

canfitpro | 2023

SCHEDULE AT A GLANCE

Friday, August 18



IN-PERSON



Session	Sponsor	Presenter(s)	Track(s)
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8:00AM - 9:30AM | Friday, August 18

1000 - Making Muscles Bigger and Stronger: An Intermediate Look (W/S)		Lee Boyce	
1003 - STRONG Nation® (W/S)		Andrea Sandhu, Ricardo Marmitte	
1005 - Advancing Breakthroughs For Shoulder Pain (W/S)		Brendan Fox	
1006 - Evolution of Suspension Training (W/S)		Krystal Say	
1007 - A Holistic Nutritional Approach to Alzheimer's (L)		Parvin Zarrin, PhD	
1008 - Muscle-Building Across the Lifespan: The Effects of Aging on Anabolism (L)		Brad Schoenfeld	
1009 - Kettlebell Basics - Swing (W/S)		Gus Blessman	
1012 - Get A Grip! Hand Strength for Performance & Longevity (W/S)		Emily Splichal	
1013 - Creating Body Confidence (L)		Kim Basler	
1014 - Schwinn® Cycling: Let the Beat Drop – Mastering Cycling Musicality (W/S)		Helen Vanderburg	
1015 - Chakra Empowerment (W/S)		Lisa Greenbaum	
1016 - Keiser: TEAM Trifecta: Together Each Achieves More (W/S)		Krista Popowych, Sergio Velasco	
1017 - Fascial Rolling & Release (W/S)		Barbara Klein	
1018 - Fluid Strength (W/S)		Mindy Mylrea	
1019 - The Ageless Athlete (W/S)		Janice Hutton	
1021 - What's Your Why? Using Motivational Interviewing (MI) to Promote Movement via Prescription to Get Active (RxTGA) (L)		Scott Wildeman, Dr. Erin Pearson	
1024 - How To Open a New Fitness Studio or Gym and Achieve Day 1 Profitability (L)		NPE Team	
1025 - Presenting for Success (L)		Tatiana Kolovou	
1026 - Courage to Achieve Your Personal Best -Resilience, Longevity, Surviving and Thriving in the Fitness Industry (L)		Sherri McMillan	

W/S = Workshop | L = Lecture | W/O = Workout

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10:00AM - 11:30AM

★ 1027 - OPENING CERMONIES and KEYNOTE ADDRESS with Kendal Netmaker:
Courage To: Tell Your Story - The Power of Indigenous Storytelling (L)

12:00PM - 12:30PM

1028 - Inspired to be canfitpro's Next PRO TRAINER



canfitpro Certification Team

12:00PM - 1:00PM

4000 - Nutrient Timing Revisited: Is There A Post-Workout Anabolic Window of Opportunity? (L)

Brad Schoenfeld



4002 - The Power of Podcasting to Elevate Your Social Media Brand (L)

Facilitated by: Gaby Mammone with Andrew Coates, Funk Roberts, Christine Conti, Tricia Blake



12:30PM - 1:15PM

4003 - Anniversary Workout (W/O)

Group Presentation



1:10PM - 2:10PM

4004 - Brain Fitness for HAPPINESS & Emotional Balance! (W/S)

Jill Hewlett



1:15PM - 2:00PM

4005 - Kids Fitness Program Sampler (W/S)



Melanie Levenberg



1:30PM - 2:15PM

4006 - Learn Who We Are. What Trainers Need to Know for Success within the CPA



Ron Hache

1:30PM - 3:00PM

1029 - Movement Clinic: Bench Press (W/S)

Yordanos Tessema



1030 - Coconut Beach Camp (W/S)



Suzelle Snowden



1032 - TRX® Advanced Functional Programming (W/S)

Fraser Quelch



1033 - Uncovering Hidden Factors of Poor Nutrition & Exercise (L)

Bianca Cordeiro



1034 - Light Loads, Big Gains: Is There an Optimal Hypertrophy Rep Range? (L)

Brad Schoenfeld



1036 - Great Workouts from Around the World (L)

Dr. Len Kravitz



1037 - Ultimate Cues for Fitness Professionals (L)



Nathalie Plamondon-Thomas



1038 - Debunking Myths: Exercise & Chronic Conditions (W/S)

Christine Conti



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Session	Sponsor	Presenter(s)	Track(s)
1039 - Kids Fitness 101 - Program Design (W/S)	canfitpro.	Melanie Levenberg	
1040 - Schwinn® Cycling: Breathy Not Breathless – Base-Building Threshold Training (W/S)		Chris Roche	
1041 - WARRIOR Rhythm (W/S)		Ellen DeWerd	
1042 - Keiser: Global Rise and Race Ready (W/S)		Sergio Velasco	
1043 - Introduction to Quadrupedal Movement Training (W/S)		Freyja Spence	
1044 - What Is Whole Body EMS? (W/S)		Agnes Ramsay	
1045 - Functional Pilates (W/S)		Helen Vanderburg	
1046 - Champion The Lower Leg: Complete Calf Development (W/S)		Matthew Ibrahim	
1050 - Solution-Based Selling: Making Sales Easy by Uncovering People's Needs (L)		Chris Stevenson	
1051 - Own It: Take Charge of Your Own Self- Development (L)		Diva Richards	
1052 - A Fresh Look at Compensation in the Fitness Industry (L)		Nathalie Lacombe	
2:15PM - 3:00PM			
4008 - Walking - Powered Up! (L)		Sarah Zahab	
4009 - Mat Class with Mika Midolo (W/O)		Mika Midolo	
4010 - Give Yourself a Natural Facelift with Face Yoga (W/S)		Sophia Ha	
2:30PM - 3:15PM			
9111 - NewBody™ (W/S)		Mo Hagan, Sue Staresinic, Tracy Souza	
2:50PM - 3:30PM			
4012 - Surfing Safari (W/O)		Bruce and Mindy Mylrea	
3:10PM - 3:50PM			
4011 - Eating Clean Is Eating Green - Fostering Social Responsibility Through Nutrition (L)		Tosca Reno	
3:10 - 4:00PM			
4013 - The Power of Hormone Balance (L)		Kelly Nolan	
3:30 - 4:00PM			
9100 - LES MILLS SPRINT™ (W/O)		Cinzia Bemmann, Vili Fifita, Khiran Huston	

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3:30PM - 4:00PM			
9112 - SH'BAM™ (W/O)	LES MILLS EXPERIENCE	Alyssa Walton	
3:30PM - 5:30PM			
1071 - Deceleration & Landing: Building The Brakes (W/S)		Matthew Ibrahim	
3:50PM - 4:30PM			
4015 - Hop Body Shop (W/O)		Milo Levell	
4:00PM - 4:55PM			
4014 - 101 Ways To Transition To A Plant-Based Diet (L)	ONE DAY TO WELLNESS	Bruce Mylrea	
4:00PM - 5:30PM			
1053- The Tall and Short of It: How Lever Lengths Affect Lifters (And How to Optimize Lifts for Different Body Types) (W/S)	HUMAN KINETICS	Lee Boyce, Melody Shoenfeld	
1055 - Mini Band Fitness and Dance: Choreography and Effective Use (W/S)	The Body Builders	Suaad Ghadban	
1056 - Innovative Muscle In Motion (W/S)		Lisa Mastracchio	
1057 - TRX® & Strength Band Training Fusion (W/S)	TRX	Krystal Say, Fraser Quelch	
1058 - Nutrition and Mental Health (L)		Alisa Herriman	
1059 - Training for Maximal Muscle Hypertrophy: A Summary of Expert Consensus (L)		Brad Schoenfeld	
1062 - HIIT Training Extravaganza (L)		Dr. Len Kravitz	
1063 - Pelvic Floor Periodization – How To Build Programs To Help Clients With Pelvic Floor Dysfunction Lift, Run and Jump! (W/S)	PELVIENNE WELLNESS INC.	Kim Vopni, Samantha Montpetit-Huynh	
1065 - Schwinn® Cycling: Dynamic Duos – Proven Cycling Fusion (W/S)	Schwinn	Mindy Mylrea	
1066 - SOULfusion (W/S)	the Soul fitness	Michele Park	
1067 - Keiser: The Triple C Formula (W/S)	KEISER	Krista Popowich	
1068 - Foundation Training – Less IS More (W/S)		Sarah Zahab	
1069 - Therapeutic Exercise (W/S)		Dr. Joel Kerr	
1070 - Alignment Essentials for Small Group Training (W/S)	ADULT TRAINING ACADEMY	Leslee Bender	

W/S = Workshop | L = Lecture | W/O = Workout



IN-PERSON

- Personal Training
- Group Fitness
- Nutrition
- Cycling
- Active Aging
- Yoga/Pilates
- Dance
- Medical Fitness
- Wellness
- Business Management
- Leadership & Coaching
- Diversity, Equity & Inclusion

Session	Sponsor	Presenter(s)	Track(s)
1074 - 2023 State of the Fitness Industry Canada Forum (L)		Panel Presentation	
1075 - Pricing, Programming and Profits (L)		Sherri McMillan	
1076 - How To Build Credibility & Your Brand So Good People Will Follow You (L)		Andrew Coates	
1077 - How to Price and Package your Fitness Services To Earn \$150+ per Hour (L)		NPE Team	
4:10PM - 5:10PM			
4016 - Being A Mindful Athlete: Living a Mindful Life (L)		Martha Williams	
4:15PM - 5:00PM			
9113 - BODYJAM™ (W/O)		Alyssa Walton	
4:15PM - 5:00PM			
9101 - RPM™ (W/O)		Cinzia Bemann, Gavin Featherstone, Kim Gibas, Khiran Huston, Matt Thraxton	
4:45PM - 5:30PM			
4018 - Shaka Dance		Shaka Dance Team	
5:15PM - 5:50PM			
4019 - The Business of Wellness Retreats (L)		Matt Kinch	
4020 - STRONG Nation® (W/O)		Andrea Sandhu, Ricardo Marmite	

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SCHEDULE AT A GLANCE

Saturday, August 19



Session	Sponsor	Presenter(s)	Track(s)
7:30AM - 8:30AM Saturday, August 19			
9102 - Opening (L)	LES MILLS EXPERIENCE <small>GoldFit Fitness (TORONTO)</small>		
9103 - BODYPUMP (W/O)	LES MILLS EXPERIENCE <small>GoldFit Fitness (TORONTO)</small>	Cinzia Bemmann, Gavin Featherstone, Vili Fifita, Kaylah-Blayr Fitzsimmons-Nu'u, Khiran Huston, Matt Thraxton	
8:00AM - 9:30AM			
2000 - Isometric Strength (W/S)		Melody Shoenfeld	
2002 - Discover a Teaching Vacation (W/S)		Suzelle Snowden	
2004 - Size-Inclusive Kettlebell Tips & Tricks (W/S)		Damali Fraiser	
2005 - FU 50! - Beast Mode in your 40s, 50s and Beyond (W/S)		Fraser Quelch	
2006 - WARRIOR Combat (W/S)		Ellen De Werd, Diva Richards	
2007 - Time-Efficient Training: Getting the Maximum out of the Minimum (L)		Brad Schoenfeld	
2008 - Kids Fitness Business: Matching Passion with Profits (L)		Melanie Levenberg	
2009 - What Every Fitness Professional Should Know about Rehab (L)		Dr. Michael Mash	
2010 - Increase the Bandwidth of Your Online Teaching (L)		Trevor Pickett, Nicky Nock, Gareth Nock	
2011 - Becoming a HIIT with Your Clients (W/S)		Jay Raymundo	
2013 - Schwinn® Cycling: R.I.S.E. & #RideRight (W/S)		Chris Roche	
2014 - Healing through Yoga (W/S)		Christine Yanke	
2015 - Keiser: Unleash the Beat (W/S)		Sergio Velasco	
2016 - Powerful Solutions To Hip Dysfunction (W/S)		Brendan Fox	
2018 - Menopause & Muscle - How to Train Your 50 Year Old Female Client		Lisa Mastracchio	
2019 - Fascia + Function (W/S)		Helen Vanderburg	
2020 - Communicating Across Cultures (L)		Tatiana Kolovou	
2022 - Courage to Humanize Mental Well-being (L)		Facilitated by: Jennifer Elia with Christie Noua, Marcus Smith, Unsinkable Champion	
2023 - Leadership Skills for Personal Training and Fitness Directors (L)		Sherri McMillan	

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IN-PERSON



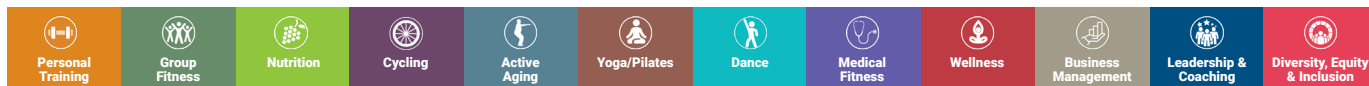
Session	Sponsor	Presenter(s)	Track(s)
8:45AM - 9:45AM			
9104 - BODYSTEP™ (W/O)	LES MILLS EXPERIENCE <small>Good & Beautiful</small>	Kaylah-Blayr Fitzsimmons-Nu'u, Melvin Ong, Lisa Osborne	
9:15AM - 10:15AM			
5000 - Set Your Daily Routine to Boost Your Mental Well-Being (L)		Lisa Greenbaum	
5001 - Stability for Runners (W/S)		Sarah Zahab	
5002 - Sleep--Recovery--Adaptation--Client Results: A Practical Coaching Framework (L)		Nick Lambe	
10:00AM - 11:00AM			
9105 - Education Session: Key Element #5 – Bring Back the Magic (L)	LES MILLS EXPERIENCE <small>Good & Beautiful</small>	Matt Thraxton	
10:00AM - 11:30AM			
2026 - Kettlebells for Powerlifters (W/S)		Melody Schoenfeld	
2029 - Pro Athlete Core Conditioning (W/S)		Dane Robinson	
2030 - TRX® Yoga Flow (W/S)		Krystal Say	
2032 - The Physiology of High Intensity Functional Training (L)		Dr. Len Kravitz	
2034 - Content That Educates, Entertains, Position, and SELLS (L)		Luka Hocevar	
2035 - Why Do Your Clients Self-Sabotage & Keys to Transform Their Mindset (L)		Nathalie Plamondon-Thomas	
2036 - Strong Body Strong Mind Gentle Spirit (W/S)		Ramona Braganza	
2038 - Schwinn® Cycling: Polishing Diamonds – How to Level up your Cycling Coaching (W/S)		Helen Vanderburg	
2040 - Keiser: Ride Immersion! (W/S)		Keiser Team	
2041 - Leaking When Your Lift Is NOT Normal.... And Other Pelvic Health Myths (W/S)		Kim Vopni, Samantha Montpetit-Huynh	
2042 - Hot Booty Ballet (W/S)		Suaad Ghadban	
2043 - Ageless Flexibility, Mobility, Stability (W/S)		Leslee Bender	
2044 - Frontal Plane Fundamentals: Lower Body Training (W/S)		Matthew Ibrahim	
2045 - Finding the Courage to Achieve Happiness and Success (L)		David Patchell-Evans	
2046 - Your 90-Day Marketing Plan to Fill Your Schedule with Great Clients (L)		NPE Team	

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Session	Sponsor	Presenter(s)	Track(s)
10:00AM - 11:30AM			
2047 - Technology's Influence on Remarkable Member Experiences (L)		Jonathan Fagg, Mark Goad, Tori Lamb	
2048 - The Art of Hiring and Onboarding (L)		Chris Stevenson	
2050 - Intermittent Fasting: What's New On How It Impacts Fitness and Health? (L)		Eric Williamson	
10:25AM - 11:25AM			
5004 - DripFit Travelling Bootcamp: Look Good Naked-Self-Love Tour (W/S)		Brenley Cunningham	
5005 - Courage to Start Running: Creating Spaces of Belonging in the Running Community		Melanie Murzeau, Alejandro De La Cruz, Heather Gardner, Amanda Richardson	
11:15AM - 12:15PM			
9106 - BODYCOMBAT (W/O)		Inno Delamente, Vili Fifita, Matt Thraxton	
11:30AM - 12:30PM			
5006 - Transform Your Life with the Power of Gratitude: Gratitude for Resilience		Dr. Maxine McLean	
11:45AM - 12:45PM			
5008 - How To Build Your Social Media (L)		Facilitated by: Kim Basler with Andrew Coates, Suaad Ghabban, Funk Roberts, Chris Fudge	
11:45AM - 1:15PM			
5007 - Olympic Weightlifting Workshop: Snatch (W/S)		Anna Swisher	
12:00PM - 1:00PM			
2051 - Inspired to be canfitpro's Next PRO TRAINER (L)		canfitpro Certification Team	
12:30PM - 1:00PM			
9107 - LES MILLS CORE™ (W/O)		Inno Delamente, Kim Gibas, Melvin Ong	
12:40PM - 1:40PM			
5009 - What To Eat Everyday for Optimal Health (L)		Bruce Mylrea	
12:50PM - 1:20PM			
5011 - Little Yogi's Big Feelings (L)		Janessa Gazman	

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IN-PERSON



Session	Sponsor	Presenter(s)	Track(s)
1:15PM - 2:15PM			
9108 - BODYATTACK™ (W/O)	LES MILLS EXPERIENCE	Fred Kung, Lisa Osborne, Alyssa Walton	
1:30PM - 2:30PM			
5013 - JOGA (W/S)		Jana Webb	
5014 - Rocking Menopause! - How To Eat, Move And Keep Your Cool in Midlife (L)	PELVENNE WELLNESS INC.	Kim Vopni, Samantha Montpetit-Huynh	
1:30PM - 3:00PM			
2052 - Movement Clinic: Sumo Deadlift (W/S)		Yordanos Tessema	
2054 - SOULstrength (W/S)	the Soul Fitness	Michele Park	
2055 - After the Fire – Recovery & Restoration (W/S)		Martha Williams	
2056 - TRX® Yoga Flow - Workout/Master Class (W/S)	TRX	Krystal Say	
2057 - ZUMBA GOLD® (W/S)	ZUMBA	Ricardo Marmite, Andrea Sandhu	
2058 - Everything You Want to Know About Strength Training for Children (L)		Chris Fudge	
2059 - How to (Actually) Make Money Teaching Yoga (L)		Loredana Wainwright	
2060 - Small Group Personal Mastery (L)		Luka Hocevar	
2061 - Brain Fitness for MINDSET & Mental Health (L)		Jill Hewlett	
2062 - Injury Prevention & Mobility using Animal Flow (W/S)	ANIMAL FLOW	Freyja Spence	
2064 - Schwinn® Cycling: Pedal N Pulse. (W/S)	Schwinn	Mindy Mylrea	
2065 - WARRIOR Strength (W/S)	WARRIOR	Ellen DeWerd	
2066 - Keiser POWER: From Science to Real-World Rides (W/S)	KEISER	Krista Popowich	
2067 - The New Healthcare Practitioner: A Coach's Guide to Lasting Impact (W/S)	Certified Sleep and Recovery Coach	Nick Lambe	
2068 - Brain Based Balance Training (W/S)	NABOSO®	Emily Splichal	
2070 - What Fitness Professionals Need To Know About Back Pain (W/S)		Dr. Michael Mash	
2071 - Fail to Plan-Plan to Fail: Next Level Periodized Programming (L)		Eric Wong Kai Pun, Beth Yarzab	
2072 - How To Profit from an Aging Population (L)	ICAVA	Colin Milner	

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Saturday, August 19

Personal Training	Group Fitness	Nutrition	Cycling	Active Aging	Yoga/Pilates	Dance	Medical Fitness	Wellness	Business Management	Leadership & Coaching	Diversity, Equity & Inclusion
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Session	Sponsor	Presenter(s)	Track(s)
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1:30PM - 3:00PM

2073 - The Courage to Lead HER (L)		Facilitated by Mo Hagan with Tatiana Kolovou, Diva Richards, Nathalie Lacombe, Debbie Bellenger, Nathalie Plamondon-Thomas	
2074 - Secrets of Seamless Service: The Power of the Customer Journey (L)		Lawrence Biscontini	
2076 - H.E.L.P. - Healthy Eating Lifestyle Program (L)		Dr Ken Kinakin	

2:30PM - 3:30PM

9109 - LES MILLS TONE™ (W/O)		Kaylah-Blayr Fitzsimmons-Nu'u, Julie Frias	
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2:40PM - 3:30PM

5015 - Diet Lies and Weight Loss Truths (L)		Melody Schoenfeld	
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2:40PM - 3:45PM

5016 - Olympic Weightlifting Workshop: Clean (W/S)		Anna Swisher	
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3:35PM - 4:35PM

9110 - BODYBALANCE™ (W/O)		Julie Frias, Khiran Huston, Fred Kung	
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4:00PM - 5:00PM

5019 - Bellydance Fitness		Corey Formica	
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4:00PM - 5:30PM

2077 - Power in the Transverse Plane: How To Become a Rotational Powerhouse (W/S)		Dr. Jonathan Mike	
2079 - B.O.B. - Blast Off Body Work! (W/S)		Krista Popowych	
2080 - Bulletproof Your Feet (W/S)		Emily Splichal	
2082 - Baby Boomer Bounce (W/S)		Milo Levell	
2083 - Why Is Text Neck a Headache? (L)		Aesha Tahir	
2084 - Become Trauma Aware (L)		Lisa Greenbaum	
2087 - Pressure Points: Unlock Physical, Emotional and Cognitive Potential (W/S)		Christine Conti	

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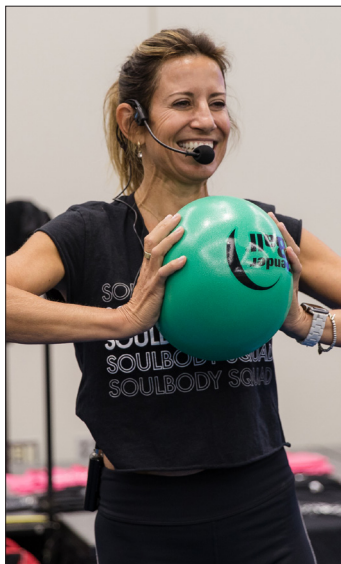


IN-PERSON



Session	Sponsor	Presenter(s)	Track(s)
2089 - Schwinn® Cycling: Cycle Mixology: Curating Killer Playlists. (W/S)		Helen Vanderburg	
2090 - Hip To Yoga (L)		Trish Curling	
2091 - Keiser: Rush Ride Ready (W/S)		Amanda Lau	
2092 - Strength Fusion (W/S)		Karla Medina	
2093 - Sensory Awareness for Sensuous Movement (W/S)		Paul Galloro, Claudia Micco	
2094 - 30 Best Moves for Ageless Core (W/S)		Leslee Bender, Mo Hagan	
2095 - Quantitative Weight-Training Muscle Testing and Rehab (W/S)		Dr. Ken Kinakin, Dr. Scott Christie	
2096 - Resilience Strategies for Optimal Performance (L)		Tatiana Kolovou	
2098 - Personal Training Industry Fireside Chat (L)		Facilitated by Ben McDonald, with Lee Boyce, Luka Hocevar, Dr. Michael Mash, Anna Swisher, Melody Schoenfeld, Andrew Coates	

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SCHEDULE AT A GLANCE

Sunday, August 20



Session	Sponsor	Presenter(s)	Track(s)
8:00AM - 9:30AM Sunday, August 20			
3001 - RUNNING THE SHOW: ONSTAGE AND BACKSTAGE: Excellence in Service Training (L)		Lawrence Biscontini	
3003 - Love The Skin You Are In (L)		Camille Jones	
3004 - Road Redemption of All Dreams (L)		Gary Henry	
3005 - Three Winning Secrets to Selling Personal Training in Any Economy! (L)		Adam Dare	
3007 - All About Keto (L)		Igor Klibanov	
3008 - The 3 Points of Breathing (W/S)		Ben McDonald	
3010 - Accessible Dance Fitness: Leading All Level Cardio Dance Fitness Classes (W/S)		Christine DeFillipis	
3011 - Increasing Energy, Boosting Immunity, and Becoming Happier (W/S)		Joseph Gibbons	
3013 - Train Mobility Online or In-Person (W/S)		Ruston Webb	
3014 - Barefoot Fusion (W/S)		Karla Medina	
3020 - Inclusive Leadership in The Fitness Industry (L)		Dwayne Smith	
9:45AM - 11:15AM			
3017 - Fit Pro to Health & Wellness Pro: Let's Elevate the Fitness Industry --Here's How and Why (L)		Debbie Bellenger	
3018 - Men, Mental Health, and Positive Masculinity (L)		Beth Yarzab with Dr. Mitch Abrams, Gareth Nock, Eddie Panting, Funk Roberts	
3019 - How To Be Strong for Long (L)		Chris Fudge	
3020 - Inclusive Leadership in The Fitness Industry		Dwayne Smith	
3021 - The 6 Fitness Business Growth Levers To Grow Your Studio to \$100K+ per Month (L)		NPE Team	
3022 - Words that Damage the Personal Trainer/ Client Relationship (L)		Amy Ballantyne	
3023 - Sports Supplement and Recovery: What Trainers and Coaches Need to Know (L)		Dr. Jonathan Mike	
3034 - Lift, Tone & Sculpt Your Face Naturally with Face Yoga (W/S)		Sophia Ha	
3026 - Endocrine Fitness (W/S)		Paul Galloro, Claudia Micco	
3027 - Yoga for Arthritis + Chronic Pain (W/S)		Lisa Greenbaum	
3029 - C- Sections: The Forgotten Sports Injury		Janette Yee	
3030 - HIIT & Connect (W/S)		Dione Mason	

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IN-PERSON

Personal Training	Group Fitness	Nutrition	Cycling	Active Aging	Yoga/Pilates	Dance	Medical Fitness	Wellness	Business Management	Leadership & Coaching	Diversity, Equity & Inclusion
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Session	Sponsor	Presenter(s)	Track(s)
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11:15AM - 12:00PM

3036 - Inspired to be canfitpro's Next PRO TRAINER (L)	<i>canfitpro.</i>	canfitpro Certification Team	
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12:00PM - 1:30PM

★ 3033 - CLOSING CEREMONIES AND FIRESIDE CHAT: Finding Your Way Through Courage (L)

2:00PM - 3:30PM

3035 - Bodies, BS and Lies: Helping Clients Build Freedom and Confidence with Their Bodies While Reaching Personal Goals (L)		Sandy Co-Catibog, Inemesit Graham, Samantha Montpetit-Huynh, Simone Samuels, Vyshnavi Sivakumaran	
3037 - A Purpose-Driven Career, Aligning Your Gifts & Avoiding Cognitive Dissonance (W/S)		Ruston Webb	
3038 - Personal Resiliency & Positive Mental Health (L)		Yusuf Khoja	
3039 - Iso's & Recovery (W/S)		Karla Medina	
3040 - Nutrition and Gut Health (L)		Dr. Jennifer Tang	
3041 - The Keys To Unlocking Knee Pain (W/S)		Brendan Fox	
3043 - Relax, Restore, Relight: Celebrating Our 30 Years (W/S)		Lawrence Biscontini	
3044 - Natural Barefoot Movement Reactivated (W/S)		Ben McDonald	
3046 - Flexibility at Any Size - Accessible Variations (W/S)		Vera Schofield	
3047 - Create An Unforgettable Workout Experience with Fitness Kickboxing (W/S)		Joe Hsiung	

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