

TRADE SHOW SCHEDULE

HALL D & E



Check out lectures on a variety of topics from some of the most knowledgeable presenters in the fitness industry on stages! Work up a sweat on our Activity or Power & Performance Stages, and get a chance to snap a photo with one of your favorites in the Meet and Greet section of the canfitpro Booth. On Saturday, our Power & Performance Stage transforms into the 2023 canfitpro Natural Championships. Support the athletes as they showcase their physique in the pursuit of qualifying for the Canadian Nationals. There is something for everyone!

FRIDAY, AUGUST 18

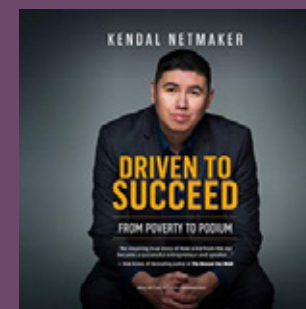
Time	Session	Presenter(s)	Sponsor
HEALTH & NUTRITION STAGE			
12:00PM - 1:00PM	Nutrient Timing Revisited: Is There A Post-Workout Anabolic Window of Opportunity?	Brad Schoenfeld	
1:10PM - 2:10PM	HAPPINESS: Brain Fitness Hacks to Lift & Shift Your Mood!	Jill Hewlett	
2:15PM - 3:00PM	Walking - Powered Up!	Sarah Zahab	
3:10PM - 3:50PM	Eating Clean Is Eating Green - Fostering Social Responsibility Through Nutrition	Tosca Reno	
4:00PM - 4:55PM	101 Ways To Transition To A Plant-Based Diet	Bruce Mylrea	
ACTIVITY STAGE			
1:15PM - 2:00PM	Kids Fitness Program Sampler	Melanie Levenberg	
2:15PM-3:00 PM	Mat Class with Mika Midolo	Mika Midolo	
3:10PM-3:45PM	Surfing Safari	Bruce and Mindy Mylrea	
3:50PM-4:30PM	Hop Body Shop	Milo Levell	
4:45PM - 5:15PM	Shaka Dance	Shaka Dance Team	

Time	Session	Presenter(s)	Sponsor
LECTURE STAGE			
12:00PM - 1:00PM	The Power of Podcasting to Elevate Your Social Media Brand	Facilitated by Gaby Mammone with Andrew Coates, Funk Roberts, Christine Conti, Tricia Blake	
1:15PM - 2:00PM	Prep, Perform & Pose: How to be a Physique Champion	Ron Hache	
2:15 PM-3:00 PM	Give Yourself a Natural Facelift with Face Yoga	Sophia Ha	
3:10PM-4:00PM	The Power of Hormone Balance	Kelly Nolan	
4:10PM-5:10PM	Being A Mindful Athlete: Living a Mindful Life	Martha Williams	
5:15PM - 5:50PM	The Business of Wellness Retreats	Matt Kinch	
POWER & PERFORMANCE STAGE			
12:30PM - 1:15PM	Anniversary Workout	Group Workout	
5:15PM - 5:50PM	Socacize®	Ayanna Lee Rivers	

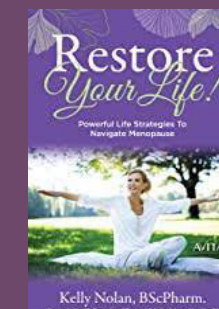
MEET & GREET

canfitpro Booth #1083

12:15 PM - 1:00 PM
Keynote - Book Signing



4:10 PM - 4:45 PM
Kelly Nolan - Book Signing



12:15 PM - 1:00 PM
Brad Schoenfeld - Book Signing @ Human Kinetics Booth



*For the most up to date schedule please visit canfitpro.com/events2023/global/tradeshows/

TRADE SHOW SCHEDULE

HALL D & E

SATURDAY, AUGUST 19

Time	Session	Presenter(s)	Sponsor
HEALTH & NUTRITION STAGE			
9:15AM - 10:15AM	Set Your Daily Routine to Boost Your Mental Well-Being	Lisa Greenbaum	
10:25AM - 11:25AM	Making Your Fitness Lifestyle Desirable Vs. Ideal	Zehra Allibhai	
11:30AM - 12:30PM	Transform Your Life with the Power of Gratitude: Gratitude for Resilience	Dr. Maxine McLean	
12:40PM - 1:40PM	What To Eat Every Day for Optimal Health	Bruce Mylrea	
2:40PM - 3:30PM	Diet Lies and Weight Loss Truths	Melody Schoenfeld	
ACTIVITY STAGE			
9:15AM - 10:15AM	Stability for Runners	Sarah Zahab	
10:25AM - 11:25AM	DripFit Travelling Bootcamp: Look Good Naked – Self-Love Tour A collaboration with Inside Fitness Magazine	Brenley Cunningham	
1:30PM - 2:30PM	JOGA	Jana Webb	
4:00PM - 5:00PM	Bellydance Fitness	Corey Formica	
LECTURE STAGE			
9:15AM - 10:15AM	Sleep--Recovery--Adaptation--Client Results: A Practical Coaching Framework	Nick Lambe	
10:25AM - 11:25AM	Courage to Start Running: Creating Spaces of Belonging in the Running Community	Melanie Murzeau, Alejandro De La Cruz, Heather Gardner, Amanda Richardson	
11:45AM - 2:30PM	Building Your Social Media Presence in the Fitness Industry	Facilitated by: Kim Basler with Suaad Ghadban, Andrew Coates, Funk Roberts, Chris Fudge, Zehra Allibhai	
12:50PM - 1:20PM	Little Yogi's Big Feelings	Janessa Gazmen	
1:30PM - 2:30PM	Rocking Menopause! - How To Eat, Move And Keep Your Cool in Midlife	Kim Vopni and Samantha Montpetit-Huynh	



PERFORMANCE STAGE

2023 canfitpro Natural Championships

10:00AM - 4:00PM

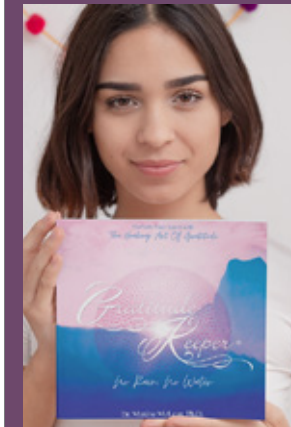
MEET & GREET

canfitpro Booth #1083

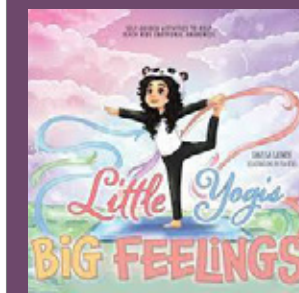
10:00 AM - 10:30 AM
Brad Schoenfeld
- Book Signing @
Human Kinetics Booth



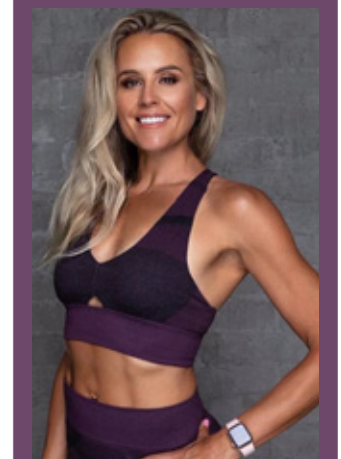
12:45 PM - 1:15 PM
Dr. Maxine McLean
- Book Signing



1:30 PM - 2:00 PM
Janessa Gazmen
- Little Yogi's Big Feelings, Book Signing



2:45 PM - 3:15 PM
Jana Webb



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