

JANUARY 2019

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

National trainer: Joey Shillolo

January 11, 2019 9 am - 6 pm

January 12, 2019 9 am - 6 pm

January 13, 2019 9 am - 6 pm

Register before January 3, 2019

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

National trainer: Ryan Donnelly

January 18, 2019 9 am - 6 pm

January 19, 2019 9 am - 6 pm

January 20, 2019 9 am - 6 pm

Register before January 10, 2019

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

National trainer: Jonathan Ells

January 18, 2019 9 am - 6 pm

January 19, 2019 8 am - 5 pm

January 20, 2019 8 am - 5 pm

Register before January 10, 2019

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

National trainer: Dave Potvin

January 18, 2019 9 am - 6 pm

January 19, 2019 9 am - 6 pm

January 20, 2019 9 am - 6 pm

Register before January 10, 2019

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

National trainer: Jacob Saunders

January 18, 2019 9 am - 6 pm

January 19, 2019 9 am - 6 pm

January 20, 2019 9 am - 6 pm

Register before January 10, 2019

FEBRUARY 2019

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

National trainer: Kristen Stewart

February 1, 2019 9 am - 6 pm

February 2, 2019 9 am - 6 pm

February 3, 2019 9 am - 6 pm

Register before January 24, 2019

COURSE SCHEDULE



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

National trainer: Sarah Howell

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

Register before January 31, 2019

Oshawa, ON: GoodLife Fitness, 419 King St. W., Oshawa, ON L1J 2K5

National trainer: Michael Sablotny

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

Register before January 31, 2019

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

National trainer: Joey Shillolo

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

Register before January 31, 2019

MARCH 2019

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

National trainer: Ryan Donnelly

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

Register before February 28, 2019

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

National trainer: Chris Leblanc

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

Register before February 28, 2019

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

National trainer: Joey Shillolo

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

Register before February 28, 2019

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

National trainer: Victoria Edwards

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

Register before February 28, 2019

COURSE SCHEDULE



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

National trainer: Chris Krulicki

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

Register before March 7, 2019

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

National trainer: Jonathan Ells

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

Register before March 7, 2019

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

National trainer: Eirinn Boots

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

Register before March 7, 2019

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

National trainer: Drew Sedor

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

Register before March 7, 2019

APRIL 2019

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

National trainer: Michael Sablotny

April 5, 2019	9 am - 6 pm
April 6, 2019	9 am - 6 pm
April 7, 2019	9 am - 6 pm

Register before March 28, 2019

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

National trainer: Jacob Saunders

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

COURSE SCHEDULE



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

National trainer: Danielle Redwood

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

Dieppe, NB: GoodLife Fitness, 555 Dieppe Blvd., Dieppe, NB E1A 0E7

National trainer: Jonathan Ells

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

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

National trainer: Chris Stapylton

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

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

National trainer: Kris Mulcahy

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

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

National trainer: Eirinn Boots

April 12, 2019	9 am - 6 pm
April 13, 2019	9 am - 6 pm
April 14, 2019	9 am - 6 pm

Register before April 4, 2019

MAY 2019

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

National trainer: Kristen Stewart

May 3, 2019	9 am - 6 pm
May 4, 2019	9 am - 6 pm
May 5, 2019	9 am - 6 pm

Register before April 25, 2019

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

National trainer: Alex Macdonald

May 3, 2019	9 am - 6 pm
May 4, 2019	8 am - 5 pm
May 5, 2019	8 am - 5 pm

Register before April 25, 2019

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

National trainer: Dave Potvin

May 3, 2019	9 am - 6 pm
May 4, 2019	9 am - 6 pm
May 5, 2019	9 am - 6 pm

Register before April 25, 2019

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

National trainer: Joey Shillolo

May 10, 2019	9 am - 6 pm
May 11, 2019	9 am - 6 pm
May 12, 2019	9 am - 6 pm

Register before May 2, 2019

JUNE 2019

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

National trainer: Ryan Donnelly

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

Register before May 30, 2019

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

National trainer: Danielle Redwood

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

Register before May 30, 2019

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

National trainer: Chris Krulicki

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

Register before May 30, 2019

Oshawa, ON: GoodLife Fitness, 419 King St. W., Oshawa, ON L1J 2K5

National trainer: Michael Sablotny

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

Register before May 30, 2019

COURSE SCHEDULE



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

National trainer: Joey Shillolo

June 7, 2019 9 am - 6 pm

June 8, 2019 9 am - 6 pm

June 9, 2019 9 am - 6 pm

Register before May 30, 2019

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

National trainer: Alisa Hopkinson

June 7, 2019 9 am - 6 pm

June 8, 2019 9 am - 6 pm

June 9, 2019 9 am - 6 pm

Register before May 30, 2019

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

National trainer: Drew Sedor

June 7, 2019 8 am - 5 pm

June 8, 2019 8 am - 6 pm

June 9, 2019 9 am - 5 pm

Register before May 30, 2019

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

National trainer: Eirinn Boots

June 14, 2019 9 am - 6 pm

June 15, 2019 9 am - 6 pm

June 16, 2019 9 am - 6 pm

Register before June 6, 2019