

SEPTEMBER 2019

Toronto, ON: GoodLife Fitness, 7 Station Street, Toronto, ON M5J 1C3

National trainer: Joey Shillolo

September 6, 2019	9 am - 6 pm
September 7, 2019	9 am - 6 pm
September 8, 2019	9 am - 6 pm

Register before August 29, 2019

Burlington, ON: GoodLife Fitness, 777 Guelph Line, Burlington, ON L7R 3N2

National trainer: Ryan Donnelly

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

Dartmouth, NS: GoodLife Fitness, 202 Brownlow Ave. Unit CCY , Dartmouth, NS B3B 1T5

National trainer: Jon Ells

September 13, 2019	9 am - 6 pm
September 14, 2019	8 am - 5 pm
September 15, 2019	8 am - 5 pm

Register before September 5, 2019

Edmonton, AB: GoodLife Fitness, 4211 139th Avenue, Edmonton, AB T5Y 2W8

National trainer: Chris Krulicki

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

Ottawa, ON: GoodLife Fitness, 5 Roydon Pl, Ottawa, ON K2E 1A3

National trainer: Dave Potvin

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

St. John's, NL: GoodLife Fitness, 215 Water Street, St. John's, NL A1C 6C9

National trainer: Kris Mulcahy

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

Thornhill, ON: GoodLife Fitness, 8281 Yonge Street, Vaughan, ON L3T 2C7

National trainer: Eirinn Boots

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

Windsor, ON: GoodLife Fitness, 7670 Tecumseh Rd. E. Unit 1, Windsor, ON N8T 1E9

National trainer: Victoria Edwards

September 13, 2019	9 am - 6 pm
September 14, 2019	9 am - 6 pm
September 15, 2019	9 am - 6 pm

Register before September 5, 2019

Winnipeg, MB: GoodLife Fitness, 1610 Regent Avenue West, Unit 100 Winnipeg, MB R2C 3B5

National trainer: Drew Sedor

September 13, 2019	8 am - 5 pm
September 14, 2019	8 am - 5 pm
September 15, 2019	8 am - 5 pm

Register before September 5, 2019

OCTOBER 2019

Calgary, AB: GoodLife Fitness, 5111 Northland Drive NW, Calgary, AB T2L 2J8

National trainer: Danielle Redwood

October 4, 2019	9 am - 6 pm
October 5, 2019	9 am - 6 pm
October 6, 2019	9 am - 6 pm

Register before September 26, 2019

London, ON: GoodLife Fitness, 355 Wellington St., London, ON N6A 3N7

National trainer: Chris Stapyhton

October 4, 2019	9 am - 6 pm
October 5, 2019	9 am - 6 pm
October 6, 2019	9 am - 6 pm

Register before September 26, 2019

Toronto, ON: GoodLife Fitness, 7 Station Street, Toronto, ON M5J 1C3

National trainer: Joey Shillolo

October 4, 2019	9 am - 6 pm
October 5, 2019	9 am - 6 pm
October 6, 2019	9 am - 6 pm

Register before September 26, 2019

Burlington, ON: GoodLife Fitness, 777 Guelph Line, Burlington, ON L7R 3N2

National trainer: Ryan Donnelly

October 18, 2019	11 am - 8 pm
October 19, 2019	11 am - 8 pm
October 20, 2019	9 am - 6 pm

Register before October 10, 2019

Thornhill, ON: GoodLife Fitness, 8281 Yonge Street, Vaughan, ON L3T 2C7

National trainer: Eirinn Boots

October 18, 2019	9 am - 6 pm
October 19, 2019	9 am - 6 pm
October 20, 2019	9 am - 6 pm

Register before October 10, 2019

NOVEMBER 2019

Waterloo, ON: GoodLife Fitness, 289 Marsland Drive, Waterloo, ON N2J 3Z2

National trainer: Kristen Stewart

November 1, 2019	9 am - 6 pm
November 2, 2019	9 am - 6 pm
November 3, 2019	9 am - 6 pm

Register before October 24, 2019

Toronto, ON: GoodLife Fitness, 7 Station Street, Toronto, ON M5J 1C3

National trainer: Joey Shillolo

November 8, 2019	9 am - 6 pm
November 9, 2019	9 am - 6 pm
November 10, 2019	9 am - 6 pm

Register before October 31, 2019

Dartmouth, NS: GoodLife Fitness, 202 Brownlow Ave. Unit CCY , Dartmouth, NS B3B 1T5

National trainer: Alex Macdonald

November 15, 2019	9 am - 6 pm
November 16, 2019	8 am - 5 pm
November 17, 2019	8 am - 5 pm

Register before November 7, 2019

Ottawa, ON: GoodLife Fitness, 5 Roydon Pl, Ottawa, ON K2E 1A3

National trainer: Dave Potvin

November 15, 2019	9 am - 6 pm
November 16, 2019	9 am - 6 pm
November 17, 2019	9 am - 6 pm

Register before November 7, 2019

DECEMBER 2019

Edmonton, AB: GoodLife Fitness, 4211 139th Avenue, Edmonton, AB T5Y 2W8

National trainer: Chris Krulicki

December 6, 2019	9 am - 6 pm
December 7, 2019	9 am - 6 pm
December 8, 2019	9 am - 6 pm

Register before November 28, 2019

Toronto, ON: GoodLife Fitness, 7 Station Street, Toronto, ON M5J 1C3

National trainer: Devin Size

December 6, 2019	9 am - 6 pm
December 7, 2019	9 am - 6 pm
December 8, 2019	9 am - 6 pm

Register before November 28, 2019

Calgary, AB: GoodLife Fitness, 5111 Northland Drive NW, Calgary, AB T2L 2J8

National trainer: Sarah Howell

December 13, 2019	9 am - 6 pm
December 14, 2019	9 am - 6 pm
December 15, 2019	9 am - 6 pm

Register before December 5, 2019

Burlington, ON: GoodLife Fitness, 777 Guelph Line, Burlington, ON L7R 3N2

National trainer: Karson Cochrane

December 13, 2019	11 am - 8 pm
December 14, 2019	11 am - 8 pm
December 15, 2019	9 am - 6 pm

Register before December 5, 2019

Thornhill, ON: GoodLife Fitness, 8281 Yonge Street, Vaughan, ON L3T 2C7

National trainer: Eirinn Boots

December 13, 2019	9 am - 6 pm
December 14, 2019	9 am - 6 pm
December 15, 2019	9 am - 6 pm

Register before December 5, 2019

Windsor, ON: GoodLife Fitness, 7670 Tecumseh Rd. E. Unit 1, Windsor, ON N8T 1E9

National trainer: TBC

December 13, 2019	9 am - 6 pm
December 14, 2019	9 am - 6 pm
December 15, 2019	9 am - 6 pm

Register before December 5, 2019

Winnipeg, MB: GoodLife Fitness, 1120 Grant Avenue, Winnipeg, MB R3M 2A4

National trainer: Drew Sedor

December 13, 2019	8 am - 5 pm
December 14, 2019	8 am - 6 pm
December 15, 2019	9 am - 5 pm

Register before December 5, 2019