

JULY 2021

LIVE ONLINE COURSE

National trainer: Marc Ikin

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|---------------------------|-----------------|
| Session #1: July 19, 2021 | 9:00am – 1:00pm |
| Session #2: July 21, 2021 | 9:00am – 1:00pm |
| Session #3: July 23, 2021 | 9:00am – 1:00pm |
| Session #4: July 25, 2021 | 9:00am – 1:00pm |
| Session #5: July 28, 2021 | 9:00am – 1:00pm |
| Session #6: July 29, 2021 | 9:00am – 1:00pm |

***All Times are Eastern Standard Time**

Registration deadline July 7th, 2021

AUGUST 2021

LIVE ONLINE COURSE

National trainer: Jason Jones

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|-----------------------------|-----------------|
| Session #1: August 3, 2021 | 1:00pm – 5:00pm |
| Session #2: August 4, 2021 | 1:00pm – 5:00pm |
| Session #3: August 6, 2021 | 1:00pm – 5:00pm |
| Session #4: August 9, 2021 | 1:00pm – 5:00pm |
| Session #5: August 11, 2021 | 1:00pm – 5:00pm |
| Session #6: August 13, 2021 | 1:00pm – 5:00pm |

***All Times are Eastern Standard Time**

Registration deadline July 27th, 2021

LIVE ONLINE COURSE

National trainer: Marc Ikin

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|-----------------------------|-----------------|
| Session #1: August 16, 2021 | 9:00am – 1:00pm |
| Session #2: August 18, 2021 | 9:00am – 1:00pm |
| Session #3: August 20, 2021 | 9:00am – 1:00pm |
| Session #4: August 23, 2021 | 9:00am – 1:00pm |
| Session #5: August 25, 2021 | 9:00am – 1:00pm |
| Session #6: August 27, 2021 | 9:00am – 1:00pm |

***All Times are Eastern Standard Time**

Registration deadline August 2nd, 2021

To Register Please contact GLPTI directly at GLPTI@goodlifefitness.com or 514-609-4205