Connection	STOTT PILATES® Conditioning Towel Workout	Why I Don't Like Exercise - The Psychology of Getting Into a Client's Headspace	What Does Fit "Look" Like? The Evolution of Body Image and Fitness	THINK Yourself® A VIRTUAL FITNESS PRO Keys to Quickly Bring Your Fitness Business Online	The Future of Group Fitness	Organic Marketing: How to Grow Your Business Without Spending a Dime on Ads	Effective Leaders Build Trust: Getting Quick and Long Term Positive Results from your TEAM
Type	W/S	W/S	W/S	W/S	W/S	L	W/S	L	W/S	W/S	L	W/S	L	L	L	L	L	L
Presenter(s)	Chris Fudge	Paul Cauldwell & Chris Nentarz	Chad Benson	Dr. Ken Kinakin	Chuck Wolf	Funk Roberts	Tony Stone	Deidre Douglas	Elizabeth Mooney	Sara Kooperman	Facilitated by: Samantha Montpetit-Huynh With Alisa Herriman, Bridget Fauteux, Rob Martin & Bria Wannamaker	Carol Earle	Mike Kelly	Facilitated by: Beth Yarzab, With Natalie Borch, Ragen Chastain, Cari Gangaram, Jess Takimoto & Eric Wong Kai Pun	Nathalie Plamondon-Thomas & Nathalie Lacombe	Facilitated by: Libby Norris, With Chantelle Erickson, Jennifer Hamilton, Dione Mason & Ron McPhee	Sean Greeley & Tony Masian	Carl Ulmer
3:00PM - 5:00PM EST																		
SESSION #	754																	
Sponsored by: Gallagher																		
CLOSING KEYNOTE & AWARDS RECEPTION: Sharing My Story To Inspire The Best in You – Our Moment Chantal Petitclerc																		
Delegates Choice Presenter of the Year Awards Sponsored by HUMAN KINETICS																		
Fitness Professional of the Year Awards Sponsored by Gallagher																		
Leadership Award																		