SESSION 
OPENING KEYNOTE SPONSORED BY: 
CONFIDENT: Find Confidence & Clarity to Make Money Living Your Purpose – Nathalie Plamondon-Thomas
Emcee: Robert Robinson

VIRTUAL TRADE SHOW 
9:45 AM EST - 10:15 AM EST | 6:45 AM PST - 7:45 AM PST | 8:45 AM CST - 9:45 AM CST

SESSION # 4000
SPONSOR
SESSION
Schwein Cycling: Setting the Stage / Planning the Perfect Ride Everytime
KEISER®: IGNITE
Compliances essentielles pour les prix du fitness : réussir au-delà de 2020
POP SSS: Recovery & Movement Strategies for Managing and Healing Public Organ Protalope
Strategies to Improve Mobility and Flexibility Problems
How to Use Instagram in 2020 To Grow Your Business
Nutritional Coaching with Clients Who Are Stuck
S Key to Fitness Leadership Mastery
Change Your Brain. Change Your Life

TYPE
W/S
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PRESENTER
Helen Vanderburg
Paco Gonzalez
Nathalie Lacombe
Julia Di Paolo
Samantha Montpetit-Huynh & Kim Wipf
Dr. Lee Burton
Sara Fennell
Kyle Byson
Dan McDonogh
Jill Hewlett

EQUIPMENT
Bike
Bike

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

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

SESSION # 4019
SPONSOR
SESSION
Schwein Cycling: F.E.A.R. Face Everything And RIDE
KEISER®: RUSH
N3T
Life2Stretch™
Live Cooking Demo: Delish Immune Boosting Creations
Best of RPM™
Grounding Meditation Techniques for Leaders

TYPE
W/O
W/O
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W/O
W/S
W/O
W/S

PRESENTER
Kell Roberts
Sergio Valesco
Nadège St-Philippe
Steve Thurston
Tari Gentes
Dan McDonogh
Paul Gallozo & Lisa Greenbaum

EQUIPMENT
Bike
Bike
Mat
A rolled towel

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
SPONSOR
SESSION
Schwein Cycling: Ride or Die: Killer Vibe to And RIDE
KEISER®: RIDE
Offery ses services en ligne: les plus grosses astuces pour réussir
Top 5 Recovery Hacks
Controversies in Resistance Training Resolved
PROFIT MINDBUS & 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 Kani®
Don't Just Be a Trainer, Be a Coach

TYPE
W/S
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W/S
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PRESENTER
Doris Thews
Krista Popowych
Nathalie Lacombe
Chad Benson
Dr. Len Kravitz
Sean Greeley
Dr. Marc Bubbs
SGT Kani®
Nathalie Plamondon-Thomas

VIRTUAL TRADE SHOW 
2:15 PM EST - 3:45 PM EST | 12:15 PM PST - 1:45 PM PST | 2:15 PM CST - 3:45 PM CST

SESSION # 4037
SPONSOR
SESSION
Indoor Cycling: Instructions: Re-imagine Your Future, Today!
Rémaginez 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
Trainners and Coaches: Re-imagine Your Future, Today!
Facilitated by Beth Yarzab, Featuring Kim Baxter & Samantha Montpetit-Huynh
Facilitated by Maureen (Mo) Hagan Featuring: Shawn McMillan, Helen Vanderburg, Fraser Quilch & Kim Lavender

TYPES
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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 Vives
Facilitated by: Jeff Tareta Featuring: Scott Wildeman, Dr. Jonathon Foxwell & Dr Nicole Colus Reed

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
Sponsored by:
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

LEGEND: L - Lecture | W/S - Workshop | W/O - Workout
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<thead>
<tr>
<th>SESSION #</th>
<th>SPONSOR</th>
<th>SESSION NAME</th>
<th>PRESENTER</th>
<th>TYPE</th>
<th>EQUIPMENT</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>401</td>
<td></td>
<td>THINK Yourself® A COACH – Coaching Certification</td>
<td>Nathalie Plamondon-Thomas</td>
<td>L</td>
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<td>$797 + tax</td>
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<td>SCHWINN® Cycling: Indoor Cycling Instructor Certification</td>
<td>Doris Thews &amp; Helen Vanderburg</td>
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<td>Bike</td>
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<td>Core Confidence Specialist Certification</td>
<td>Julia DiPaolo, Samantha Montpetit-Huynh &amp; Kim Vopni</td>
<td>W/S</td>
<td>Stability Ball</td>
<td>$447 + tax (Member)</td>
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<td>TSCAN30</td>
<td>STRONG Nation™® Virtual Training (French)</td>
<td>Karine Opasinski</td>
<td>W/S</td>
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<td>$547 + tax (Non-Member)</td>
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**REGISTER FOR AN INTENSIVE TODAY!**
# SATURDAY

**1 DAY PERSONAL TRAINING SUMMIT SPONSORED BY**

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<th>TRACK</th>
<th>PERSONAL TRAINING</th>
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<th>PERSONAL TRAINING</th>
<th>BOUTIQUE FITNESS &amp; BUSINESS SUCCESS MANAGEMENT</th>
<th>OLYMPIC &amp; POWERLIFTING</th>
<th>NUTRITION</th>
<th>COACHING &amp; MINDSET</th>
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**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 #**

### OPENING KEYNOTE SPONSORED BY:

**The Mindset Advantage – Kevin Darby**

Emcee: Robert Robinson

Joined by canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner

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### 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 #**

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<tr>
<td>PRESENTER</td>
<td>Helen Vanderburg</td>
<td>Lisa Mastracchio</td>
<td>Dr. Lee Burton</td>
<td>Sean Gueley</td>
<td>DTS Academy</td>
<td>Kyle Byron</td>
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<tr>
<td>EQUIPMENT</td>
<td>Pilates ball, Resistance band</td>
<td>A rolled towel</td>
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**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**

**Session #**

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<tr>
<td>SPONSOR</td>
<td>Just Breathe!</td>
<td>The Best of Bodyweight Training</td>
<td>Your Walk is Whack!</td>
<td>Live Cooking Demo: Rocking Recipes to Relieve Chronic Pain</td>
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<td>TYPE</td>
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<tr>
<td>PRESENTER</td>
<td>Jully Black &amp; Nike Charles</td>
<td>Laura Warf</td>
<td>Krista Popowych</td>
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<td>Equipment</td>
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**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 #**

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<tr>
<td>SPONSOR</td>
<td>The Kettlebell Get-Up - How to Teach the Movement</td>
<td>Micro-Workouts, Minimum Equipment &amp; Maximum Results – Top Tips To Train Today's Client!</td>
<td>Skeletal Variations and How They Apply to Movement</td>
<td>The Wealthy Trainer: Learning the Anatomy of a Successful Business!</td>
<td>Fix Your Shiz!</td>
<td>Healthy Eating Lifestyle Program</td>
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<td>PRESENTER</td>
<td>Ben McDonald</td>
<td>Lisa Mastracchio</td>
<td>Christina Raskin</td>
<td>Joe Arko</td>
<td>Dr. Kelly Starrett</td>
<td>Dr. Ken Kinakin</td>
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<tr>
<td>Equipment</td>
<td>Kettlebells</td>
<td>Handweights, Resistance tubing</td>
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<td>Yoga Mat</td>
<td>Broom Stick, Dumbbell or Kettlebell</td>
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**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 #**

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**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 |

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**Legend:**

- **L** - Lecture
- **W/S** - Workshop
- **W/O** - Workout
- **FREE**

---

Sponsored by:

- **canfitpro™ I 2020**
- **canfitpro’s got talent!**

---

Sponsored by: canfitpro Executives: Maureen (Mo) Hagan & David Patchell-Evans

Entertainment - canfitpro’s got talent!
<table>
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<td>SESSION NAME</td>
<td>Body Transformation Coaching Clinic</td>
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<td>PRESENTER</td>
<td>Andrew Meyer</td>
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<td>TYPE</td>
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<tr>
<td>PRICE</td>
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</table>

**REGISTER FOR AN INTENSIVE TODAY!**

**LEGEND:** L - Lecture | W/S - Workshop | W/O - Workout
# AUGUST 14

## VIRTUAL SERIES

### SESSION # 1000

**OPENINGKEYNOTE SPONSORED BY:**

Create Your Own Virtual Charisma - Mike Lipkin
**Empire:** Carlson Brathwaite

** Joined by canfitpro Executive: Maureen (Mo) Hogan & Canadian Anthem Contest Winner**

### SESSION # 1001

**SPONSOR**

- **Canfitpro State of:**
- **SPONSOR**

**SESSION**

- **SPONSOR**
  - **SESSION**
    - **SPONSOR**

**TYPE**

- **L**
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- **L**
- **W/S**

**PRESENTER**

- **Sean Greeley**
- **Petra Kolber**
- **Heather Cunningham & Sue Stavrovec**
- **Amanda Grant**
- **Rachael Babisco & Bryna Hastings**

**EQUIPMENT**

- **Plates Mat**
- **Stability Ball**

### SESSION # 1002

**SPONSOR**

- **Exercise To Medicine: A Prescription to Get Active**

**SESSION**

- **Facilitated by:**
  - **TodFamily**
  - **Scott Wildeman**
  - **Dr. Jonathan Foxlee & Dr. Nicole Culos-Reed**

**TYPE**

- **L**

**PRESENTER**

- **Luke & Jenna Lyn**

**EQUIPMENT**

- **Bike**
- **Yoga Mat**

### MID-DAY WORKOUTS AND WORKSHOPS!

**Open for all to join!**

**SESSION # 1003**

**SPONSOR**

- **ZUMBA Party with Beto & Team**

**SESSION**

- **PLUS Special Guest Beto Perez shares his journey From Dream to Brand to Legacy**

**TYPE**

- **W/O**

**PRESENTER**

- **Special appearance by Beto Perez along with Ricardo Marmitte & Andrea Sandhu**
- **John-Henri Peterson**
- **Dan McClenorch & Gavin Featherstone**
- **Sade Nardini**
- **Lawrence Bacconetti**

**EQUIPMENT**

- **Mat**
- **Plates Mat**

### SESSION # 1004

**SPONSOR**

- **How To Be an Entrepreneurial Leader and Make a Difference in Peoples Lives at the Same Time**

**SESSION**

- **Moving Your Business Online: The Frameworks from A-Z**

**TYPE**

- **L**
- **L**
- **L**
- **W/S**

**PRESENTER**

- **David Patchell-Evans**
- **Jose Arko & Sara Fermell**
- **Dr. Rummet Billan**
- **Sadie Nardini**
- **Krista Popowsky**
- **Lauren DuBeau**
- **Dr. Lee Burton**

**EQUIPMENT**

- **Mat**
- **Plates Mat**

### SESSION # 1005

**SPONSOR**

- **Fireside Chat with LES MILLS Program Directors**

**SESSION**

- **Facilitated by:**
  - **Maureen (Mo) Hogan**
  - **Scott Wildeman**
  - **Dr. Rummet Billan & introducing Janelyn Paccheco**

**TYPE**

- **L**

**PRESENTER**

- **Facilitated by:**
  - **Dr. Marc Bubbs**
  - **Samantha Cunningham & Dr. Nicole Culos-Reed**
  - **Lauren DuBeau**
  - **Dr. Marc Bubbs**

**EQUIPMENT**

- **W/S**

### SESSION # 1006

**SPONSOR**

- **Solving the Mindset Mystery™ with SGT Ken®**

**SESSION**

- **Virtual Delegate Reception & Awards Celebration**

**PRESENTER**

- **Facilitated by:**
  - **Maureen (Mo) Hogan**
  - **David Patchell-Evans**

**EQUIPMENT**

- **SCT Ken®**
## AUGUST 15

### VIRTUAL SERIES

### SATURDAY

<table>
<thead>
<tr>
<th>TRACK</th>
<th>BUSINESS</th>
<th>SUCCESS MANAGEMENT</th>
<th>SPONSORED by:</th>
<th>FEATURE - BUILD A BADASS BOUTIQUE MASTERCLASS</th>
<th>LEADERSHIP</th>
<th>MOVING YOUR BUSINESS ONLINE</th>
<th>SPONSORED by:</th>
<th>GROUP</th>
<th>FITNESS</th>
<th>LESMILLS Powered by</th>
<th>GOODlife FITNESS</th>
<th>LESMILLS Powered by</th>
<th>GOODlife FITNESS</th>
<th>YOGA</th>
<th>PERSONAL TRAINING</th>
<th>COACHING &amp; WELLNESS</th>
<th>NUTRITION</th>
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### SESSION

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<td>OPENING GENERAL SESSION</td>
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<tr>
<td>Live Your Passion - Achieve Your Best - Maureen (Mo) Hagan &amp; canfitpro Fitness Professional of the Year Finalists 2020</td>
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<td>Emcee: Lawrence Biscontini</td>
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<td>Joined by canfitpro Executive: Maureen (Mo) Hagan &amp; Canadian Anthem Contest Winner</td>
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<tr>
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<td>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</td>
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<td>[10:15 AM-5:00 PM] Build a Badass Boutique Masterclass (Full Day)</td>
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<td>What Fit Pros Want from Their Leaders</td>
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<td>The Virtual Presentation Playbook “Connecting to Your Community on Camera with Seven Simple Steps”</td>
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<td>HIT meets TUT: The best of both worlds!</td>
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<td>Science Of Recovery for Optimal Performance</td>
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<td>Take Refuge in Your Yoga Practice</td>
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<td>Metabolic Conditioning with 9 Monster Workouts</td>
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<td>The 7 Holistic Nutrition and Healthy Habits for Long Term Weight Loss</td>
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<td>Facts Over Fear—What to Eat Now</td>
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### 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 |

### FREE

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

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### TYPE | W/O | 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 Gibbon | Christina Raskin | Dr. Gillian Mandich |

### EQUIPMENT | Yoga Mat |

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<td>Re-ignite Your Leadership Spark</td>
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<td>PL3Y Movement &amp; Mental Health for Kids</td>
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<td>The Importance of Utilizing Primitive and Transitional Movement Patterns in Exercise Programming</td>
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<td>Breathwork for Mood Management</td>
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<td>Immunity Boosters &amp; Busters</td>
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### TYPE | L | L | L | L | W/S | L | 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 Gallow | 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 | 3:30 PM EST - 2:00 PM PST | 3:30 PM CST - 4:00 PM PST

### SESSION # | 2001 |
| Emcee: Lawrence Biscontini |

### SESSION # | 2002 |
| Virtual Delegate Reception & Awards Celebration | Joined by canfitpro Executive: Maureen (Mo) Hagan & David Patchell-Evans |

### LEGEND: L - Lecture | W/S - Workshop | W/O - Workout
## AUGUST 16

### VIRTUAL SERIES

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<td>Zumba®</td>
<td>Zumba® Basic 1 Virtual Training (English)</td>
<td>W/S</td>
<td>Andrea Sandhu</td>
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<tr>
<td>STRONG</td>
<td>STRONG Nation™® Virtual Training (English)</td>
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<td>Ricardo Marmitte</td>
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<td>STRONG</td>
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<td>W/S</td>
<td>Karine Opasinski</td>
<td>USD $300 + tax</td>
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<tr>
<td>Zumba®</td>
<td>Zumba® Mega ZJ Jam Session</td>
<td>W/S</td>
<td>Carlos Henriquez, Anna Marchenko, Natalie Wiafe, Mylene Facchini &amp; Stewart Traill</td>
<td>USD $30 + tax</td>
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<td></td>
<td>&quot;Prerequisite: Must be current ZIN Member&quot;</td>
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**Legend:** L - Lecture | W/S - Workshop | W/O - Workout
### SEPTEMBER 19

#### VIRTUAL SERIES

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<th>PILATES</th>
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<th>DANCE</th>
<th>DANCE/BARRE</th>
<th>BARRE</th>
<th>LES MILLS</th>
<th>POWERED BY:</th>
<th>RECOVERY (W/S)</th>
<th>BOUTIQUE FITNESS &amp; BUSINESS SUCCESS MANAGEMENT SPONSORED BY:</th>
<th>NUTRITION</th>
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#### SESSION # 3002

**SESSION**
Kick Start Your Morning

#### SESSION # 3000

**SESSION**
OPENING KEYNOTE SPONSORED BY:

Mastering the Game of Growth™ with SGT Ken®

Emcee: Maureen (Mo) Hagan

Joined by canfitpro Executive Maureen (Mo) Hagan & Canadian Anthem Contest Winner

#### SESSION # 3010 3011 3012 3013 3014 3015 3016 3017 3018 3019

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<td>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</td>
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<tr>
<td>Kim Gray Christina Raskin Kim Kraushar Rebecca Graham Leslie Bender Stacey Vandiver Sheldon McBee &amp; Nikki Show Helen Vanderburg Sadie Nardini Tricia Silverman</td>
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<tr>
<td>Yoga Mat Yoga Mat Pilates Mat, Sliding Mobility Disks® Riptix Bender Ball, Sliding Disks, Tubing or Resistance Band, Barre Two sets of hand weights (1-2lbs and 3-5lbs), inflatable gym balls, mat Yoga straps, Massage balls, Foam rollers</td>
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<td>SoulBody Yoga Sculpt Total Body Conditioning ZEN-GAP Power &amp; Strength Workout Hot Booty Ballet DANCEPLY &amp; YOGAPLY - Kids Fitness Workout!</td>
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<tr>
<td>Tara Wilson Jennifer Hamilton Kim Kraushar Suad Ghabban Mélanie Levenberg, Ashley Dias &amp; Elise Gilbert Rebecca Graham Lawrence Biscontini Maureen (Mo) Hagan Bruce &amp; Mindy Myhre</td>
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<tr>
<td>Yoga mat, Handweights Yoga Mat Pilates Mat, Yoga Strap, Yoga Block, Mini Bands Yoga Mat</td>
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<td>Riptix Chair Chair</td>
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<td>Mélanie Levenberg &amp; Sadie Nardini Kim Kraushar Ricardo Marmite Dione Mason Tricia Murphy Madden Julie Frias &amp; Jeannette Novak Greg Roskopf Nathalie Plamondon-Thomas Dr. Marc Bubbs</td>
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<td>Yoga Mat Yoga Mat Pilates Mat, Mini Stability Ball™ Yoga Mat</td>
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<td>How to Run a Yoga-Mind Body Retreat</td>
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<td>facilitated by Christina Raskin Featuring: Paul Gallan, Lisa Greenbaum &amp; Laura Warf</td>
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#### SESSION # 3001

**SESSION**
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

**LEGEND:** L - Lecture | W/S - Workshop | W/O - Workout
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<tr>
<td>SESSION NAME</td>
<td>Barre Above™</td>
<td>STOTT PILATES® Matwork Flow Conditioning Sequence &amp; Matwork Flow with Weights</td>
<td>Zumba® Basic 1 Virtual Training (English)</td>
<td>STRONG Nation™® Virtual Training (English)</td>
<td>STRONG Nation™® Virtual Training (French)</td>
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<tr>
<td>PRESENTER</td>
<td>Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre</td>
<td>Kim Kraushar</td>
<td>Andrea Sandhu</td>
<td>Amanda Grant</td>
<td>Karine Opasinski</td>
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<tr>
<td>EQUIPMENT</td>
<td>Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre (or chair)</td>
<td>Pilates Mat, Mini Handweights, Soft Dumbbells</td>
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<tr>
<td>PRICE</td>
<td>$299 + tax  (Earlybird price until August 29 at 11:59pm)  $349 + tax  (Regular pricing after August 30)</td>
<td>$169 + tax</td>
<td>USD $225 + tax  TSCAN30 offers 30% off listed price</td>
<td>USD $300 + tax  TSCAN30 offers 30% off listed price</td>
<td>USD $300 + tax  TSCAN30 offers 30% off listed price</td>
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**LEGEND:** L - Lecture | W/S - Workshop | W/O - Workout