



2021 Sessions

Time (Eastern Standard - EST)	Session
Thursday April 22nd, 2021	Please log on at 6:50pm (instructions to be provided)
7pm - 9pm	Welcoming Remarks with Connie Beaulieu and Kickoff Keynote Presentation with SGT Ken®, Dr Kyeremanteng, Kevin Darby, Parul Shah, Tasha Edwards and Angela Kontgen
Saturday, April 24th, 2021	Please log on at 9:10am (instructions to be provided)
9:15am - 9:30am	Morning Motivation: THINK Yourself® CONFIDENT with Nathalie Plamondon-Thomas
9:30am - 10:45am	2001 - Thriving in a Post Pandemic Fitness Boom with Brody Thorne
9:30am - 10:45am	2002 - DON'T JUST BE A TRAINER OR INSTRUCTOR. BE A COACH - THINK Yourself® A COACH with Nathalie Plamondon-Thomas
9:30am - 10:45am	2003 - Embracing the Hybrid Opportunity: How to make the most of your skills, diversify your training and teaching style and THRIVE in a post 2020 world with Jenn Hall
BREAK	
11:00am - 12:15pm	2004 - How to Rebuild your Personal Training Business by Working with Health Professionals with Dr. Ken Kinakin D.C., C.S.C.S.
11:00am - 12:15pm	2005 - 3 Tools to Transform your Passion into a Profitable Business with Alechia Reese
11:00am - 12:15pm	2006 - The Virtual Presentation Playbook™ Connecting to Your Community on Camera in Seven Simple Steps™ with SGT Ken®
LUNCH	
1:00pm - 2:15pm	2007 - Social Media Essentials for Fitness Professionals with Jono Petrohilos
1:00pm - 2:15pm	2008 - Leadership & Motivation in Challenging Times with Kelly Thorne, Jennifer Halsall-de Wit, Stephanie Erazo and Lindsey Rainwater
1:00pm - 2:15pm	2009 - Virtual Strategies, Tools and Resources for the Personal Trainer with BreeAnna Cox (recorded webinar)
Sunday, April 25th, 2021	Please log on at 9:10am (instructions to be provided)
9:15am - 9:30am	Sunday Morning Coffee Connections
9:30am - 10:45am	2010 - Managing Menopause with Melissa Layne
9:30am - 10:45am	2011 - Micro Workouts... Maximum Results! with Lisa Mastracchio
9:30am - 10:45am	2012 - Bodyweight Training/Calisthenics - Joint Longevity and Performance: An Orthopaedic Surgeon's Perspective with Dr Chris Raynor
9:30am - 10:45am	2013 - What's STRESS got to do with it?: "Stress and musculoskeletal pain" with Etienne Asselin
BREAK	
11:00 am - 12:15pm	2014 - Flexibility vs. Mobility with JC Santana
11:00 am - 12:15pm	2015 - Body Weight Blitz with Lisa Mastracchio
11:00 am - 12:15pm	2016 - Nutrition Basics: Building a Better Foundation for Your Clients with Hari Ghuman
11:00 am - 12:15pm	2017 - Running a Successful Outdoor Fitness Business with Connie Beaulieu
LUNCH	
1:00pm - 2:15pm	2018 - Perfectly Purposeful Postnatal Programming with Sarah Zahab
1:00pm - 2:15pm	2019 - The Ultimate Training Equation with Dane Robinson
1:00pm - 2:15pm	2020 - Pandemic Pain and Program Design Considerations with Brendan Fox
1:00pm - 2:15pm	2021 - Cultivating Yin: The Importance of Slowing Down with Lisa Greenbaum
2:15pm - 2:30pm	Closing Remarks with Steve Feinberg & Important Notices from ACTIVATE
Schedule subject to slight modification	