

## MAY 2019

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

**National trainer: Dave Potvin**

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**

**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**

**COURSE FULL**

## 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**

**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**

**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**

# COURSE SCHEDULE



**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**

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

**National trainer:** Chris Krulicki

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**

**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**

## **JULY 2019**

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

**National trainer:** Joey Shillolo

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

**Register before June 27, 2019**

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

**National trainer:** Ryan Donnelly

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

**Register before July 4, 2019**

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

**National trainer:** Jon Ells

July 12, 2019	9 am - 6 pm
July 13, 2019	8 am - 5 pm
July 14, 2019	8 am - 5 pm

**Register before July 4, 2019**

# COURSE SCHEDULE



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

**National trainer:** Chris Stapylton

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

**Register before July 4, 2019**

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

**National trainer:** Chris Leblanc

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

**Register before July 4, 2019**

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

**National trainer:** Eirinn Boots

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

**Register before July 4, 2019**

## August 2019

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

**National trainer:** Sarah Howell

August 9, 2019	9 am - 6 pm
August 10, 2019	9 am - 6 pm
August 11, 2019	9 am - 6 pm

**Register before August 1, 2019**

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

**National trainer:** Michael Sablotny

August 9, 2019	9 am - 6 pm
August 10, 2019	9 am - 6 pm
August 11, 2019	9 am - 6 pm

**Register before August 1, 2019**

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

**National trainer:** Kristen Stewart

August 9, 2019	9 am - 6 pm
August 10, 2019	9 am - 6 pm
August 11, 2019	9 am - 6 pm

**Register before August 1, 2019**