

SEPTEMBER 2021

LIVE ONLINE COURSE

National trainer: Jason Jones

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|--------------------------------|-----------------|
| Session #1: September 27, 2021 | 5:00pm – 9:00pm |
| Session #2: September 29, 2021 | 5:00pm – 9:00pm |
| Session #3: October 1, 2021 | 5:00pm – 9:00pm |
| Session #4: October 4, 2021 | 5:00pm – 9:00pm |
| Session #5: October 6, 2021 | 5:00pm – 9:00pm |
| Session #6: October 8, 2021 | 5:00pm – 9:00pm |

***All Times are Eastern Standard Time**

Registration deadline September 16th, 2021

OCTOBER 2021

LIVE ONLINE COURSE

National trainer: Marc Ikin

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|------------------------------|-----------------|
| Session #1: October 12, 2021 | 9:00am – 1:00pm |
| Session #2: October 13, 2021 | 9:00am – 1:00pm |
| Session #3: October 15, 2021 | 9:00am – 1:00pm |
| Session #4: October 17, 2021 | 9:00am – 1:00pm |
| Session #5: October 20, 2021 | 9:00am – 1:00pm |
| Session #6: October 22, 2021 | 9:00am – 1:00pm |

***All Times are Eastern Standard Time**

Registration deadline September 30th, 2021

LIVE ONLINE COURSE

National trainer: Marc Ikin

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|------------------------------|-----------------|
| Session #1: October 25, 2021 | 9:00am – 1:00pm |
| Session #2: October 27, 2021 | 9:00am – 1:00pm |
| Session #3: October 29, 2021 | 9:00am – 1:00pm |
| Session #4: November 1, 2021 | 9:00am – 1:00pm |
| Session #5: November 3, 2021 | 9:00am – 1:00pm |
| Session #6: November 5, 2021 | 9:00am – 1:00pm |

***All Times are Eastern Standard Time**

Registration deadline October 14th, 2021

LIVE ONLINE COURSE

National trainer: Jason Jones

| | |
|------------------------------|-----------------|
| Session #1: October 25, 2021 | 5:00pm – 9:00pm |
| Session #2: October 27, 2021 | 5:00pm – 9:00pm |
| Session #3: October 29, 2021 | 5:00pm – 9:00pm |
| Session #4: November 1, 2021 | 5:00pm – 9:00pm |
| Session #5: November 3, 2021 | 5:00pm – 9:00pm |
| Session #6: November 5, 2021 | 5:00pm – 9:00pm |

***All Times are Eastern Standard Time**

Registration deadline October 14th, 2021

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

