

canfitpro GLOBAL SCHEDULE AT A GLANCE

Friday, August 9

IN-PERSON

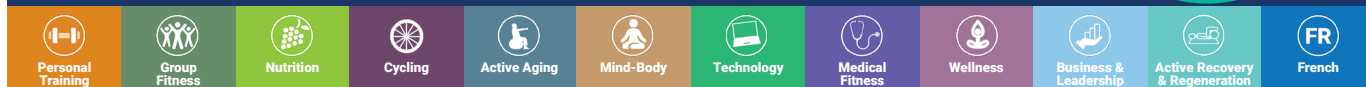


Ses #	Session Name	Type	Sponsor	Presenter	Track
8:15AM - 9:30AM					
1100	How to Get Four Gens to the Gym	L		Sal Pellegrino	
1102	Soft Skills for Strong Bodies	L		Nathalie Lacombe	
1103	Designing a Gym for Maximum Gain!	L		Greg Lawlor & Bill Meadus	
1104	Riding the Wave of "Hormone Toxicity" with Confidence and Grace	L		Kelly Nolan	
1105	Strength Training for Women	L		Cassandra Chin	
1106	Bias Awareness: How Biases Manifest in our Work and Interactions with Others	L		Dwayne Smith	
1107	The Science & Art of Longevity	L		Meghan Jarvis	
1108	Power Ignite	W/S		Sergio Velasco	
1109	Schwinn® Cycling: Savvy Cycling	W/S		Chris Roche	
1113	Kids Fitness 101 - Program Design	L		Melanie Levenberg	
1114	Training a Client with Minimal Equipment	W/S		Lee Boyce	
1115	Foot Wedges, Squat Blocks & Lower Extremity Biomechanics	W/S		Dr. Emily Splichal	
1116	Fast and Furious in Fifteen!	W/S		Krista Popowych	
1117	Organize and Streamline the Lead Generation and Follow-Up Processes	L	StandOut Fit-Pro	Brandi Clark	
1118	Prana Energy: A Chakra Journey	W/S		Lisa Greenbaum	
1120	Virtual Training Redefined: The Profitable Path to VIP Service	L		Beth Yarzab	
1121	Weight Loss, Recovery & Performance	L	Fit2Win	Udo Erasmus	

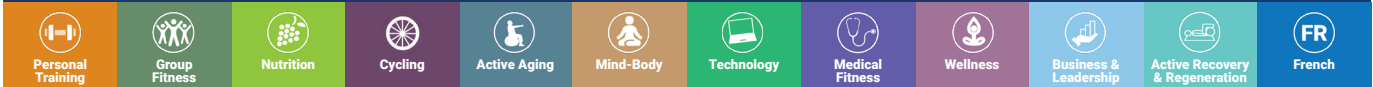
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1122	Bone Health Bootcamp	W/S		Christine Conti	
1124	Return to Run Postpartum	W/S		Sarah Zahab	
1125	Myofascial Release	W/S		Helen Vanderburg	
1127	Unlocking Potential: Mastering the Five Methods of Subconscious Training	W/S		Paul Galloro & Claudia Micco	
1128	WARRIOR Combat™ Keep Fighting	W/S		Diva Richards & Ellen De Werd	
10:00AM - 11:30AM					
1000	OPENING CEREMONIES & KEYNOTE ADDRESS	L		Featuring Hamza Khan	
12:00PM - 12:45PM					
1143	How to Prepare for Your First Powerlifting Meet	W/S		Yordanos Tessema	
1501	From Updated to Upgraded: Eccentric Training for Unlimited Muscle Potential	L		Dr. Jonathan Mike	
1503	Welcome Workout	W/O		Hosted by Mo Hagan with Various Presenters	
12:15PM - 1:00PM					
1502	Food Psychology 101	L		Melody Schoenfeld	
12:30PM - 1:15PM					
1140	From Certification to Success: Next Steps in Your Fitness Career Journey	L		Daniela Goode Thomas	
1141	Ayurveda for Self-Care	W/S		Tracy Jennings-Hill	
1142	Harness the Power of Events: Practical Networking Guide	W/S		Nick Lambe	
1:00PM - 1:45PM					
1504	Boring to Captivating: Free & Easy Video Editing for Fitness Pros	L		Marie-Eve Ricard	
1:15PM - 2:00PM					
1505	Nutritional Protection Against Breast Cancer	L		Alisa Herriman	
1506	Socacize Fitness	W/S		Ayanna Lee Rivears	



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1:30PM - 2:30PM					
1225	ATHLETE30	W/S		Cathy Spencer Browning & Tiago Kulaif	
1:30PM - 2:45PM					
1222	Blood Flow Restriction Training & Exercise	W/S		Dr. Mike DeBord	
1:30PM - 3:00PM					
1200	Enthusiast to Entrepreneur	P		Jennifer Hamilton, Melissa Hanssens, Sherry Bureau & Colleen Brophy	
1203	Embracing Body Diversity: Understanding Lipedema, The Disease They Call Fat	L		Claudia Micco	
1204	Improve Retention - Improve Revenue	L		Dr. Paul Bedford	
1205	Brain Fitness 101	L		Jill Hewlett	
1206	Unlocking Insights: Body Composition Analysis with Bioelectrical Impedance Analysis (BIA)	L		Dr. Beth Mansfield	
1207	Training the Neurodivergent Athlete	L		Christine Conti	
1208	Ride By Color	W/S		Krista Popowych	
1209	Schwinn Indoor Cycling: Biker Barre – The Killer Cycling Cocktail.	W/S		Helen Vanderberg	
1213	Mobility Class: Programing Mobility Classes into your Group Fitness Schedule	L		Trevor Pickett	
1214	Maximizing Muscle: A Paradigm Shift to Optimize Every Rep	W/S		Ben Pakulski & Gavin Attore	
1215	Functional Core Movements	W/S		Kia Williams	
1216	Training the Active Ager: Put Your Preconceived Notions Aside	W/S		Melody Schoenfeld	
1217	Create Content that Captures and Keeps the Attention of Your Ideal Client	L	StandOut Fit-Pro	Brandi Clark	
1218	Introduction to JOGA: Yoga vs JOGA, JOGA in Sport, & Why NOW	W/S		Jana Webb	
1220	Introducing Circadian Biology: Why Timing Matters in Health & Performance	L		Nick Lambe	

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Personal Training



Group Fitness



Nutrition



Cycling



Active Aging



Mind-Body



Technology



Medical Fitness



Wellness



Business & Leadership



Active Recovery & Regeneration



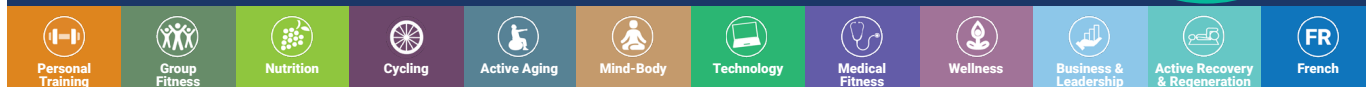
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1:30PM - 3:00PM					
1221	Anti-Inflammatory Eating	L		Andy De Santis	 
1224	Advanced Postural Corrective Exercise	W/S	Symmetry for Health	Patrick Mummy	
1227	Workout Rebellion with POUND Rockout Workout	W/S		Michelle Opperman	
1228	WARRIOR Rhythm: The Guts to Stand Out	W/S		Ellen De Werd	
2:00PM - 2:45PM					
1507	Insights on Speed with Champion Trainer Paul Gagné	L		Paul Gagné	
2:15PM - 3:00PM					
1508	Kids Fitness Business: Matching Passion with Profits	L	canfitpro	Melanie Levenberg	
1509	Ignite Your Boxing Journey with Personalized Expert Guidance!	W/S	GoodLife FITNESS	George Foreman III	 
3:00PM - 3:45PM					
1510	Unlock the Power of Sleep: A Deep Dive into Restorative Rest	L		Alanna McGinn	
3:15PM - 3:45PM					
1512	Court Ready Strength and Stamina for Pickleball	W/S		Libby Norris	 
3:15PM - 4:00PM					
1511	A Trio of Unsung Heroes in Fitness and Health	L	Fit2Win	Udo Erasmus	
3:30PM - 4:30PM					
1325	MOVE30	W/S		Cathy Spencer Browning & Tiago Kulaif	 
3:30PM - 5:00PM					
1300	The Canadian Forum - State of the Fitness Industry	P		Facilitated by: Gabriel Hardy with distinguished panel of guests including Sal Pellegrino	
1303	Injury Prevention Blueprint: Integrating Genetics for Sustainable Fitness	L		Aderonke Daramola	 
1304	Hypertrophy: Latest Key Knowledge and Effort vs Volume Based Training	L		Christian Thibaudeau	

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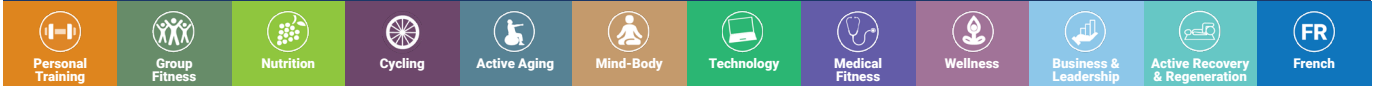


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3:30PM - 5:00PM					
1305	Optimizing Nutrition for Men Over 40	L		Funk Roberts	 
1306	Critical Elements of Authentic & Inclusive Leadership	L		Dr. Bahar Tajrobehkar	
1307	Social Media Mastery: Philosophy and Tactics to Build a Brand and Get More Clients	L		Andrew Coates	  
1308	A Winning Ride	W/S		Sergio Velasco	
1309	Schwinn® Indoor Cycling: Beast Mode	W/S		Chris Roche	
1313	Nutrition for Neurodivergent Clientele	L		Bianca Cordeiro	
1314	Grip Training for Everyone	W/S		Melody Schoenfeld	
1315	Understanding the Aging Foot & its Effect on Movement	W/S		Dr. Emily Splichal	   
1316	Mat Pilates Circuit	W/S		Helen Vanderburg	 
1317	Powerful Punches: Short Workouts for Explosive Strength Gains	L		Dr. Jonathan Mike	
1318	Living from an Open Heart: Back-bending Practice	W/S		Asha Daniels	
1320	7 Lessons Learned on the Way to \$100M Revenue	L		Nick Shaw	 
1321	Seasonal Detox	L		Alisa Herriman	
1322	Pro Athlete Active Recovery	W/S		Dane Robinson	 
1324	Next Level Anatomy: Hips	W/S		Sarah Zahab	
1327	Mental Performance Training: How to Master Your Mind for Peak Performance	W/S		Hilary Bennett	   
1328	SOULkickboxing	W/S		Michele Park	
4:00PM - 4:40PM					
1515	ABsolutely Burning Butts	W/S		Jen Hamilton	

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4:00PM - 5:00PM					
1513	Posture, Injury, Emotions: Unraveling the Connection	L		Heather Harvey & Karina Krepp	
4:15PM - 5:00PM					
1514	Unlocking Sustainable Fat Loss: The 5 Essential Keys	L		Ken Sylvan	
4:45PM - 6:00PM					
9000	RPM™	W/S	LES MILLS EXPERIENCE (FORMERLY LES MILLS)	Glen Ostergaard	
4:50PM - 5:20PM					
1516	POUND - Rockout. Workout	w/s	POUND	Michelle Opperman	

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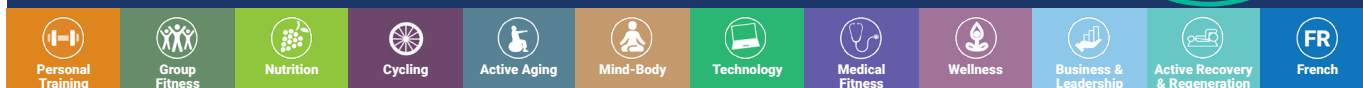


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8:00AM - 8:30AM					
9100	LES MILLS EXPERIENCE Opening Ceremonies	W/S	LES MILLS EXPERIENCE	LES MILLS EXPERIENCE Team	
8:15AM - 9:30AM					
2103	Entraînement de la respiration pour la performance et la gestion du stress	L		Paul Gagné	
2104	Unlock Your Full Potential: The Mindful Fighter with George Foreman III	L		George Foreman III	
2105	Leadership: Igniting the Leader Within You	L		Paul Lokko	
2108	Let the RIDE Move YOU!	W/S		Krista Popowych & Sergio Velasco	
2109	Schwinn® Cycling: Rock & Roll Ride	W/S		Helen Vanderberg	
2114	Cross Education – Training Clients with Injured Limbs	W/S		Andrew Coates	
2115	Regenerative Sports Medicine	W/S		Dr. Sean Kings	
2116	FX Aqua Bag Training	W/S		Aileen Wong & Tarryn Maree	
2118	ARISE and Shine: A Morning Practice for a Vibrant Day	W/S		Paul Galloro	
2122	Engage Your Future Client Through The Movement Assessment	W/S		Milad Emadi	
2127	A Focus on Fun	W/S		Michelle Opperman	
2128	WARRIOR Strength™ FUN in FUNctional Training	W/S		Ellen De Werd	
2135	SOULfusion	W/S		Michele Park	
2136	Beyond Lower Crossed Syndrome: A Comprehensive Approach to the Hips	W/S		Brendan Fox	

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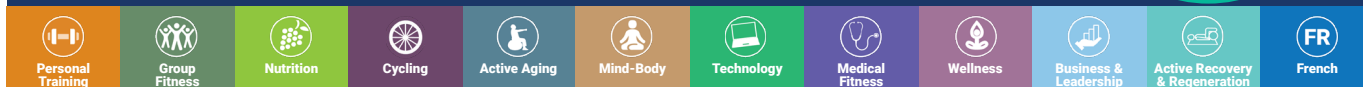


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8:30AM - 9:30AM					
2124	Boxing & Barre	W/S		Kia Williams	
2125	3D30®	W/S		Cathy Spencer Browning & Tiago Kulaif	
8:30AM - 10:00AM					
9101	BODYPUMP™	W/S		Glen Ostergaard, Ben Main, Rene Vogel, Lula Slaughter, Cinzia Bemmann, Gavin Featherstone	
10:00AM - 10:45AM					
2501	Pickleball Conditioning	L		Dr. Ken Kinakin	
10:00AM - 11:00AM					
2235	O2 Fusion	w/s		Jen Hamilton	
10:00AM - 11:30AM					
2201	GENERAL SESSION: "Coaching Magic" - 5 Leadership Tricks to Bring Out the Best in Others	L		Martin Rooney	
2203	Perte de poids: Une approche nutritionnelle	L		Stéphane Aubé	
2218	Exploring the Senses: Elevate Your Teaching with Mindfulness & Sensory Integration	W/S		Aliana Comeau	
10:15AM - 11:00AM					
2502	Male Andropause: Suffering In Silence	L		Kelly Nolan	
10:15AM - 11:15AM					
9102	BODYSTEP™	W/S		Otto Prodan & Melvin Ong	
11:00AM - 11:45AM					
2503	Let's Get Brain Fit!	L		Jill Hewlett	
11:15AM - 12:00PM					
2504	Artificial Sweeteners – The Good, The Bad and The Ugly	L		Rob Dickson	

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11:30AM - 12:15PM					
9103	LES MILLS CORE™	W/S	LES MILLS EXPERIENCE <small>— GoldFITNESS</small>	Dan Cohen, Ben Main, Otto Prodan, Inno Delarmente, Kim Gibas, Melvin Ong	
12:00PM - 12:30PM					
2240	Les 3 piliers de l'hypertrophie musculaire et leurs techniques d'entraînement associés	L	HUMAN KINETICS	Kevin Arsenault	
2243	Kids Fitness Program Sampler	W/S	canfitpro	Melanie Levenberg	
2246	Jully Black's The Power Of Step	W/O	POWER OF STEP	Stacey McAllister-Williams & Karen Linton	
12:00PM - 12:45PM					
2237	Yoga in Today's WORLD - Panel to explore honouring Yoga's roots and DEI initiatives	P		Lisa Greenbaum, Asha Daniels, Tracy Jennings Hill, Aliana Comeau	
2238	CR.OP. Turn Crisis Into Opportunity and Find Success No Matter What Life Throws at You	L		David 'Patch' Patchell-Evans	
2239	Passion To Profit: Become canfitpro's Next Educator	L	canfitpro	Daniela Goode Thomas	
2241	Rhythm Ride Ready	W/O	KEISER	Sergio Velasco	
2242	Schwinn® Cycling: Rhythm Roadtrip – Mastering Cycling Musicality	W/O	SCHWINN	Chris Roche	
2244	FitPro Networking Huddle	W/S		Dane Robinson	
2245	Low Bar Squat	W/S		Yordanos Tessema	
2505	Avoid Burnout by Thinking Like a Champion	L		Yvette Raposo	
12:15PM - 1:00PM					
2506	Embracing Plant-Based Fitness for Thriving Health	L		Magdalena Kordiuik	
12:30PM - 1:30PM					
9104	BODYATTACK™	W/S	LES MILLS EXPERIENCE <small>— GoldFITNESS</small>	Rene Vogel, Fred Kung, Alyssa Walton	
1:00PM - 1:45PM					
2507	Brain Fitness Strategies for Cognitive Longevity & Resilience	L		Jill Hewlett	

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Personal Training



Group Fitness



Nutrition



Cycling



Active Aging



Mind-Body



Technology



Medical Fitness



Wellness



Business & Leadership



Active Recovery & Regeneration



French

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1:00PM - 2:00PM					
2335	Freedom Flow	w/s	OXYGEN YOGA & FITNESS	Jen Hamilton	
1:00PM - 2:30PM					
2300	Creating Inclusive Workplaces: Applied Principles of Diversity, Equity, and Inclusion	P		Facilitated by: Tara Dinyer with Simone Samuels, Dwayne Smith, Melanie Levenberg, Lorenzo Pagnotta	
2301	Podcasting, Publishing, Social Media...and Expanding Your Brand to Iconic Levels	L		Todd Durkin	
2302	The Truth about Fats, Seed Oils, and Omega-6 in Health and Fitness	L	Fit2Win	Udo Erasmus	
2303	Hypertrophie: Dernière tendances, effort-based et volume-based training	L		Christian Thibaudeau	
2304	Quick Wins + Lasting Gains: The Art of Foundations Program Design	L		Ben Pakulski & Gavin Attore	
2305	The Power of Hormone Certification: Partner Fitness with Hormone Balance	L	AVITA Creating Your Health Future	Kelly Nolan	
2307	Industry Trends & Directions in 2024	L		Sal Pellegrino	
2308	Mobility Ride	W/S	KEISER	Krista Popowych	
2309	Schwinn® Cycling: Hear Us ROAR	W/S	SCHWINN CYCLING	Helen Vanderberg	
2314	Training The Bigger Body	W/S		Lee Boyce & Melody Schoenfeld	
2315	Most Common Older Adult Injuries	W/S	SWS	Dr. Ken Kinakin	
2316	Tactical Training for Life: Primal and Cognitive Methods to Enhance Strength Mobility and Overall Function	W/S		Daniel Jones	
2317	Flat Feet! How Our Foundation Affects Function	W/S	NABOSO®	Dr. Emily Splichal	
2318	Chair Yoga Revitalized	W/S		Nathalie Lacombe	
2320	May Your Cup Floweth Over: What's YOUR Capacity for Healing?	L	iht	Kennedy Lodato	
2321	The Sold-Out Class Strategy	L		Dane Robinson	

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2322	HIIT & Connect	W/S		Dione Mason	
2324	Programming Shortcuts For Improved Client Recovery	W/S		Simon Paige	
2328	POUND Unplugged	W/S		Michelle Opperman	
2336	FIRESTARTER & SILENT VICTORIES	W/S		Jana Webb	
9105	NEWBODY	W/S		Mo Hagan & Sue Starsenic	
1:15PM - 2:00PM					
2508	Eating Clean Is Eating Green - Fostering Social Responsibility Through Nutrition	L		Tosca Reno	
1:45PM - 3:00PM					
9106	BODYCOMBAT™	W/S		Dan Cohen, Lula Slaughter, Inno Delarmente	
2:00PM - 2:45PM					
2509	Common Low Back Conditions and How Fitness Can Help	L		Dr. Dave Robertson & Dr. Corey Hofkirchner	
2:15PM - 3:00PM					
2510	Why Consistent Exercise Eludes Us: A Psychological Insight	L		Mike Kelly	
3:00PM - 4:15PM					
2511	Keep Your Clients: Why They Leave, and How to Make it Stop	L		Igor Klibanov	
3:00PM - 4:30PM					
2400	Empowering Leadership: A Tribute to Women Who Lead & Influence	P		Facilitated by: Mo Hagan with Jessie Thomas, Camille Jones, Aderonke Daramola, Christine Conti, Nkechi Nwarfor Robinson	
2402	Gut Microbiome and Fitness	L		Dr. Jennifer Tang	
2403	Corriger vos déséquilibres musculaires en 5 minutes!	L		Mathieu Boulé	
2404	Staff Recruitment and Retention	L		Dr. Paul Bedford	

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Personal Training	Group Fitness	Nutrition	Cycling	Active Aging	Mind-Body	Technology	Medical Fitness	Wellness	Business & Leadership	Active Recovery & Regeneration	French
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3:00PM - 4:30PM					
2405	Injuries: Why They Happen and What to Do	L		Dr. Joel Kerr	
2406	Fitness Technology: Making it Work With Your Clients	L		Meghan Jarvis	
2407	Date Your Money	L		Aseel El-Baba	
2413	Self Sabotage Unmasked: The Key to Effortless Results	L		Corey Formica	
2414	Balancing Your Mind Body Soul	W/S		Nike Charles	
2415	Upper Cross Syndrome	W/S		Dr. Ken Kinakin	
2416	Forever Young: Exercise Prescription for the Older Athlete	W/S		Marcie Lynne	
2417	Skills and Drills to Elevate Your Group Fitness Experience	W/S		Carmen Puyo & Maral Habibi	
2418	Yin + Restore with Sound Healing	W/S		Lisa Greenbuam with Tracy Jennings Hill	
2420	Nutrition Communication for Health Professionals	L		Stephanie Small	
2422	Training your C-Section Client: From Surgery to Sport	W/S		Janette Yee	
2425	TD's True Strength Workout	W/S		Todd Durkin	
2428	Breathing for Performance	W/S		Ben McDonald	
2435	Give Yourself a Natural Facelift with Face Yoga!	W/S		Sophia Ha	
3:15PM - 4:15PM					
2512	Gut-Brain Nutrition and Mental Health	L		Dr. George Makrides	
3:15PM - 4:30PM					
9107	BODYBALANCE™	W/S		Rene Vogel; Otto Prodan Julie Frias	
5:00PM - 6:30PM					
3000	CLOSING CEREMONIES & KEYNOTE ADDRESS	L		Featuring Perdita Felicien	