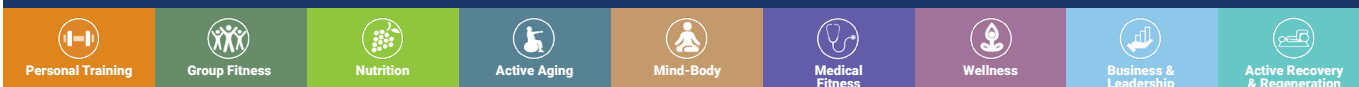


# canfitpro GLOBAL

# SCHEDULE AT A GLANCE

## Friday, August 9

ONLINE



Ses #	Session Name	Type	Sponsor	Presenter	Track
<b>8:30AM - 9:45AM</b>					
100	Evidence-Based Relaxation Strategies for Everyone	W/S		Olivia Ellis	  
101	Fitness Fusion Mix	W/S		Karla Medina	
102	The Assymetrical Human Body. An Advocacy for Unilateral Exercise	L		Dr. Rob Morano	
103	Plug and Play. How to Create Rockstar Wellness Programs	L		Debbie Bellenger	  
104	Emotional Eating: How to Support your Client's Health & Wellness Journey	L		Kim Basler	 
<b>10:00AM - 11:30AM</b>					
1000	<b>OPENING CEREMONIES &amp; KEYNOTE ADDRESS</b>	L	<b>CORE</b> HEALTH & FITNESS	<b>Featuring Hamza Khan</b>	   
<b>11:45AM - 12:15PM</b>					
105	Passion To Profit: Become canfitpro's Next Educator	L	<b>canfitpro</b>	Christen Harvey	   
<b>12:30PM - 2:00PM</b>					
106	Great Glutes for a Functional Body	W/S		Leslee Bender	 
107	Enhancing Student Body Awareness through Somatic Education	W/S		Melissa Bartrem	
108	Maximize Impact: Unleash 20+ Game-Changing Exercises	L		Chris Fudge	
109	The Art of Building Trust with your PT Clients	L		Brittany Todd	
110	Ultra Processed Foods: The Coach's Guide to Encouraging a Whole Foods Diet	L		Ellie Steele	
<b>2:15PM - 3:30PM</b>					
111	The Pre/Postnatal Screening & Consultation: Improve your Assessment to Improve your Programming	W/S		Ashley Reid	
112	Empowering Aging Well: Tailored Classes for Thriving in Later Life	W/S		Alexis Perkins	  
113	Designing the Ultimate HIIT Workout for Special Populations	W/S		Dr. Alexis Bartakoulis	 
114	Why Creativity Matters	L		Skip Wilson	
115	Human Design & Learning Your Unique Personality Assessment	L		Yury Rockit	 

L = Lecture; W/S = Workshop; W/O = Workout; P = Panel

# canfitpro GLOBAL

# SCHEDULE AT A GLANCE

## Saturday, August 10

ONLINE



Ses #	Session Name	Type	Sponsor	Presenter	Track
<b>10:00AM-11:30AM</b>					
2201	<b>GENERAL SESSION: "Coaching Magic" - 5 Leadership Tricks to Bring Out the Best in Others</b>	L		<b>Martin Rooney</b>	
<b>11:45AM - 1:00PM</b>					
200	The Midlife Trifecta: Menopause, Mindset & Muscle: How to Coach Your Middle-Aged Female Client	W/S		Lisa Mastracchio	
201	Body Flow Sequences	W/S		Luciano Mottola	
202	Movement Modifications for your Client	L		Francesca McKenzie	
203	Building Best Client Practices with Inclusivity in Mind	L		Ingrid Knight Cohee	
204	The Power of Routine: Crafting Habit Systems for Achievement	L		Jessica Maurer	
<b>1:45PM - 3:00PM</b>					
205	Five Proper Strength Training Exercises for Older Adults	W/S		Robert Linkul	
206	Soca Dance with Carnival Spice	W/S		Shakera Martin	
207	Fitpreneurship – Fitpros Building as Entrepreneuers and Business Owners	L		April Griffith	
208	The Blueprint To Career Success in the Fitness Industry	L		Luka Hocevar	
209	Unlocking Energy & Weight Loss for Women over 30	L		Hina Laeeque	
<b>3:30PM - 4:45PM</b>					
210	Restore	W/S		Gail Bannister-Munn	
211	Postural Flow	W/S		Alessandro Pisanu	
212	Lifestyles of SuperAgers: Live Long and Prosper	L		Dr. Len Kravitz	
213	The Secret to Success in Small Group Training	L		Chris Stevenson	
214	Programming Principles for Fat Loss	L		Ben Siong	
<b>5:00PM - 6:30PM</b>					
3000	<b>CLOSING CEREMONIES &amp; KEYNOTE ADDRESS</b>	L	<b>MATRIX</b> Strong • Smart • Beautiful	<b>Featuring Perdita Felicien</b>	

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