



# FIT PRO SCHEDULE

## April 12th ACTIVATE PreCON Certification

Time	Location
9:30am-5:00pm	Movati Athletic Trainyards - IHP Exercise Specialist Certification PreCon

## April 13th ACTIVATE FitCON Sessions

Time	Room Number	Session			
7:00am	OCEC Atrium	Registration Opens			
7:30-8:00am	106CD	1900-Wake Up with Intention! - Jean Luc Boissonneault			
8:15-9:45am	106CD	1901- Shoulder Girdle Mastery - Brendan Fox			
8:15-9:45am	118DE	1902- Exercise Considerations for the PostPartum Athlete - Sarah Zahab			
8:15-9:45am	201-202	1903 - The Biomechanics of Function - JC Santana			
9:50am-10:45am	106CD	Opening Welcome & Keynote			
10:45-11:00am	<b>106 EFG - Visit Marketplace Exhibitors</b>				
11:00-12:30pm	106CD	1904 - Using Fascial Stretch Therapy to Improve Mobility - Kevin Darby			
11:00-12:30pm	118DE	1905 - What Really is The "CORE"? - Mat Boulé			
11:00-12:30pm	201-202	1906 - The Vertical Diet and Peak Performance - Stan Efferding			
12:30pm-1:30pm	<b>Lunch &amp; Visit Marketplace Exhibitors</b>				
1:30pm-3pm	106CD	1907 - JOGA® - Jana Webb			
1:30pm-3pm	118DE	1908 - Exercise for Injury Prevention - A Surgeon's PRACTICAL Application - Dr. Chris Raynor			
1:30pm-3pm	201-202	1909 -Shift Happens! Effectively Coaching Behaviour Change - Heather Harrison			
3pm-3:30pm	<b>Visit Marketplace Exhibitors</b>				
3:30pm-5pm	106CD	1910 - 'Stop Pulling My Leg': A Theoretical and Practical Workshop on Hamstring Injury Prevention - Jethro Constant			
3:30pm-5pm	118DE	1911 - Beyond Kegels...Exploring Abdominal & Core Function - Kerri Morrison-McCabe			
3:30pm-5pm	201-202	1912 - The Prioritization Method - Erin Thompson			
5:10pm-6pm	106CD	1913 - Unwind with Yoga sponsored by Beyond Yoga			
5:10pm-6pm	118DE	1914 - Unwind your Mind and Body sponsored by Beyond Yoga			
5:10pm-6pm	201-202	1915 - Unwind with Meditation sponsored by Beyond Yoga			
8pm-11pm	<b>ACTIVATE After Party</b>				

Notes:

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

PreCon certification requires additional registration