

GO FIT LIFE!

healthy living development

GO! Health & Fitness Lifestyle Coaching
Coach Tammy Slauenwhite, B.A., B.Ed.
canfitpro PRO TRAINER (PTS, HWL, BODYSHRED, CPR)
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2018 COURSE SCHEDULE

canfitpro	PTS	HWL	BODYSHRED	CPR
Jan			Sat 6 th 9am-6pm	Sat 27 th C & AED 9am-1:30pm
Feb	Sat 3 rd Exam 9am-1pm Fri 9 th 9am-6:30pm Sat 10 th 9am-6:30pm Sun 11 th 9am – 6pm			
Mar	Sun 4 th Exam 9am-1pm	Sat 24 th 9am-7pm		Sat 3 rd C & AED 9am-1:30pm
Apr			Sat 7 th 9am-6pm	
May	Fri 4 th 9am-6:30pm Sat 5 th 9am-6:30pm Sun 6 th 9am – 6pm			
June	Sun 3 rd Exam 9am-1pm	Sat 9 th 9am-7pm		Sat 2 nd C & AED 9am-1:30pm
July				
Aug				
Sept			Sat 29 th 9am-6pm	Sun 30 th C & AED 9am-1:30pm
Oct				
Nov	Fri 2 nd 9am-6:30pm Sat 3 rd 9am-6:30pm Sun 4 th 9am – 6pm	Sat 17 th 9am-7pm		
Dec	Sun 2 nd Exam 9am-1pm			Sat 1 st C & AED 9am-1:30pm

NOTE: Dates are subject to change without notice. Please check canfitpro's website for most recent date listings.

- **PTS = 25 teaching hours + 3 hours for exam** booked 3 weeks after PTS course. Practical to be booked 6 months within the exam by each participant.
- **HWL = 9 teaching hours** + online exam.
- **BODYSHRED = 8 teaching hours**, includes practical + online exam.
- CPR A = 2.5 hours | CPR A & AED = 3.5 hours | CPR C = 3 hours | **CPR C & AED = 4 hours**
- Break times have been included into overall course times listed in the chart.

COURSE LOCATION: 151 Silvanus Crescent, Fort McMurray, AB, T9H 3A9

REGISTER ONLINE: <https://www.canfitpro.com/en/certification>