

LIVE ONLINE COURSE

Session #1: January 9, 2025	9:00am - 1:30pm
Session #2: January 10, 2025	9:00am - 1:30pm
Session #3: January 13, 2025	9:00am - 1:30pm
Session #4: January 14, 2025	9:00am - 1:30pm
Session #5: January 16, 2025	9:00am - 1:30pm
Session #6: January 17, 2025	9:00am - 1:30pm

On-line Exam: February 12th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline January 2nd, 2025 at 5pm EST

LIVE IN-PERSON COURSE

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

Session #1: January 11, 2025	10:00am – 5:00pm
Session #2: January 12, 2025	10:00am – 5:00pm
Session #3: January 18, 2025	10:00am – 5:00pm
Session #4: January 19, 2025	10:00am – 5:00pm

On-line Exam: February 15th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline January 3rd, 2025 at 5pm EST

LIVE IN-PERSON COURSE

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

Session #1: January 14, 2025	10:00am – 5:00pm
Session #2: January 15, 2025	10:00am – 5:00pm
Session #3: January 18, 2025	10:00am – 5:00pm
Session #4: January 19, 2025	10:00am – 5:00pm

On-line Exam: February 15th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline January 3rd, 2025 at 5pm EST

LIVE ONLINE COURSE

Session #1: January 20, 2025	1:30pm - 6:00pm
Session #2: January 21, 2025	1:30pm - 6:00pm
Session #3: January 23, 2025	1:30pm - 6:00pm
Session #4: January 24, 2025	1:30pm - 6:00pm
Session #5: January 27, 2025	1:30pm - 6:00pm
Session #6: January 28, 2025	1:30pm - 6:00pm

On-line Exam: February 20th, 2025 1:30pm – 4:45pm

***All Times are Eastern Standard Time**

Registration deadline January 14th, 2025 at 5pm EST

LIVE ONLINE COURSE

Session #1: February 3, 2025	5:00pm – 9:30pm
Session #2: February 4, 2025	5:00pm – 9:30pm
Session #3: February 6, 2025	5:00pm – 9:30pm
Session #4: February 7, 2025	5:00pm – 9:30pm
Session #5: February 10, 2025	5:00pm – 9:30pm
Session #6: February 11, 2025	5:00pm – 9:30pm

On-line Exam: March 5th, 2025 5:00pm – 8:15pm

***All Times are Eastern Standard Time**

Registration deadline January 28th, 2025 at 5pm EST

LIVE IN-PERSON COURSE

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

Session #1: February 8, 2025	10:00am – 5:00pm
Session #2: February 9, 2025	10:00am – 5:00pm
Session #3: February 15, 2025	10:00am – 5:00pm
Session #4: February 16, 2025	10:00am – 5:00pm

On-line Exam: March 15th, 2025 9:00am – 12:15pm

***All Times are Mountain Standard Time**

Registration deadline January 31st, 2025 at 3pm MST

LIVE IN-PERSON COURSE

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

Session #1: February 8, 2025	10:00am – 5:00pm
Session #2: February 9, 2025	10:00am – 5:00pm
Session #3: February 15, 2025	10:00am – 5:00pm
Session #4: February 16, 2025	10:00am – 5:00pm

On-line Exam: March 15th, 2025 11:00am – 2:15pm

***All Times are Eastern Standard Time**

Registration deadline January 31st, 2025 at 5pm EST

LIVE ONLINE COURSE

Session #1: February 20, 2025	9:00am - 1:30pm
Session #2: February 21, 2025	9:00am - 1:30pm
Session #3: February 24, 2025	9:00am - 1:30pm
Session #4: February 25, 2025	9:00am - 1:30pm
Session #5: February 27, 2025	9:00am - 1:30pm
Session #6: February 28, 2025	9:00am - 1:30pm

On-line Exam: March 26th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline February 13th, 2025 at 5pm EST

LIVE IN-PERSON COURSE

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

Session #1: March 15, 2025	10:00am – 5:00pm
Session #2: March 16, 2025	10:00am – 5:00pm
Session #3: March 22, 2025	10:00am – 5:00pm
Session #4: March 23, 2025	10:00am – 5:00pm

On-line Exam: April 19th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline March 7th, 2025 at 5pm EST

LIVE IN-PERSON COURSE

Ottawa, ON: GoodLife Fitness, 5 Roydon PI Ottawa, ON K2E 1A3

Session #1: March 15, 2025	10:00am – 5:00pm
Session #2: March 16, 2025	10:00am – 5:00pm
Session #3: March 22, 2025	10:00am – 5:00pm
Session #4: March 23, 2025	10:00am – 5:00pm

On-line Exam: April 19th, 2025 9:00am – 12:15pm

***All Times are Eastern Standard Time**

Registration deadline March 7th, 2025 at 5pm EST

To register please contact GLPTI at 1-800-790-9269 ext. 546 or visit a GoodLife Fitness location near you.