



April 12-14th, 2024 FitCon Sessions

Time (Eastern Standard - EST)	Location		Session Type	Track	Session
<b>Friday, April 12th, 2024</b>					
1:00pm - 4:00pm	LaCite - Atrium	Additional \$	PRECON Workshop		CPR C & AED with Jane Costain & Heart Savers
1:00pm - 5:00pm	LaCite - Room	Additional \$	PRECON Workshop		Growth Mindset Manifestation™ Mastermind with SGT Ken®
1:00pm - 4:00pm	Movati - Trainyards	Additional \$	PRECON Workshop		Kettlebells: Unveiling the Power of Turkish Get Up & Rotational Drills with Agatsu
1:00pm - 5:00pm	LaCite - Studio	Additional \$	PRECON Workshop		Master Movement: A Blueprint for Pain-Free Lower Body Workouts with Exercise Therapy Association
5:30pm - 8:00pm	LaCité Bistro	Included	Networking		VIP Welcome Party + 10yr Celebration of ACTIVATE
<b>Saturday, April 13th, 2024</b>					
	<b>In Person</b>	<b>Online</b>			
7:45am - 8:15am	Registration Desk		Registration		Please check in at 7:45am-8:15am at registration booth or log-in via zoom link at 8:10am
8:30am - 9:30am	Main Hall	Yes	Keynote		2000 - ACTIVATE 360 LIVE! Keynote Kickoff & Coffee Connections.
<b>BREAK (15min)</b>					
9:45am - 11:15am	Main Hall	Yes	Workout/Workshop	GF/SC	2001 - Better Together: Team Athletic Training™ with SGT Ken®
9:45am - 11:15am	E-Building RM1090	Yes	Lecture	BG	2002 - Make a Difference with your First Book! with Angela Kontgen & Gerry Visca
9:45am - 11:15am	Group Ex Studio	No	Workout/Workshop	GF	2003 - Group Cycling - Gavin Featherstone
9:45am - 11:15am	E-Building RM1070	Yes	Workshop	SC	2004 - The Hips Don't Lie: Learn to Assess The Hips in All 3 Planes with Brendan Fox sponsored by Exercise Therapy Association
<b>BREAK (15min)</b>					
11:30am - 1:00pm	Main Hall	Yes	Workout/Workshop	GF	2005 - Body Weight Training with Lisa Mastracchio
11:30am - 1:00pm	E-Building RM1090	Yes	Lecture	WC	2006 - Coaching Nutrition Fundamentals with Hari Ghuman, sponsored by Personalized Health Centre
11:30am - 1:00pm	Group Ex Studio	No	Workout/Workshop	GF	2007 - TRX Circuit with Gavin Featherstone
11:30am - 1:00pm	E-Building RM1070	Yes	Workshop	SC	2008 - Lifting Technique Workshop with Andre Benoit
<b>BREAK (15min)</b>					
1:15pm - 2:15pm (optional)	Main Hall	Yes	Panel	BG	ACTIVATE Leadership Lunch 360 LIVE! - Panel Discussion - Kelly Thorne, Rod Macdonald, Tarrah Mauricette, Dr Kwadwo Kyerementeng - hosted by uNatY & Connie Beaulieu
<b>BREAK (15min)</b>					
2:30pm - 4:00pm	Gymnasium	No	Workout/Workshop	GF	2009 - Pushing for Power: Boot Camp Fitness™ with SGT Ken®
2:30pm - 4:00pm	E-Building RM1090	No	Lecture	WC/SC	2010 - The 10 Values of Super Successful People with Rod Macdonald, sponsored by The International Academy of Values Inspired Coaching
2:30pm - 4:00pm	Group Ex Studio	No	Workout/Workshop	GF	2011 - Bollywood Fusion with Alan Faigal
2:30pm - 4:00pm	E-Building RM1070	No	Workshop	SC	2012 - Female Cycle Considerations with Sarah Zahab
<b>BREAK (15min)</b>					
4:15pm - 5:45pm	Main Hall	No	Workout/Workshop	WC/GF	2013 - Yin & Restore: Rest, Recovery and Breath: Yoga with Lisa Greenbaum, sponsored by Sangha Yoga Collective
4:15pm - 5:45pm	E-Building RM1090	No	Lecture	BG	2014 - 3 Key Ingredients for Marketing Success with Jeff Melis, sponsored by Personal Training Business Support
4:15pm - 5:45pm	Group Ex Studio	No	Workout/Workshop	GF	2015 - LTS Strength & Stretch: Active Aging Edition with Marc Lebert, sponsored by Lebert Fitness
4:15pm - 5:45pm	E-Building RM1070	No	Workshop	SC	2016 - The Foot Foundation in Performance with Mat Boulé
<b>Sunday, April 14th, 2024</b>					
	<b>ZOOM</b>				Please log on at 8:45am (instructions to be provided)
8:35-8:40am					Log In
9:00am - 10:30am	Breakout 1		Lecture/Workshop	BG	2017 - Building an Online Coaching Program with Brian Devlin, sponsored by Thrive Coach
9:00am - 10:30am	Breakout 2		Workout/Workshop	GF/SC	2018 - Mobility, Stability, and Recovery with Kia Williams
<b>BREAK (15min)</b>					
10:45am - 12:15pm	Breakout 1		Workshop	WC	2019 - The Science of Aging Well with Helen Vanderburg
10:45am - 12:15pm	Breakout 2		Lecture	SC	2020 - Putting the Personal Back in Training: What is coaching and why it's so Important? with JC Santana, sponsored by IHP
10:45am - 12:15pm	Breakout 3		Lecture	SC	2021 - Blood Testing and Health Risk Mitigation Strategies for Male and Female Athletes with Stan Efferding, sponsored by Stan Efferding

Schedule subject to slight modification