

NOVEMBER 14

SATURDAY

1 DAY PERSONAL TRAINING SUMMIT SPONSORED BY **MATRIX**



TRACK	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	BOUTIQUE FITNESS & BUSINESS SUCCESS MANAGEMENT Sponsored by:	OLYMPIC & POWERLIFTING	NUTRITION	COACHING & MINDSET
-------	-------------------	-------------------	-------------------	--	------------------------	-----------	--------------------

8:30 AM EST - 9:30 AM EST | 5:30 AM PST - 6:30 AM PST | 7:30 AM CST - 8:30 AM CST

Session # 5000

SESSION OPENING KEYNOTE SPONSORED BY: The Mindset Advantage – Kevin Darby
Emcee - Tony Felgueiras (canfitpro 2020 Fitness Professional of The Year (FIS))

VIRTUAL TRADE SHOW

9:45 AM EST - 11:15 AM EST | 6:45 AM PST - 8:15 AM PST | 8:45 AM CST - 10:15 AM CST

Session #	5010	5011	5012	5013	5014	5015	5016
SPONSOR							
SESSION	Stretching for Function	Muscle & Mindset: Creating Group Online Programming for Today's Women	The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client	Get MORE Clients. Make MORE Money.	Powerlifting Fundamentals - Deadlift Progressions, Coaching and Analysis	Selling Nutritional Services	Beating Bad Behavior: Six Superior Strategies to Achieve Exercise Adherence™
TYPE	W/S	W/S	W/S	L	W/S	L	W/S
PRESENTER	Helen Vanderburg	Lisa Mastracchio	Dr. Lee Burton	Sean Greeley	Chris Fudge	Kyle Byron	SGT Ken®
EQUIPMENT	Pilates ball, Resistance band		A rolled towel				

VIRTUAL TRADE SHOW

11:45 AM EST - 12:45 PM EST | 8:45 AM PST - 9:45 AM PST | 10:45 AM CST - 11:45 AM CST

MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!

Session #	5017	5018	5019	5021	5022
SPONSOR					
SESSION	Jully Black & 100 Strong and Sexy Presents Just2Sweat with Nike Charles!	Just Breathe!	The Best of Bodyweight Training	Your Walk is Whack!	Live Cooking Demo: Rocking Recipes to Relieve Chronic Pain
TYPE		L	W/O	L	W/S
PRESENTER	Jully Black & Nike Charles	Laura Warf	Krista Popowych	Kennedy Lodato & Jason Persaud	Teri Gentes
EQUIPMENT					

VIRTUAL TRADE SHOW

1:15 PM EST - 2:45 PM EST | 10:15 AM PST - 11:45 AM PST | 12:15 PM CST - 1:45 PM CST

Session #	5024	5025	5026	5027	5028	5029	5030
SPONSOR							
SESSION	The Kettlebell Get-Up - How to Teach the Movement	Micro-Workouts, Minimal Equipment & Maximum Results—Top Tips To Train Today's Client!	Skeletal Variations and How They Apply to Movement	The Wealthy Trainer: Learning the Anatomy of a Successful Business!	Pain in the Training Environment: The Shifting Reality of Who Owns What	Healthy Eating Lifestyle Program	Transform Yourself into a Kick Ass Version of You
TYPE	W/S	W/S	W/S	L	W/S	L	L
PRESENTER	Ben McDonald	Lisa Mastracchio	Christina Raskin	Joe Arko	Dr. Kelly Starrett	Dr. Ken Kinakin	Maureen (Mo) Hagan & Nathalie Plamondon-Thomas
EQUIPMENT	Kettlebells	Handweights, Resistance tubing	Yoga Mat		Broom Stick, Dumbbell or Kettlebell		

VIRTUAL TRADE SHOW

3:15 PM EST - 4:45 PM EST | 12:15 PM PST - 1:45 PM PST | 2:15 PM CST - 3:45 PM CST

Session # 6000

SESSION CLOSING KEYNOTE SPONSORED BY: CLOSING KEYNOTE: Get Your Mind Right. Get Your Business Right - Todd Durkin
Emcee - To Be Announced

VIRTUAL TRADE SHOW

5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

Session # 5001

SESSION Sponsored by: Virtual Delegate Reception
Hosted by canfitpro Executives: Maureen (Mo) Hagan & David Patchell-Evans
Entertainment - canfitpro's got talent!

AUGUST 14



TRACK	BUSINESS SUCCESS MANAGEMENT Sponsored by:	BOUTIQUE FITNESS Sponsored by:	Women Who Influence Sponsored by:	MOVING YOUR BUSINESS ONLINE Sponsored by:	GROUP FITNESS	LesMILLS POWERED BY 	LesMILLS POWERED BY 	GROUP FITNESS	PERSONAL TRAINING	COACHING/WELLNESS	NUTRITION
-------	--	-----------------------------------	--------------------------------------	--	---------------	-------------------------	-------------------------	---------------	-------------------	-------------------	-----------

9:00 AM EST - 10:00 AM EST | 6:00 AM PST - 7:00 AM PST | 8:00 AM CST - 9:00 AM CST

SESSION #	1000										
SESSION	OPENING KEYNOTE SPONSORED BY: MATRIX Create Your Own Virtual Charisma – Mike Lipkin Emcee: Carlton Braithwaite Joined by canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner										

10:15 AM EST - 11:45 AM EST | 7:15 AM PST - 8:45 AM PST | 9:15 AM CST - 10:45 AM CST

SESSION #	1011	1012	1013	1014	1015	1017	1018	1019	1020
SPONSOR									
SESSION	Your Fitness Business Model 2.0	The Perfection Detox	Virtual Training Best Practices: Confidently Bring Your Clients Online	STRONG Nation™ and Sync Lab	FIT for Leadership	STOTT PILATES® Matwork Strength & Mobility	Diastasis 2.0 - what is the real deal with Diastasis?	Create a Body Positive Fitness Experience for your Clients	Meal Planning – Basics for Getting Lean
TYPE	L	L	L	W/S	L	W/S	W/S	L	L
PRESENTER	Sean Greeley	Petra Kolber	Heather Cunningham & Sue Staresinic	Amanda Grant	Rachael Babiracki & Bryce Hastings	Laureen DuBeau	Julia Di Paolo, Samantha Montpetit-Huynh & Kim Vopni	Beth Yarzab & Rebecca Scritchfield	Andrew Meyer
EQUIPMENT						Pilates Mat	Stability Ball		

12:00 PM EST - 1:00 PM EST | 8:00 AM PST - 9:00 AM PST | 11:00 AM CST - 12:00 AM CST

MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!

SESSION #	1021	1023	1025	1026	1027	1028	1029	1031
SPONSOR								
SESSION	Exercise Is Medicine—a Prescription to Get Active	A Fitness Journey Into the World of Dance	ZUMBA Party with Beto & Team PLUS Special Guest Beto Perez shares his journey From Dream to Brand to Legacy	BODYATTACK™	RPM™	The Yoga Shred®: A New, Empowering, Cardio-And Anatomy-Enhanced Yoga/Fitness Flow!	Brain Bootcamp	Cooking with Bruce and Mindy - The Whole Food Plant Based Way
TYPE	L	W/O	W/O	W/O	W/O	W/O	L	W/S
PRESENTER	Facilitated by: Trisha Sarker Featuring: Scott Wildeman, Dr Jonathon Fowles & Dr Nicole Culos-Reed	Luka & Jenalyn	Special appearance by Beto Perez along with Ricardo Marmite & Andrea Sandhu	John-Henri Peterson	Dan McDonogh & Gavin Featherstone	Sadie Nardini	Lawrence Biscontini	Bruce & Mindy Mylrea
EQUIPMENT					Bike	Yoga Mat		

1:30 PM EST - 3:00 PM EST | 10:30 AM PST - 12:00 PM PST | 12:30 PM CST - 2:00 PM CST

SESSION #	1032	1033	1034	1035	1036	1038 / 1049	1039	1040	1041	1042
SPONSOR										
SESSION	How to be an Entrepreneurial Leader and Make a Difference in People's Lives at the Same Time	Moving Your Business Online: The Frameworks from A-Z	The Tallest Poppy	Rock Your Social Media in 2020: What You Have to Know Right Now to Create a More Clear, Magnetic Online Presence and Attract Your Perfect Audience!	Abdominal Fusion Not Confusion!	1038 - BODYPUMP™ [1:30 - 2:30] 1049 - CXWORX™ [2:30 - 3:00]	STOTT PILATES® Bodyweight Training	Common Sense Approach to Correcting Movement	Feature "BREAK OUT SESSION" with Mike Lipkin - Create Your Own Certainty	Ketogenic Diet - Updates on Fat Loss & Exercise Performance
TYPE	L	L	L	L	W/S	W/O	W/S	L	L	L
PRESENTER	David Patchell-Evans	Joe Arko & Sara Fennell	Dr. Rumeet Billan	Sadie Nardini	Krista Popowych	1038 - Fred Kung, Cinzia Bemmann & Gavin Featherstone 1049 - Sandy Gribbon	Laureen DuBeau	Dr. Lee Burton	Facilitated by: Carlton Braithwaite Featuring: Dr. Gillian Mandich, Jill Hewlett & Stephanie Weichert	Dr. Marc Bubbs
EQUIPMENT					Mat	1038 - Step platform, Plates, Barbell 1049 - Tubes, Plates	Pilates Mat			

3:30 PM EST - 5:00 PM EST | 12:30 PM PST - 2:00 PM PST | 2:30 PM CST - 4:00 PM CST

CLOSING PANELS

SESSION #	1043	1045	1048	1052
SPONSOR				
SESSION	canfitpro State of the Industry Forum	The Power of Women	Fireside Chat with LES MILLS Program Directors	Solving the Mindset Mystery™ with SGT Ken® - Seven Superior Strategies to Create Growth Mindset for Life™
TYPE	L	L	L	W/S
PRESENTER	Facilitated by: Trisha Sarker Featuring: Emma Barry, David Hardy, Carrie Kepple, David Patchell-Evans & Scott Wildeman	Facilitated by: Maureen (Mo) Hagan Featuring: Ashley Callingbull, Dr. Rumeet Billan and introducing Jenalyn Pacheco	Facilitated by: Dan McDonogh Featuring: Diana Archer Mills, Gandalf Archer Mills & Kylie Gates	SGT Ken®
EQUIPMENT				

5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

SESSION #	1001		
SESSION	Virtual Delegate Reception & Awards Celebration Sponsored by:	Delegates Choice Presenter of the Year Awards Sponsored by:	Virtual Delegate Reception & Awards Celebration Joined by canfitpro Executives: Maureen (Mo) Hagan & David Patchell-Evans

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

AUGUST 15

SATURDAY



TRACK	BUSINESS SUCCESS MANAGEMENT Sponsored by: 	FEATURE - Invite Only BUILD A BADASS BOUTIQUE MASTERCLASS - Emma Barry Sponsored by: 	LEADERSHIP	MOVING YOUR BUSINESS ONLINE Sponsored by: 	GROUP FITNESS	LES MILLS Powered by 	LES MILLS Powered by 	YOGA	PERSONAL TRAINING	COACHING & WELLNESS	NUTRITION
-------	--	--	------------	--	---------------	-----------------------------	-----------------------------	------	-------------------	---------------------	-----------

9:00 AM EST - 10:00 AM EST | 6:00 AM PST - 7:00 AM PST | 8:00 AM CST - 9:00 AM CST

SESSION #	2000										
SESSION	Sponsored by: OPENING GENERAL SESSION Live Your Passion - Achieve Your Best - Maureen (Mo) Hagan & canfitpro Fitness Professional of the Year Finalists 2020 Emcee: Lawrence Biscontini Joined by canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner										

10:15 AM EST - 11:45 AM EST | 7:15 AM PST - 8:45 AM PST | 9:15 AM CST - 10:45 AM CST

SESSION #	2010	2011	2012	2013	2014	2015	2017	2018	2019	2020
SPONSOR										
SESSION	Start the Fitness Business of Your Dreams During the Fitness Industry Recovery: A step-by-step guide to building a highly profitable business after COVID-19	[10:15 AM-5:00 PM] Build a Badass Boutique Masterclass (Full Day)	What Fit Pros Want from Their Leaders	The Virtual Presentation Playbook™ Connecting to Your Community on Camera with Seven Simple Steps™	HIIT meets TUT: The best of both worlds!	Science Of Recovery for Optimal Performance	Take Refuge in Your Yoga Practice	Metabolic Conditioning with 9 Monster Workouts	The 7 Holistic Nutrition and Healthy Habits for Long Term Weight Loss	Facts Over Fear—What to Eat Now
TYPE	L	L	L	L	W/S	L	W/S	L	L	L
PRESENTER	Sean Greeley	Emma Barry	Nathalie Lacombe	SGT Ken@	Lisa Mastracchio	Bryce Hastings	Catina Topash	Dr. Len Kravitz	Laura Jackson	Carol Harrison
EQUIPMENT		E-Book, 100 page workbook provided ahead of time to invited delegates					Yoga Mat			

12:00 PM EST - 1:00 PM EST | 9:00 AM PST - 10:00 AM PST | 11:00 AM CST - 12:00 PM CST

SESSION #	2025	2026	2027	2028	2029	2031
SPONSOR						
SESSION	Kids Fitness Fun: a Family-friendly Workout	WORLD OF DANCE U-Jam House Party	STRONG Nation™	BODYCOMBAT™	Yoga Fitness Fusion	Women's Hormonal Health & Happiness
TYPE	W/O	W/O	W/O	W/O	W/O	L
PRESENTER	Mélanie Levenberg, Matt Leung & Ashley Dias	Nikki Snow	Amanda Grant & Karine Opasinski	Sandy Gribbon	Christina Raskin	Dr. Gillian Mandich
EQUIPMENT	Yoga Mat				Yoga Mat	

1:30 PM EST - 3:00 PM EST | 10:30 AM PST - 12:00 PM PST | 12:30 PM CST - 2:00 PM CST

Session #	2032	2034	2035	2036	2037	2038	2039	2040	2041	2042
SPONSOR										
SESSION	Closing the Knowing-Doing Gap	Re-ignite Your Leadership Spark	THINK Yourself a Tech Pro—Get Online & Save Time with Technology, Apps & Shortcuts	The Art Of Connection	Reimagined Step and Reps!	NEWBODY MUSCLE	PL3Y Movement & Mental Health for Kids	The Importance of Utilizing Primitive and Transitional Movement Patterns in Exercise Programming	Breathwork for Mood Management	Immunity Boosters & Busters
TYPE	L	L	L	L	W/S	W/O	W/S	W/S	L	L
PRESENTER	Ben Patwa & Greg Sellar	Maureen (Mo) Hagan	Nathalie Plamondon-Thomas	Helen Vanderburg	Krista Popowych	Lisa Mastracchio & Sue Staresinic	Mélanie Levenberg	Dr. Lee Burton	Paul Galloro	Tricia Silverman
EQUIPMENT					Step (optional), Weights, Resistance Band	Handweights (3lbs) Resistance tubing (with handles)		A rolled towel		

3:30 PM EST - 5:00 PM EST | 12:30 PM PST - 2:00 PM PST | 2:30 PM CST - 4:00 PM CST

Session #	2001										
SESSION	Sponsored by: CLOSING KEYNOTE: UNSINKABLE: Building Resilience and Courage in a Changing World - Silken Laumann Emcee: Lawrence Biscontini										

5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

Session #	2002										
SESSION	Fitness Professional of the Year Awards Sponsored by: Virtual Delegate Reception & Awards Celebration Sponsored by: Virtual Delegate Reception & Awards Celebration Joined by canfitpro Executives: Maureen (Mo) Hagan & David Patchell-Evans										

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

AUGUST 16

SUNDAY						
						
TRACK	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	
TIME	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	11:00 AM EST - 2:00 PM EST 8:00 AM PST - 11:00 AM PST 10:00 AM CST - 1:00 PM CST
SESSION #	202	203	204	205	206	
SPONSOR						
SESSION NAME	Zumba® Basic 1 Virtual Training (English)	STRONG Nation™® Virtual Training (English)	Zumba® Basic 1 Virtual Training (French)	STRONG Nation™® Virtual Training (French)	Zumba® Mega ZJ Jam Session "Prerequisite: Must be current ZIN Member"	
TYPE	W/S	W/S	W/S	W/S	W/S	
PRESENTER	Andrea Sandhu	Amanda Grant	Ricardo Marmite	Karine Opasinski	Carlos Henriquez, Anna Marchenko, Natalie Wiafe, Mylene Facchini & Stewart Trill	
EQUIPMENT						
PRICE	USD \$225 + tax TSCAN30 offers 30% off listed price	USD \$300 + tax TSCAN30 offers 30% off listed price	USD \$225 + tax TSCAN30 offers 30% off listed price	USD \$300 + tax TSCAN30 offers 30% off listed price	USD \$30 + tax	

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



TRACK	YOGA	YOGA	PILATES Sponsored by: merrithew. leaders in mindful movement...	DANCE	DANCE/BARRE	BARRE	LES MILLS POWERED BY: 	RECOVERY (W/S) Rehab, Fascial, Meditation, Breathing	BOUTIQUE FITNESS & BUSINESS SUCCESS MANAGEMENT Sponsored by: 	NUTRITION
--------------	-------------	-------------	---	--------------	--------------------	--------------	--	--	--	------------------

8:00 AM EST - 8:30 AM EST | 5:00 AM PST - 5:30 AM PST | 7:00 AM CST - 7:30 AM CST

SESSION #	3002
SESSION	Kick Start Your Morning

8:30 AM EST - 9:30 AM EST | 5:30 AM PST - 6:30 AM PST | 7:30 AM CST - 8:30 AM CST

SESSION #	3000
SESSION	<p>OPENING KEYNOTE SPONSORED BY:</p> <p>Mastering the Game of Growth™ with SGT Ken® Emcee: Maureen (Mo) Hagan Joined by canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner</p>

9:45 AM EST - 11:15 AM EST | 6:45 AM PST - 8:15 AM PST | 8:45 AM CST - 10:15 AM CST

SESSION #	3010	3011	3012	3013	3014	3015	3016	3017	3018	3019
SPONSOR										
SESSION	The Language of Yoga	Yoga Flow Safe Sequencing	STOTT PILATES® Sliding Mobility Disks™ for Dynamic Stabilization, Matwork	The Next Generation of POUND	Barre for Active Aging	The Athletic Approach to Barre	WORLD OF DANCE U-Jam House Party	Fascia In Motion	Make 6 Figures Teaching OnLine— While You Sleep!	Active Aging Nutritional Insights
TYPE	W/S	W/S	W/S	W/S	W/S	W/S	W/S	W/S	L	L
PRESENTER	Kim Gray	Christina Raskin	Kim Kraushar	Rebecca Graham	Leslee Bender	Stacey Vandiver	Sheldon McBee & Nikki Snow	Helen Vanderburg	Sadie Nardini	Tricia Silverman
EQUIPMENT	Yoga Mat	Yoga Mat	Pilates Mat, Sliding Mobility Disks™	Ripstix	Bender Ball, Gliding Discs, Tubing or Resistance Band, Barre	Two sets of hand weights (1-3lbs and 3-5 lbs), inflatable pilates ball, chair, mat		Yoga straps, Massage balls, Foam rollers		

11:45 AM EST - 12:45 PM EST | 8:45 AM PST - 9:45 AM PST | 10:45 AM CST - 11:45 AM CST

FREE MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!

SESSION #	3020	3021	3022	3026	3024	3023	3027	3028	3029
SPONSOR									
SESSION	SoulBody ZenBurn Yoga Sculpt	Total Body Conditioning	ZEN-GA® Power & Strength Workout	Hot Booty Ballet	DANCEPL3Y & YOGAPL3Y - Kids Fitness Workout!	POUND - Rockout. Workout.	Body and SOLE for Active Agers	MOve with Mo— Discover the Power of Connection Through Mind & Body	Cooking with Bruce and Mindy - The Whole Food Plant Based Way
TYPE	W/O	W/O	W/O	W/O	W/O	W/O	W/O	W/S	W/S
PRESENTER	Tara Wilson	Jennifer Hamilton	Kim Kraushar	Suaad Ghadban	Mélanie Levenberg, Ashley Dias & Elise Gilbert	Rebecca Graham	Lawrence Biscontini	Maureen (Mo) Hagan	Bruce & Mindy Mylrea
EQUIPMENT	Yoga mat, Handweights	Yoga Mat	Pilates Mat, Yoga Strap, Yoga Block	Mini Bands	Yoga Mat	Ripstix	Chair	Chair	

1:15 PM EST - 2:45 PM EST | 9:15 AM PST - 11:45 AM PST | 12:15 PM CST - 1:45 PM CST

SESSION #	3030	3031	3032	3033	3034	3035	3036	3037	3038	3039
SPONSOR										
SESSION	Breaking the "Rules"—a New Approach to Yoga for Kids	The New Anatomy of Yoga Movement: Discover the Deep Core Line, Rock Your World!	ZEN-GA® Mindful Movement – Breathing Workout	ZUMBA® RHYTHMS 3	danceFIRE	Body Weight Barre	BODYFLOW	A Unique Look At Stretching	THINK Yourself® A BUSINESS PRO - Transform Social Media Fans Into Paying Clients	Nutrition for the Brain – Cognition, Memory and Mental Focus
TYPE	W/S	W/S	W/S	W/S	W/S	W/S	W/O	W/S	L	L
PRESENTER	Mélanie Levenberg & Christina Aaron	Sadie Nardini	Kim Kraushar	Ricardo Marmite	Dione Mason	Tricia Murphy Madden	Julie Frias & Jeanette Novak	Greg Roskopf	Nathalie Plamondon-Thomas	Dr. Marc Bubbs
EQUIPMENT	Yoga Mat	Yoga Mat	Pilates Mat, Mini Stability Ball™				Yoga Mat			








3:15 PM EST - 4:45 PM EST | 12:15 PM PST - 1:45 PM PST | 2:15 PM CST - 3:45 PM CST

SESSION #	3040	3045/ 3046	3047	3048
SPONSOR				
SESSION	How to Run a Yoga-Mind-Body Retreat	3045 - Fireside Chat hosted by LES MILLS Program Directors 3046 - Performing Under Stress	Body Image and Mental Wellness – Creating Body Positivity from the Inside, Out	10 Proven Principles for Success In Business (And Life)
TYPE	L	L	L	L
PRESENTER	Facilitated by: Christina Raskin Featuring: Paul Galloro, Lisa Greenbaum & Laura Warf	3045 - Facilitated by: Dan McDonogh Featuring: Dan Cohen 3046 - Bryce Hastings & Cambria Camillo Smith	Facilitated by: Beth Yarzab Featuring: Jenalyn Pacheco, Dione Mason & Ruby Smith Diaz	Sean Greeley
EQUIPMENT				

5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

SESSION #	3001
SESSION	<p>Sponsored by:</p> <p>Virtual Delegate Reception Emcee Maureen (Mo) Hagan & SGT Ken® Entertainment: Lawrence Biscontini and an Interview with the 2020 Fitness Professional of the Year (FIS) - Tony Felgueiras</p>

SEPTEMBER 20

SUNDAY		 			
TRACK	BARRE	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
TIME	9:00 AM EST - 4:30 PM EST 6:00 AM PST - 1:30 PM PST 8:00 AM CST - 3:30 PM CST	9:00 AM EST - 1:00 PM EST 6:00 AM PST - 9:00 AM PST 8:00 AM CST - 12:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST
SESSION #	301	302	303	304	305
SPONSOR					
SESSION NAME	Barre Above™	STOTT PILATES® Matwork Flow Conditioning Sequence & Matwork Flow with Weights	Zumba® Basic 1 Virtual Training (English)	STRONG Nation™® Virtual Training (English)	STRONG Nation™® Virtual Training (French)
PRESENTER	Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre	Kim Kraushar	Andrea Sandhu	Amanda Grant	Karine Opasinski
TYPE	W/S	W/S	W/S	W/S	W/S
EQUIPMENT	Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre (or chair)	Pilates Mat, Mini Handweights, Soft Dumbbells			
PRICE	\$299 + tax (Earlybird price until August 29 at 11:59pm) \$349 + tax (Regular pricing after August 30)	\$169 + tax	USD \$225 + tax <i>TSCAN30 offers 30% off listed price</i>	USD \$300 + tax <i>TSCAN30 offers 30% off listed price</i>	USD \$300 + tax <i>TSCAN30 offers 30% off listed price</i>

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

OCTOBER 17



TRACK	CYCLING	CYCLING	PISTE FRANCOPHONE Commanditaire: MATRIX	PERSONAL TRAINING	PERSONAL TRAINING	BOUTIQUE FITNESS & BUSINESS MANAGEMENT SUCCESS Sponsored by: NPE	NUTRITION	LES MILLS POWERED BY: GoodLife FITNESS	COACHING & MINDSET
--------------	----------------	----------------	--	--------------------------	--------------------------	---	------------------	---	-------------------------------

8:30 AM EST - 9:30 AM EST | 5:30 AM PST - 6:30 AM PST | 7:30 AM CST - 8:30 AM CST

Session #	4000
SESSION	<p>OPENING KEYNOTE SPONSORED BY:</p> <p>CONFIDENT: Find Confidence & Clarity to Make Money Living Your Purpose – Nathalie Plamondon-Thomas Emcee: Robert Robinson</p>

VIRTUAL TRADE SHOW

9:45 AM EST - 11:15 AM EST | 6:45 AM PST - 8:45 AM PST | 8:45 AM CST - 10:15 AM CST

Session #	4010	4011	4012	4013	4014	4015	4016	4017	4018
SPONSOR									
SESSION	Schwinn Cycling: Setting the Stage : Planning the Perfect Ride Everytime	KEISER®: IGNITE	Compétences essentielles pour les pros du fitness : réussir au-delà de 2020	POP SOS- Recovery & Movement Strategies for Managing and Healing Pelvic Organ Prolapse	Strategies to Improve Mobility and Flexibility Problems	How to Use Instagram in 2020 To Grow Your Business	Nutritional Coaching with Clients Who Are Stuck	5 Key to Fitness Leadership Mastery	Change Your Brain. Change Your Life
TYPE	W/S	W/S	L	W/S	W/S	L	L	L	L
PRESENTER	Helen Vanderburg	Paco Gonzalez	Nathalie Lacombe	Julia Di Paolo, Samantha Montpetit-Huynh & Kim Vopni	Dr. Lee Burton	Sara Fennell	Kyle Byron	Dan McDonogh	Jill Hewlett
EQUIPMENT	Bike	Bike		Stability ball	A rolled towel				

VIRTUAL TRADE SHOW

11:45 AM EST - 12:45 PM EST | 8:45 AM PST - 9:45 AM PST | 10:45 AM CST - 11:45 AM CST

FREE	FREE MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!								
Session #	4019	4020	4021	4022		4025	4026	4027	
SPONSOR									
SESSION	Schwinn Cycling: F.E.A.R. Face Everything And RIDE	KEISER®: RUSH	N32T	LifeStretch™		Live Cooking Demo: Delish Immune Boosting Creations	Best of RPM™	Grounding Meditation Techniques for Leaders	
TYPE	W/O	W/O	W/O	W/O		W/S	W/O	W/S	
PRESENTER	Keli Roberts	Sergio Valesco	Nadège St-Philippe	Steve Thurston		Teri Gentes	Dan McDonogh	Paul Galloro and Lisa Greenbaum	
EQUIPMENT	Bike	Bike		Mat			Bike		

VIRTUAL TRADE SHOW

1:15 PM EST - 2:45 PM EST | 10:15 AM PST - 11:45 AM PST | 12:15 PM CST - 1:45 PM CST

Session #	4028	4029	4030	4031	4032	4033	4034	4035	4036
SPONSOR									
SESSION	Schwinn: Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe	KEISER®: RIDE	Offrir ses services en ligne : les pires erreurs à éviter et meilleures astuces pour réussir	Top 5 Recovery Hacks	Controversies in Resistance Training: Resolved	PROFIT MINDSET & BUSINESS STRATEGY for Studio Owners	Stress & Your Thyroid – What Elite Athletes Can Teach You About Thyroid Dysfunction	Takes Two to Tango: Team-building Drills and Fitness Thrills™ with SGT Ken®	Don't Just Be a Trainer, Be a Coach
TYPE	W/S	W/S	L	L	L	L	L	W/S	L
PRESENTER	Doris Thews	Krista Popowych	Nathalie Lacombe	Chad Benson	Dr. Len Kravitz	Sean Greeley	Dr. Marc Bubbs	SGT Ken®	Nathalie Plamondon-Thomas
EQUIPMENT	Bike	Bike							

VIRTUAL TRADE SHOW

3:15 PM EST - 4:45 PM EST | 12:15 PM PST - 1:45 PM PST | 2:15 PM CST - 3:45 PM CST

Session #	4037		4039	4040		4043	4044
SPONSOR							
SESSION NAME	Indoor Cycling Instructors: Re-imagine Your Future, Today!		Réimaginez votre avenir, dès aujourd'hui !	Exercise Is Medicine—a Prescription To Get Active		Body Image and Mental Wellness – Creating Body Positivity from the Inside, Out	Trainers and Coaches: Re-imagine Your Future, Today!
TYPES	L		L	L		L	W/S
PRESENTER	Facilitated by: Dan McDonogh Panelists: Krista Popowych, Doris Thews & Tash Marshall Bean		Animatrice : Nathalie Lacombe Panelistes: Nathalie Lambert, Lisa Mastracchio et Charly Vivès	Facilitated by: Jeff Tareta Featuring: Scott Wildeman, Dr Jonathon Fowles & Dr Nicole Culos-Reed		Facilitated by: Beth Yarzab. Featuring Kim Basler & Samantha Montpetit-Huynh	Facilitated by: Maureen (Mo) Hagan Featuring: Sherri McMillan, Helen Vanderburg, Fraser Quelch & Kim Lavender
EQUIPMENT							

VIRTUAL TRADE SHOW

5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

Session #	4001
	<p>Sponsored by:</p> <p>Virtual Delegate Reception Emcee: Robert Robinson Joined by canfitpro Executive: Maureen (Mo) Hagan Entertainment by: Christopher McGarrell An Interview with the 2020 Fitness professional of the Year (PTS): Ruby Smith Diaz</p>

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

OCTOBER 18

SUNDAY				
TRACK	BUSINESS SUCCESS MANAGEMENT & COACHING	CYCLING	GROUP FITNESS & PERSONAL TRAINING	GROUP FITNESS
TIME	10:00 AM EST - 6:00 PM EST 7:00 AM PST - 3:00 PM PST 9:00 AM CST - 5:00 PM CST	10:00 AM EST - 7:30 PM EST 7:00 AM PST - 4:30 PM PST 9:00 AM CST - 6:30 PM CST	9:00 AM EST - 5:00 PM EST 6:00 AM PST - 2:00 PM PST 8:00 AM CST - 4:00 PM CST	8:00 AM EST - 6:00 PM EST 5:00 AM PST - 3:00 PM PST 7:00 AM CST - 5:00 PM CST
SESSION #	401	402	403	406
SPONSOR				
SESSION NAME	THINK Yourself® A COACH – Coaching Certification	SCHWINN® Cycling: Indoor Cycling Instructor Certification 9hrs	Core Confidence Specialist Certification	STRONG Nation™® Virtual Training (French)
PRESENTER	Nathalie Plamondon-Thomas	Doris Thews & Helen Vanderburg	Julia DiPaolo, Samantha Montpetit-Huynh & Kim Vopni	Karine Opasinski
TYPE	L	W/S	W/S	W/S
EQUIPMENT		Bike	Stability Ball	
PRICE	\$797 + tax <i>\$200 off original price of \$979 CAD</i>	\$224 + tax	\$447 + tax (Member) \$547 + tax (Non-Member)	USD \$300 + tax <i>TSCAN30 offers 30% off listed price</i>

REGISTER FOR AN INTENSIVE TODAY!

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