



canfitpro | 2023

SCHEDULE AT A GLANCE

Friday, Saturday, Sunday, August 18-19-20



ONLINE

- 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)
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8:15AM - 9:45AM | Friday, August 18

6000 - How To Train The Injured Client (W/S)		Francesca McKenzie	
6001 - Design A COREctive Stretch & Strength Program (W/S)		Josette Curry	
6002 - Power Up: Nutrition for Race Week (W/S)		Ashley Leone	
6003 - 5 Connection Points That Are Not Social Media (L)		Jessica Maurer	
6004 - Mastering Body Neutrality for Improved Client Results and Retention (L)		Kirstin Schell	

10:00AM - 11:30AM

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

12:30PM - 2:00PM

6005 - Heavy Lifting for Female Athletes (W/S)		Kate Laird	
6006 - Triple Threat Strong (W/S)		Tasha Edwards	
6007 - Best Practices for Higher-Weight Clients (L)		Ragen Chastain	
6008 - The Business Impact of Group Fitness (L)		Ingrid Knight-Cohee	



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6009 - Body Composition Transformation (L)		Benjamin Siong	
2:15PM-3:30PM			
6010 - Power Training for Older Adults = Fall Prevention and Increased Quality of Life (W/S)		Robert Linkul	
6011 - Hit the Wall (W/S)		Yury Rockit	
6012 - Overload Protocols for Hypertrophy (L)		Benjamin Siong	
6013 - Trends in Fitness Programming (L)		Sara J Kooperman	
6014 - Decoding New Food Labels (L)		Bridget Fauteux	

8:15AM - 9:45AM | Saturday, August 19

7000 - Movement Modifications For Your Client (W/S)		Francesca McKenzie	
7001 - Pilates for the Mind and Brain to Enhance Quality of Life (W/S)		Carol Ann	
7002 - Artificial Intelligence: Intelligent Programming for the Client with Artificial Joints (L)		Chuck Wolf	
7003 - Find Your Ideal Client For \$0 (L)		Jessie Thomas	

10:00AM - 11:15AM

★ 7044 - GENERAL SESSION: Champion Mindset with Peter Twist (L)

12:00PM - 1:30PM

7005 - Brain-boosting Exercise: Protecting Brain Health from Disease (W/S)		Dr. Kella Price	
7006 - Functional Fitness + HIIT for Women (W/S)		Kate Laird	
7007 - Workout Periodization (L)		Dr. Jason Karp	
7008 - Practicing Equity, Diversity & Inclusion as a Fitness Business Owner (L)		Kia Williams	

2:00PM - 3:15PM

7009 - Strong AF (L)		Chad Benson	
7010 - Practical Programming Strategies for the Everyday Athlete (W/S)		Michael Piercy	
7011 - The Mindset of Moms. Why It's Not Go Hard or Go Home (L)		Brooke Turner	
7012 - Mind Your Mental Health: The Fascinating Science of Nutrition, Light & Lifestyle on Our Everyday Wellbeing (L)		Selin Bilgin	

10:00AM - 11:30AM | Sunday, August 20

8000 - FUNctional Chair-Based Dance Fitness (W/O)		Jorge Rivera	
8001 - The Key Questions - What You Need to Know to Write an Effective Training Program (L)		Eric Dagati	
8002 - Top Tips for Turning Time Into Money (L)		Shannon Fable	

12:00PM - 1:30PM

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

2:00PM-3:15PM

8003 - Recovery Through Meditation (W/S)		Yury Rockit	
8004 - Successful Programming for the Aging (L)		Ann Gilbert	
8005 - 30 Leadership Lessons Learned - Business Panel (L)		Featuring: Shannon Fable, Dr. Jason Karp, Jessica Maurer, Carlton Braithwaite	