

## GoodLife Personal Trainer Institute Course Schedule

February 2018

**Calgary, AB**

February 9, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
February 10, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
February 11, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm

**National trainer** Sarah Howell  
**Location** GoodLife Fitness Northland Village  
 5111 Northland Drive NW  
 Calgary, AB T2L 2J8  
**Registration Closing Date: February 1<sup>st</sup>, 2018**

**Dartmouth, NS**

February 9, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
February 10, 2018	<b>FROM</b>	8 am	<b>TO</b>	5 pm
February 11, 2018	<b>FROM</b>	8 am	<b>TO</b>	5 pm

**National trainer** Jonathan Ells  
**Location** GoodLife Fitness  
 202 Brownlow Ave. Unit CCY  
 Dartmouth, NS B3B 1T5  
**Registration Closing Date: February 1<sup>st</sup>, 2018**

**Toronto, ON**

February 9, 2018	<b>FROM</b>			
February 10, 2018	<b>FROM</b>			
February 11, 2018	<b>FROM</b>			

**National trainer** Joey Shillolo  
**Location** GoodLife Fitness  
 7 Station Street  
 Toronto, ON M5J 1C3  
**Registration Closing Date: February 1<sup>st</sup>, 2018**

COURSE FULL

**Waterloo, ON**

February 9, 2018	<b>FROM</b>			
February 10, 2018	<b>FROM</b>			
February 11, 2018	<b>FROM</b>			

**National trainer** Kristen Stewart  
**Location** GoodLife Fitness  
 289 Marsland Drive  
 Waterloo, ON N2J 3Z2  
**Registration Closing Date: February 1<sup>st</sup>, 2018**

COURSE CANCELLED

**St. John's, NL**

February 16, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
February 17, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
February 18, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm

**National trainer** Ronald Earle  
**Location** GoodLife Fitness  
 350 Torbay Road  
 St. John's, NL A1A 4E1  
**Registration Closing Date: February 8<sup>th</sup>, 2018**

March 2018

**Burlington, ON**

March 2, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
March 3, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm
March 4, 2018	<b>FROM</b>	9 am	<b>TO</b>	6 pm

**National trainer** Krista McMillan  
**Location** GoodLife Fitness  
 777 Guelph Line  
 Burlington, ON L7R 3N2  
**Registration Closing Date: February 22nd, 2018**

**Dieppe, NB**                      March 9, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 10, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 11, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Jonathan Ells  
**Location**                      GoodLife Fitness  
555 Dieppe Blvd  
Dieppe, NB E1A 0E7

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Edmonton, AB**                      March 9, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 10, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 11, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Chris Krulicki  
**Location**                      GoodLife Fitness  
4211 139<sup>th</sup> Avenue  
Edmonton, AB T5Y 2W8

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Ottawa, ON**                      March 9, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 10, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 11, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Dave Potvin  
**Location**                      GoodLife Fitness  
5 Roydon Pl  
Ottawa, ON K2E 1A3

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Toronto, ON**                      March 9, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 10, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 11, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Michael Sablotny  
**Location**                      GoodLife Fitness  
7 Station Street  
Toronto, ON M5J 1C3

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Windsor, ON**                      March 9, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 10, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 11, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Victoria Edwards  
**Location**                      GoodLife Fitness  
7670 Tecumseh Rd. E. Unit 1  
Windsor, ON N8T 1E9

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Winnipeg, MB**                      March 9, 2017                      **FROM**                      8 am                      **TO**                      5 pm  
March 10, 2017                      **FROM**                      8:30 am                      **TO**                      5:30 pm  
March 11, 2017                      **FROM**                      8:30 am                      **TO**                      5:30 pm

**National trainer**                      Jamie Monette  
**Location**                      GoodLife Fitness  
1120 Grant Avenue  
Winnipeg, MB R3M 2A4

**Registration Closing Date: March 1<sup>st</sup>, 2018**

**Calgary, AB**                      March 16, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 17, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 18, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Sarah Howell  
**Location**                      GoodLife Fitness Northland Village  
5111 Northland Drive NW  
Calgary, AB T2L 2J8

**Registration Closing Date: March 8<sup>th</sup>, 2018**

**London, ON**                      March 16, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 17, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 18, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Kristen Stewart  
**Location**                      GoodLife Fitness  
355 Wellington St.  
London, ON N6A 3N7

**Registration Closing Date: March 8<sup>th</sup>, 2018**

**Thornhill, ON**                      March 16, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 17, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
March 18, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Eirinn Boots  
**Location**                      GoodLife Fitness  
8281 Yonge Street  
Vaughan, ON L3T 2C7

**Registration Closing Date: March 8<sup>th</sup>, 2018**

**April 2018**

**Burlington, ON**                      April 6, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 7, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 8, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Adam Kania  
**Location**                      GoodLife Fitness  
777 Guelph Line  
Burlington, ON L7R 3N2

**Registration Closing Date: March 29<sup>th</sup>, 2018**

**Ottawa, ON**                      April 6, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 7, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 8, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Dave Potvin  
**Location**                      GoodLife Fitness  
5 Roydon Pl  
Ottawa, ON K2E 1A3

**Registration Closing Date: March 29<sup>th</sup>, 2018**

**Toronto, ON**                      April 6, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 7, 2018                      **FROM**                      9 am                      **TO**                      6 pm  
April 8, 2018                      **FROM**                      9 am                      **TO**                      6 pm

**National trainer**                      Joey Shillolo  
**Location**                      GoodLife Fitness  
7 Station Street  
Toronto, ON M5J 1C3

**Registration Closing Date: March 29<sup>th</sup>, 2018**

**Dartmouth, NS** April 13, 2018 **FROM** 9 am **TO** 6 pm  
April 14, 2018 **FROM** 8 am **TO** 5 pm  
April 15, 2018 **FROM** 8 am **TO** 5 pm

**National trainer** Jonathan Ells  
**Location** GoodLife Fitness  
202 Brownlow Ave. Unit CCY  
Dartmouth, NS B3B 1T5

**Registration Closing Date: April 5<sup>th</sup>, 2018**

**Oshawa, ON** April 13, 2018 **FROM** 9 am **TO** 6 pm  
April 14, 2018 **FROM** 9 am **TO** 6 pm  
April 15, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Michael Sablotny  
**Location** GoodLife Fitness  
419 King St. W.  
Oshawa, ON L1J 2K5

**Registration Closing Date: April 5<sup>th</sup>, 2018**

**Thornhill, ON** April 20, 2018 **FROM** 9 am **TO** 6 pm  
April 21, 2018 **FROM** 9 am **TO** 6 pm  
April 22, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Eirinn Boots  
**Location** GoodLife Fitness  
8281 Yonge Street  
Vaughan, ON L3T 2C7

**Registration Closing Date: April 12<sup>th</sup>, 2018**

#### May 2018

**Calgary, AB** May 4, 2018 **FROM** 9 am **TO** 6 pm  
May 5, 2018 **FROM** 9 am **TO** 6 pm  
May 6, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Sarah Howell  
**Location** GoodLife Fitness Northland Village  
5111 Northland Drive NW  
Calgary, AB T2L 2J8

**Registration Closing Date: April 26<sup>th</sup>, 2018**

**Ottawa, ON** May 4, 2018 **FROM** 9 am **TO** 6 pm  
May 5, 2018 **FROM** 9 am **TO** 6 pm  
May 6, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Dave Potvin  
**Location** GoodLife Fitness  
5 Roydon Pl  
Ottawa, ON K2E 1A3

**Registration Closing Date: April 26<sup>th</sup>, 2018**

**St. John's, NL** May 4, 2018 **FROM** 9 am **TO** 6 pm  
May 5, 2018 **FROM** 9 am **TO** 6 pm  
May 6, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Ronald Earle  
**Location** GoodLife Fitness  
350 Torbay Road  
St. John's, NL A1A 4E1

**Registration Closing Date: April 26<sup>th</sup>, 2018**

**Burlington, ON** May 11, 2018 **FROM** 9 am **TO** 6 pm  
 May 12, 2018 **FROM** 9 am **TO** 6 pm  
 May 13, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Krista Macmillan  
**Location** GoodLife Fitness  
 777 Guelph Line  
 Burlington, ON L7R 3N2  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**Dartmouth, NS** May 11, 2018 **FROM** 9 am **TO** 6 pm  
 May 12, 2018 **FROM** 8 am **TO** 5 pm  
 May 13, 2018 **FROM** 8 am **TO** 5 pm

**National trainer** Jonathan Ells  
**Location** GoodLife Fitness  
 202 Brownlow Ave. Unit CCY  
 Dartmouth, NS B3B 1T5  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**Toronto, ON** May 11, 2018 **FROM** 9 am **TO** 6 pm  
 May 12, 2018 **FROM** 9 am **TO** 6 pm  
 May 13, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Joey Shillolo  
**Location** GoodLife Fitness  
 7 Station Street  
 Toronto, ON M5J 1C3  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**London, ON** May 11, 2018 **FROM** 9 am **TO** 6 pm  
 May 12, 2018 **FROM** 9 am **TO** 6 pm  
 May 13, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Chris Stapylton  
**Location** GoodLife Fitness  
 355 Wellington St.  
 London, ON N6A 3N7  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**Waterloo, ON** May 11, 2018 **FROM** 9 am **TO** 6 pm  
 May 12, 2018 **FROM** 9 am **TO** 6 pm  
 May 13, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Kristen Stewart  
**Location** GoodLife Fitness  
 289 Marsland Drive  
 Waterloo, ON N2J 3Z2  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**June 2018**

**Windsor, ON** June 1, 2018 **FROM** 4 pm **TO** 9 pm  
 June 2, 2018 **FROM** 9 am **TO** 6 pm  
 June 8, 2018 **FROM** 4 pm **TO** 9 pm  
 June 9, 2018 **FROM** 9 am **TO** 5 pm

**National trainer** Alisa Hopkinson  
**Location** GoodLife Fitness  
 7670 Tecumseh Rd. E. Unit 1  
 Windsor, ON N8T 1E9  
**Registration Closing Date: May 24<sup>th</sup>, 2018**

**Dieppe, NB** June 8, 2018 **FROM** 9 am **TO** 6 pm  
June 9, 2018 **FROM** 9 am **TO** 6 pm  
June 10, 2018 **FROM** 9 am **TO** 6 pm  
**National trainer** Jonathan Ells  
**Location** GoodLife Fitness  
555 Dieppe Blvd  
Dieppe, NB E1A 0E7  
**Registration Closing Date: May 31<sup>st</sup>, 2018**

**Edmonton, AB** June 8, 2018 **FROM** 9 am **TO** 6 pm  
June 9, 2018 **FROM** 9 am **TO** 6 pm  
June 10, 2018 **FROM** 9 am **TO** 6 pm  
**National trainer** Chris Krulicki  
**Location** GoodLife Fitness  
4211 139<sup>th</sup> Avenue  
Edmonton, AB T5Y 2W8  
**Registration Closing Date: May 31<sup>st</sup>, 2018**

**Ottawa, ON** June 8, 2018 **FROM** 9 am **TO** 6 pm  
June 9, 2018 **FROM** 9 am **TO** 6 pm  
June 10, 2018 **FROM** 9 am **TO** 6 pm  
**National trainer** Dave Potvin  
**Location** GoodLife Fitness  
5 Roydon Pl  
Ottawa, ON K2E 1A3  
**Registration Closing Date: May 31<sup>st</sup>, 2018**

**Toronto, ON** June 8, 2018 **FROM** 9 am **TO** 6 pm  
June 9, 2018 **FROM** 9 am **TO** 6 pm  
June 10, 2018 **FROM** 9 am **TO** 6 pm  
**National trainer** Michael Sablotny  
**Location** GoodLife Fitness  
7 Station Street  
Toronto, ON M5J 1C3  
**Registration Closing Date: May 31<sup>st</sup>, 2018**

**Winnipeg, MB** June 8, 2017 **FROM** 8 am **TO** 5 pm  
June 9, 2017 **FROM** 8:30 am **TO** 5:30 pm  
June 10, 2017 **FROM** 8:30 am **TO** 5:30 pm  
**National trainer** Jamie Monette  
**Location** GoodLife Fitness  
1120 Grant Avenue  
Winnipeg, MB R3M 2A4  
**Registration Closing Date: May 31<sup>st</sup>, 2018**

**Burlington, ON** June 15, 2018 **FROM** 9 am **TO** 6 pm  
June 16, 2018 **FROM** 9 am **TO** 6 pm  
June 17, 2018 **FROM** 9 am **TO** 6 pm  
**National trainer** Krista Macmillan  
**Location** GoodLife Fitness  
777 Guelph Line  
Burlington, ON L7R 3N2  
**Registration Closing Date: May 3<sup>rd</sup>, 2018**

**Calgary, AB** June 15, 2018 **FROM** 9 am **TO** 6 pm  
June 16, 2018 **FROM** 9 am **TO** 6 pm  
June 17, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Brittany Melnyk  
**Location** GoodLife Fitness Northland Village  
5111 Northland Drive NW  
Calgary, AB T2L 2J8  
**Registration Closing Date: June 7<sup>th</sup>, 2018**

**Thornhill, ON** June 15, 2018 **FROM** 9 am **TO** 6 pm  
June 16, 2018 **FROM** 9 am **TO** 6 pm  
June 17, 2018 **FROM** 9 am **TO** 6 pm

**National trainer** Eirinn Boots  
**Location** GoodLife Fitness  
8281 Yonge Street  
Vaughan, ON L3T 2C7  
**Registration Closing Date: June 7<sup>th</sup>, 2018**