



### 2023 FitCon Sessions

Time (Eastern Standard - EST)	Location	Session Type	Session
<b>Saturday, April 22nd, 2023</b>			
	In Person	Live-Streamed	Please check in at 8:15am-8:30am at registration booth or log-in via zoom link
9:00am - 11:30am	Main Hall	Yes	Lecture/Workshop 2000 - ACTIVATE Growth 360 LIVE! with Connie Beauilleu, Angela Kontgen, Gerry Visca, Dr Kyerementeng, Dr Vriend, and more!
<b>LUNCH (available to purchase on-site), Networking in Marketplace Expo, Visit DanceCon</b>			
12:45pm - 2:00pm	Gymnasium	No	Workout/Workshop 2001 - Tactical Training for Life: Primal and cognitive methods to enhance strength, mobility and overall function with Daniel Jones
12:45pm - 2:00pm	E-Building RM1090	Yes	Lecture 2002 - Red Hot: Inflammation, Stress and Hormones - The connections you need to know for healthy body composition with Dr Andréa Proulx
12:45pm - 2:00pm	Group Ex Studio	No	Workout 2003 - Creating a Party on the Bike! with Jayde Kabeya
12:45pm - 2:00pm	E-Building RM1070	Yes	Workshop 2004 - Core off the Floor with Sarah Zahab
<b>BREAK (15min)</b>			
2:15pm - 3:30pm	Main Hall	Yes	Workout/Workshop 2005 - LeBOOT - Bars, Balls, Bodyweight and Bands. All systems ACTIVATED! The ultimate group training experience with Marc Lebert
2:15pm - 3:30pm	E-Building RM1090	Yes	Lecture 2006 - Strength Training for Kids Chris Fudge
2:15pm - 3:30pm	Group Ex Studio	No	Workout 2007 - Building Your Barre Fitness Choreography with Jayde Kabeya
2:15pm - 3:30pm	E-Building RM1070	Yes	Workshop 2008 - Prepped and Primed: Preparing the Body For Optimal Performance with Adam Jongsma
<b>BREAK (15min)</b>			
3:45pm - 5:00pm	Main Hall	Yes	Workout/Workshop 2009 - Yin + Restore: A Soothing Yoga Experience with Lisa Greenbaum (BYOM)
3:45pm - 5:00pm	E-Building RM1090	Yes	Lecture 2010 - Client Engagement & Retention Hacks with Eric Wong Kai Pun
3:45pm - 5:00pm	Group Ex Studio	No	Workout 2011 - The Brazily Dance Experience - Dance your way to confidence! with Andre & Mariana Santos
3:45pm - 5:00pm	E-Building RM1070	Yes	Workshop 2012 - The Posterior Chain: a Neuro Lens with Mathieu Boulé
5pm-6:30pm	Le Bistro	No	Optional Social ACTIVATE Mix and Mingle
<b>Sunday, April 23rd, 2023</b>			
	ZOOM		Please log on at 8:35am (instructions to be provided)
8:45am - 9:00am	Main Room		ACTIVATE Coffee Connections
9:00am - 10:10am	Breakout 1		Workshop 2013 - Client Assessment & Body Weight Training with Sara-Claire Lajeunesse (Agatsu)
9:00am - 10:10am	Breakout 2		Lecture 2014 - Building Your Soul Aligned Business with Siobhan 'Bonnie' Patterson
9:00am - 10:10am	Breakout 3		Workout 2015 - Core Moments with Kia Williams
<b>BREAK (20min)</b>			
10:30am - 11:40am	Breakout 1		Workshop 2016 - The Lost Art of Isometric Training - How to Train the Invisible with JC Santana
10:30am - 11:40am	Breakout 2		Lecture 2017 - The Mentor Mentality with Steve Feinberg
10:30am - 11:40am	Breakout 3		Workout 2018 - Release, Relieve, Restore with Helen Vanderberg
<b>BREAK (20min)</b>			
12pm - 1:10pm	Breakout 1		Lecture 2019 - The Importance of Person-Centered Language to Encourage a Welcoming Fitness Community with Michelle Leachman
12pm - 1:10pm	Breakout 2		Lecture 2020 - 5 Common Performance Nutrition Problems (And How To Fix Them) with Dr Marc Bubbs
12pm - 1:10pm	Breakout 3		Workout 2021 - Triple Threat Strong with Tasha Edwards
1:10pm - 1:30pm			Closing Remarks & Important Notices from ACTIVATE
Schedule subject to slight modification			