

GoodLife Personal Trainer Institute Course Schedule

September 2011

Burlington, ON	September 9, 2011	FROM	9 am	TO	6 pm
	September 10, 2011	FROM	9 am	TO	6 pm
	September 11, 2011	FROM	9 am	TO	6 pm

National trainer TBD
Location GoodLife Fitness
 Burlington Mall 24 Hour
 777 Guelph Line
 Burlington, ON L7R 3N2

Registration Closing Date: September 2nd, 2011

Ottawa, ON	September 9, 2011	FROM	9 am	TO	6 pm
	September 10, 2011	FROM	9 am	TO	6 pm
	September 11, 2011	FROM	9 am	TO	6 pm

National trainer Karen Yaworski
Location GoodLife Fitness
 Hunt Club 24 Hour
 5 Roydon Place
 Ottawa, ON K2E 1A3

Registration Closing Date: September 2nd, 2011

London, ON	September 9, 2011	FROM	9 am	TO	6 pm
	September 10, 2011	FROM	9 am	TO	6 pm
	September 11, 2011	FROM	9 am	TO	6 pm

National trainer Stefan Sklepowicz
Location GoodLife Fitness
 King & Wellington
 355 Wellington St.
 London, ON N6A 3N7

Registration Closing Date: September 2nd, 2011

Calgary, AB	September 9, 2011	FROM	9 am	TO	6 pm
	September 10, 2011	FROM	9 am	TO	6 pm
	September 11, 2011	FROM	9 am	TO	6 pm

National trainer Susan Williams
Location GoodLife Fitness
 Canyon Meadows
 13226 MacLeod Trail SE
 Calgary, AB T2J 7E5

Registration Closing Date: September 2nd, 2011

Toronto, ON	September 16, 2011	FROM	9 am	TO	6 pm
	September 17, 2011	FROM	9 am	TO	6 pm
	September 18, 2011	FROM	9 am	TO	6 pm

National trainer Joe Pagniello
Location GoodLife Fitness
 Toronto Union Station
 7 Station Street
 Toronto, ON M5J 1C3

Registration Closing Date: September 9th, 2011

Fredericton, NB	September 16, 2011	FROM	9 am	TO	6 pm
	September 17, 2011	FROM	9 am	TO	6 pm
	September 18, 2011	FROM	9 am	TO	6 pm
National trainer	Shaun Mckeough				
Location	GoodLife Fitness Brookside 435 Brookside Dr. unit 200 Fredericton, NB E3A 8V4				

Registration Closing Date: September 9th, 2011

Dartmouth, NS	September 23, 2011	FROM	9 am	TO	6 pm
	September 24, 2011	FROM	9 am	TO	6 pm
	September 25, 2011	FROM	9 am	TO	6 pm
National trainer	Alix Watters				
Location	GoodLife Fitness Burnside 202 Brownlow Ave. Unit CCY Dartmouth, NS B3B 1T5				

Registration Closing Date: September 16th, 2011

October 2011

Burlington, ON	October 14, 2011	FROM	9 am	TO	6 pm
	October 15, 2011	FROM	9 am	TO	6 pm
	October 16, 2011	FROM	9 am	TO	6 pm
National trainer	Eric Wong Kai Pun				
Location	GoodLife Fitness Burlington Mall 24 Hour 777 Guelph Line Burlington, ON L7R 3N2				

Registration Closing Date: October 7th, 2011

Ottawa, ON	October 14, 2011	FROM	9 am	TO	6 pm
	October 15, 2011	FROM	9 am	TO	6 pm
	October 16, 2011	FROM	9 am	TO	6 pm
National trainer	Dave Potvin				
Location	GoodLife Fitness Hunt Club 24 Hour 5 Roydon Place Ottawa, ON K2E 1A3				

Registration Closing Date: October 7th, 2011

London, ON	October 14, 2011	FROM	9 am	TO	6 pm
	October 15, 2011	FROM	9 am	TO	6 pm
	October 16, 2011	FROM	9 am	TO	6 pm
National trainer	Stefan Sklepowicz				
Location	GoodLife Fitness King & Wellington 355 Wellington St. London, ON N6A 3N7				

Registration Closing Date: October 7th, 2011

Ajax, ON

October 14, 2011	FROM	9 am	TO	6 pm
October 15, 2011	FROM	9 am	TO	6 pm
October 16, 2011	FROM	9 am	TO	6 pm

National trainer
Location
 Eirinn Thompson
 GoodLife Fitness
 Ajax Harwood Plaza
 314 Harwood Ave. South
 Ajax, ON L1S 2J1
Registration Closing Date: October 7th, 2011

Calgary, AB

October 14, 2011	FROM	9 am	TO	6 pm
October 15, 2011	FROM	9 am	TO	6 pm
October 16, 2011	FROM	9 am	TO	6 pm

National trainer
Location
 Chris Laperle
 GoodLife Fitness
 Canyon Meadows
 13226 MacLeod Trail SE
 Calgary, AB T2J 7E5
Registration Closing Date: October 7th, 2011

Toronto, ON

October 21, 2011	FROM	9 am	TO	6 pm
October 22, 2011	FROM	9 am	TO	6 pm
October 23, 2011	FROM	9 am	TO	6 pm

National trainer
Location
 Joe Pagniello
 GoodLife Fitness
 Toronto Union Station
 7 Station Street
 Toronto, ON M5J 1C3
Registration Closing Date: October 14th, 2011

Windsor, ON

October 21, 2011	FROM	9 am	TO	6 pm
October 22, 2011	FROM	9 am	TO	6 pm
October 23, 2011	FROM	9 am	TO	6 pm

National trainer
Location
 Alisa Hopkinson
 GoodLife Fitness
 Tecumseh Mall 24 Hour
 7670 Tecumseh Rd. E. Unit 1
 Windsor, ON N8T 1E9
Registration Closing Date: October 14th, 2011

November 2011

Burlington, ON

November 4, 2011	FROM	9 am	TO	6 pm
November 5, 2011	FROM	9 am	TO	6 pm
November 6, 2011	FROM	9 am	TO	6 pm

National trainer
Location
 Eric Wong Kai Pun
 GoodLife Fitness
 Burlington Mall 24 Hour
 777 Guelph Line
 Burlington, ON L7R 3N2
Registration Closing Date: October 28th, 2011

London, ON November 11, 2011 **FROM** 9 am **TO** 6 pm
 November 12, 2011 **FROM** 9 am **TO** 6 pm
 November 13, 2011 **FROM** 9 am **TO** 6 pm

National trainer Stefan Sklepowicz
Location GoodLife Fitness
 King & Wellington
 355 Wellington St.
 London, ON N6A 3N7

Registration Closing Date: November 9th, 2011

Calgary, AB November 11, 2011 **FROM** 9 am **TO** 6 pm
 November 12, 2011 **FROM** 9 am **TO** 6 pm
 November 13, 2011 **FROM** 9 am **TO** 6 pm

National trainer TBD
Location GoodLife Fitness
 Canyon Meadows
 13226 MacLeod Trail SE
 Calgary, AB T2J 7E5

Registration Closing Date: November 4th, 2011

Dartmouth, NS November 11, 2011 **FROM** 9 am **TO** 6 pm
 November 12, 2011 **FROM** 9 am **TO** 6 pm
 November 13, 2011 **FROM** 9 am **TO** 6 pm

National trainer Alix Watters
Location GoodLife Fitness
 Burnside
 202 Brownlow Ave. Unit CCY
 Dartmouth, NS B3B 1T5

Registration Closing Date: November 4th, 2011

Ottawa, ON November 18, 2011 **FROM** 9 am **TO** 6 pm
 November 19, 2011 **FROM** 9 am **TO** 6 pm
 November 20, 2011 **FROM** 9 am **TO** 6 pm

National trainer Dave Potvin
Location GoodLife Fitness
 Hunt Club 24 Hour
 5 Roydon Place
 Ottawa, ON K2E 1A3

Registration Closing Date: November 11th, 2011

Toronto, ON November 18, 2011 **FROM** 9 am **TO** 6 pm
 November 19, 2011 **FROM** 9 am **TO** 6 pm
 November 20, 2011 **FROM** 9 am **TO** 6 pm

National trainer Joe Pagnello
Location GoodLife Fitness
 Toronto Union Station
 7 Station Street
 Toronto, ON M5J 1C3

Registration Closing Date: November 11th, 2011

North York, ON	November 18, 2011	FROM	9 am	TO	6 pm
	November 19, 2011	FROM	9 am	TO	6 pm
	November 20, 2011	FROM	9 am	TO	6 pm
National trainer	TBD				
Location	GoodLife Fitness North York Parkview 250 Ferrand Drive North York , ON M3C 3G8				

Registration Closing Date: November 11th, 2011

Dieppe, NB	November 18, 2011	FROM	9 am	TO	6 pm
	November 19, 2011	FROM	9 am	TO	6 pm
	November 20, 2011	FROM	9 am	TO	6 pm
National trainer	Shaun Mckeough				
Location	GoodLife Fitness Dieppe 555 Dieppe Blvd. Dieppe , NB E1A 0E7				

Registration Closing Date: November 11th, 2011

December 2011

Burlington, ON	December 2, 2011	FROM	9 am	TO	6 pm
	December 3, 2011	FROM	9 am	TO	6 pm
	December 4, 2011	FROM	9 am	TO	6 pm
National trainer	Eric Wong Kai Pun				
Location	GoodLife Fitness Burlington Mall 24 Hour 777 Guelph Line Burlington, ON L7R 3N2				

Registration Closing Date: November 25th, 2011

Ajax, ON	December 2, 2011	FROM	9 am	TO	6 pm
	December 3, 2011	FROM	9 am	TO	6 pm
	December 4, 2011	FROM	9 am	TO	6 pm
National trainer	Eirinn Thompson				
Location	GoodLife Fitness Ajax Harwood Plaza 314 Harwood Ave. South Ajax, ON L1S 2J1				

Registration Closing Date: November 25th, 2011

Ottawa. ON	December 9, 2011	FROM	9 am	TO	6 pm
	December 10, 2011	FROM	9 am	TO	6 pm
	December 11, 2011	FROM	9 am	TO	6 pm
National trainer	Dave Potvin				
Location	GoodLife Fitness Hunt Club 24 Hour 5 Roydon Place Ottawa, ON K2E 1A3				

Registration Closing Date: December 2nd, 2011

Windsor, ON	December 9, 2011	FROM	9 am	TO	6 pm
	December 10, 2011	FROM	9 am	TO	6 pm
	December 11, 2011	FROM	9 am	TO	6 pm
National trainer	Alisa Hopkinson				
Location	GoodLife Fitness Tecumseh Mall 24 Hour 7670 Tecumseh Rd. E. Unit 1 Windsor, ON N8T 1E9				

Registration Closing Date: December 2nd, 2011

Dartmouth, NS	December 9, 2011	FROM	9 am	TO	6 pm
	December 10, 2011	FROM	9 am	TO	6 pm
	December 11, 2011	FROM	9 am	TO	6 pm
National trainer	Alix Watters				
Location	GoodLife Fitness Burnside 202 Brownlow Ave. Unit CCY Dartmouth, NS B3B 1T5				

Registration Closing Date: December 2nd, 2011

St. John, NL	December 9, 2011	FROM	9 am	TO	6 pm
	December 10, 2011	FROM	9 am	TO	6 pm
	December 11, 2011	FROM	9 am	TO	6 pm
National trainer	Brad Foley				
Location	GoodLife Fitness Saint John Torbay Road 272 Torbay Rd. St. John's, NL A1A 4E1				

Registration Closing Date: December 2nd, 2011

London, ON	December 16, 2011	FROM	9 am	TO	6 pm
	December 17, 2011	FROM	9 am	TO	6 pm
	December 18, 2011	FROM	9 am	TO	6 pm
National trainer	Stefan Sklepowicz				
Location	GoodLife Fitness King & Wellington 355 Wellington St. London, ON N6A 3N7				

Registration Closing Date: December 9th, 2011

Toronto, ON	December 16, 2011	FROM	9 am	TO	6 pm
	December 17, 2011	FROM	9 am	TO	6 pm
	December 18, 2011	FROM	9 am	TO	6 pm
National trainer	Nadia Amirmolavy				
Location	GoodLife Fitness Toronto Union Station 7 Station Street Toronto, ON M5J 1C3				

Registration Closing Date: December 9th, 2011