

## OCTOBER 2018

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

**National trainer:** Ryan Donnelly

October 19, 2018	9 am - 6 pm
October 20, 2018	9 am - 6 pm
October 21, 2018	9 am - 6 pm

**Register before October 11, 2018**

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

**National trainer:** Dave Potvin

October 19, 2018	9 am - 6 pm
October 20, 2018	9 am - 6 pm
October 21, 2018	9 am - 6 pm

**Register before October 11, 2018**

## NOVEMBER 2018

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

**National trainer:** Sarah Howell

November 2, 2018	9 am - 6 pm
November 3, 2018	9 am - 6 pm
November 4, 2018	9 am - 6 pm

**Register before October 25, 2018**

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

**National trainer:** Joey Shillolo

November 2, 2018	9 am - 6 pm
November 3, 2018	9 am - 6 pm
November 4, 2018	9 am - 6 pm

**Register before October 25, 2018**

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

**National trainer:** Krista McMillan

November 9, 2018	9 am - 6 pm
November 10, 2018	9 am - 6 pm
November 11, 2018	9 am - 6 pm

**Register before November 1, 2018**

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

**National trainer:** Chris Stapylton

November 9, 2018	9 am - 6 pm
November 10, 2018	9 am - 6 pm
November 11, 2018	9 am - 6 pm

**Register before November 1, 2018**

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

**National trainer:** Eirinn Boots

November 9, 2018	9 am - 6 pm
November 10, 2018	9 am - 6 pm
November 11, 2018	9 am - 6 pm

**Register before November 1, 2018**

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

**National trainer:** Kristen Stewart

November 23, 2018	9 am - 6 pm
November 24, 2018	9 am - 6 pm
November 25, 2018	9 am - 6 pm

**Register before November 15, 2018**

## DECEMBER 2018

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

**National trainer:** Michael Sablotny

December 7, 2018	9 am - 6 pm
December 8, 2018	9 am - 6 pm
December 9, 2018	9 am - 6 pm

**Register before November 29, 2018**

**Edmonton, AB:** GoodLife Fitness, 4211 139<sup>th</sup> Avenue, Edmonton, AB T5Y 2W8

**National trainer:** Chris Krulicki

December 7, 2018	9 am - 6 pm
December 8, 2018	9 am - 6 pm
December 9, 2018	9 am - 6 pm

**Register before November 29, 2018**

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

**National trainer:** Dave Potvin

December 7, 2018	9 am - 6 pm
December 8, 2018	9 am - 6 pm
December 9, 2018	9 am - 6 pm

**Register before November 29, 2018**

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

**National trainer:** Alisa Hopkinson

December 7, 2018	9 am - 6 pm
December 8, 2018	9 am - 6 pm
December 9, 2018	9 am - 6 pm

**Register before November 29, 2018**

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

**National trainer:** Krista McMillan

December 14, 2018	9 am - 6 pm
December 15, 2018	9 am - 6 pm
December 16, 2018	9 am - 6 pm

**Register before December 6, 2018**

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

**National trainer:** Sarah Howell

December 14, 2018	9 am - 6 pm
December 15, 2018	9 am - 6 pm
December 16, 2018	9 am - 6 pm

**Register before December 6, 2018**

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

**National trainer:** Alex Macdonald

December 14, 2018	9 am - 6 pm
December 15, 2018	8 am - 5 pm
December 16, 2018	8 am - 5 pm

**Register before December 6, 2018**

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

**National trainer:** Eirinn Boots

December 14, 2018	9 am - 6 pm
December 15, 2018	9 am - 6 pm
December 16, 2018	9 am - 6 pm

**Register before December 6, 2018**

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

**National trainer:** Drew Sedor

December 14, 2018	9 am - 6 pm
December 15, 2018	9 am - 6 pm
December 16, 2018	9 am - 6 pm

**Register before December 6, 2018**

## JANUARY 2019

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

**National trainer:** Chris Stapylton

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**

**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:** Eirinn Boots

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**