



Friday, August 9

Ses#	Stage	Start	End	Session Name	Type	Sponsor	Presenter	TRACK
1501	Lecture Stage	12:00PM	12:45PM	From Updated to Upgraded: Eccentric Training for Unlimited Muscle Potential	L		Dr. Jonathan Mike	
1502	Health & Nutrition Stage	12:15PM	1:00PM	Food Psychology 101	L		Melody Schoenfeld	
1503	Activity Stage	12:15PM	1:00PM	Welcome Workout	W/S		Various Presenters	
1504	Lecture Stage	1:00PM	1:45PM	Boring to Captivating: Free & Easy Video Editing for Fitness Pros	L		Marie-Eve Ricard	
1505	Health & Nutrition Stage	1:15PM	2:00PM	Nutritional Protection Against Breast Cancer	L		Alisa Herriman	
1506	Activity Stage	1:15PM	2:00PM	Socacize Fitness	W/S		Ayanna Lee Rivears	
1507	Lecture Stage	2:00PM	2:45PM	Insights on Speed with Champion Trainer Paul Gagné	L		Paul Gagné	
1508	Health & Nutrition Stage	2:15PM	3:00PM	Kids Fitness Business: Matching Passion with Profits	L		Melanie Levenberg	
1509	Activity Stage	2:15PM	3:00PM	Ignite Your Boxing Journey with Personalized Expert Guidance!	W/S		George Foreman III	
1510	Lecture Stage	3:00PM	3:45PM	Unlock the Power of Sleep: A Deep Dive into Restorative Rest	L		Alanna McGinn	
1511	Health & Nutrition Stage	3:15PM	4:00PM	A Trio of Unsung Heroes in Fitness and Health	L		Udo Erasmus	
1512	Activity Stage	3:15PM	3:45PM	Court Ready Strength and Stamina for Pickleball	W/S		Libby Norris	
1513	Lecture Stage	4:00PM	5:00PM	Posture, Injury, Emotions: Unraveling the Connection	L		Heather Harvey & Karina Krepp	
1514	Health & Nutrition Stage	4:15PM	5:15PM	Unlocking Sustainable Fat Loss: The 5 Essential Keys	L		Ken Sylvan	
1515	Activity Stage	4:00PM	4:40PM	ABsolutely Burning Butts	W/S		Jen Hamilton	
1516	Activity Stage	4:50PM	5:20PM	POUND - Rockout. Workout	W/S		Michelle Opperman	
1517	Lecture Stage	5:10PM	6:00PM	5 Crucial Pathways to Biohacking Pain & Recovery	L		Chad Benson	



Saturday, August 10

Ses#	Stage	Start	End	Session Name	Type	Sponsor	Presenter	TRACK
	Activity Stage	10:00AM	4:00PM	2024 canfitpro Natural Championships	C		Various	
2501	Lecture Stage	10:00AM	10:45AM	Pickleball Conditioning	L		Dr. Ken Kinakin	
2502	Health & Nutrition Stage	10:15AM	11:00AM	Male Andropause: Suffering In Silence	L		Kelly Nolan	
2503	Lecture Stage	11:00AM	11:45AM	Let's Get Brain Fit!	L		Jill Hewlett	
2504	Health & Nutrition Stage	11:15AM	12:00PM	Artificial Sweeteners – The Good, The Bad and The Ugly	L		Rob Dickson	
2505	Lecture Stage	12:00PM	12:45PM	Avoid Burnout by Thinking Like a Champion	L		Yvette Raposo	
2506	Health & Nutrition Stage	12:15PM	1:00PM	Embracing Plant-Based Fitness for Thriving Health	L		Magdalena Kordiuk	
2507	Lecture Stage	1:00PM	1:45PM	Brain Fitness Strategies for Cognitive Longevity & Resilience	L		Jill Hewlett	
2508	Health & Nutrition Stage	1:15 PM	2:00 PM	Eating Clean Is Eating Green - Fostering Social Responsibility Through Nutrition	L		Tosca Reno	
2509	Lecture Stage	2:00PM	2:45PM	Common Low Back Conditions and How Fitness Can Help	L		Dr. David Robertson and Dr. Corey Hofkirchner	
2510	Health & Nutrition Stage	2:15 PM	3:00 PM	Why Consistent Exercise Eludes Us: A Psychological Insight	L		Mike Kelly	
2511	Lecture Stage	3:00PM	4:15PM	Keep Your Clients: Why They Leave, and How to Make it Stop	L		Igor Klibanov	
2512	Health & Nutrition Stage	3:15PM	4:15PM	Gut-Brain Nutrition and Mental Health	L		Dr. George Makrides	

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