



ENTHUSIAST SCHEDULE

April 13th ACTIVATE FitCON Sessions

Time	Room Number	Session			
8:15-9:45am	106CD	1901- Shoulder Girdle Mastery - Brendan Fox	\$45 Advanced Registration		
8:15-9:45am	118DE	1902- Exercise Considerations for the PostPartum Athlete - Sarah Zahab	\$45 Advanced Registration		
8:15-9:45am	201-202	1903 - The Biomechanics of Function - JC Santana	\$45 Advanced Registration		
9:50am-10:45am	106CD	Opening Welcome & Keynote			
11:00-12:30pm	106CD	1904 - Using Fascial Stretch Therapy to Improve Mobility - Kevin Darby	\$45 Advanced Registration		
11:00-12:30pm	118DE	1905 - What Really is The "CORE"? - Mat Boulé	\$45 Advanced Registration		
11:00-12:30pm	201-202	1906 - The Vertical Diet and Peak Performance - Stan Efferding	\$45 Advanced Registration		
1:30pm-3pm	106CD	1907 - JOGA® - Jana Webb	\$45 Advanced Registration		
1:30pm-3pm	118DE	1908 - Exercise for Injury Prevention - A Surgeon's PRACTICAL Application - Dr. Chris Raynor	\$45 Advanced Registration		
1:30pm-3pm	201-202	1909 -Shift Happens! Effectively Coaching Behaviour Change - Heather Harrison	\$45 Advanced Registration		
3:30pm-5pm	106CD	1910 - 'Stop Pulling My Leg': A Theoretical and Practical Workshop on Hamstring Injury Prevention - Jethro Constant	\$45 Advanced Registration		
3:30pm-5pm	118DE	1911 - Beyond Kegels...Exploring Abdominal & Core Function - Kerri Morrison-McCabe	\$45 Advanced Registration		
3:30pm-5pm	201-202	1912 - The Prioritization Method - Erin Thompson	\$45 Advanced Registration		
5:10pm-6pm	106CD	1913 - Unwind with Yoga sponsored by FitChek	FREE Drop In		
5:10pm-6pm	118DE	1914 - Unwind your Mind and Body sponsored by FitChek	FREE Drop In		
5:10pm-6pm	201-202	1915 - Unwind with Meditation sponsored by FitChek	FREE Drop In		

Notes:

Schedule subject to slight modification up to 30 days prior to event