



**Fitness!...For Fun!...For Life!...Forever!**

25th Annual Personal Training & Fitness Summit

**“Your Maritime Connections”**

**“You Make a difference by Sharing Your Passion”**

November 1-2, 2019, Saint John, NB

Canada Games Aquatic Centre



## Sessions at a Glance



Title Sponsor

Venue Sponsor

# Sessions at a GLANCE

<b>FRIDAY November 1: 3:00 – 7:00 REGISTRATION</b>		
<b>4:00 – 7:00</b>	<b>Pre - Conference CPR Level C/AED update</b>	
<b>BREAK OUT SESSIONS</b>		
<b>7:15 – 8:30 pm</b> <b>Master Classes</b>	<b>1A</b> <b>Retro Step on the Vertical</b> <b>Lauren Rogers</b>	<b>1B (Pool Session)</b> <b>What' SUP</b> <b>Stand up Paddleboard</b> <b>Jason Hadland</b>
<b>8:45 – 10:00</b>	<b>Social: Hilton Hospitality Room (TBA) Sponsored by Sleeman</b>	
<b>SATURDAY November 2: 7:00 – 7:50 am REGISTRATION</b>		
<b>8:00 - 8:45 am</b>	<b>Coffee/Tea Welcome - Keynote: You make a difference. Doris Ward</b> <b>Sponsored by Simply For Life Rothesay Avenue Saint John</b>	
<b>8:55 -10:10 am</b> <b>Master Class</b>	<b>1P</b> <b>Adaptations for common joint disorders</b> <b>Ken Salmon</b>	
<b>10:15 - 10:35 am</b>	<b>NETWORKING and Nutrition Break</b> <b>Sponsored by Sobeys Saint John West</b>	
<b>BREAK OUT SESSIONS</b>		
<b>10:45 am - 12:00 pm</b> <b>Master Classes</b>	<b>2A</b> <b>Cardio Fusion</b> <b>Katie Kohler</b>	<b>2B</b> <b>Indoor Cycling</b> <b>Tap into your inner creative self</b> <b>Maureen O'Hara</b>
<b>12:15 - 1:45 pm</b>	<b>LUNCH and FNB AGM – Vito's at 2 Peel Plaza Street</b>	
<b>BREAK OUT SESSIONS</b>		
<b>1:45 - 3:00 pm</b> <b>Educational Talks</b>	<b>3A</b> <b>Social Media: Friend or Foe?</b> <b>Dr. Shelley Rinehart</b> <b>Sponsored by NB Power</b>	<b>3B</b> <b>The Perfect Diet?</b> <b>Aisha Khedheri</b>
<b>3:00 – 3:20 pm</b>	<b>NETWORKING</b>	
<b>3:20 - 4:20 pm</b>	<b>SUMMIT FINALE Sharing Your Passion: Maureen O'Hara</b>	
<b>4:20 – 4:30 pm</b>	<b>WRAP UP</b>	

Master Class: Combination of Educational information with hands on practical application  
 Educational Talk: Evidence based information delivered in a lecture format.