

# Saturday, January 21, 2012

## Fitness Stage

**10:15 am - 10:35 am**

Ballroom Blitz  
*with Edgett Dance Centre*

**10:40 am - 11:00 am**

Back and Core Health: Training Smarter Not Harder!  
*with Brad Norris*

**11:05 am - 11:25 am**

What is a Personal Trainer...and Why do I Need One?  
*with Nicky Coyne*

**11:30 am - 11:50 am**

FloMotion on the Edge  
*with Kim Kraushar*

**11:55 am - 12:15 pm**

Fashion Statement: The OptiMYz Live Fashion Show

**12:20 pm - 12:40 pm**

Baby and Me Fitness  
*with Christy Sanford*

**12:45 pm - 1:05 pm**

The Newest Trend in Training  
*with Daniel Crumback*

**1:10 pm - 1:30 pm**

Zumba in the Park  
*with Elaine Fitzgerald Muise*

**1:35 pm - 2:10 pm**

\*Taking it to the Mat  
*with Royce Gracie*

**2:15 pm - 2:35 pm**

Awaken the Abs Within  
*with Brad Gouthro*

**2:40 pm - 3:00 pm**

Chair Yoga  
*with Jenny Kierstead*

**3:05 pm - 3:25 pm**

In School and at Home: Yoga for Adolescents  
*with Jenny Kierstead*

**3:30 pm - 3:50 pm**

Putting the "Try" in Triathlon  
*with Eric Collard*

**3:55 pm - 4:40 pm**

A Class Act: A Medley of GoodLife Group Exercise Programs  
*with GoodLife Fitness Instructors*

## Lifestyle Stage

**10:25 am - 10:45 am**

Answers to Your Questions: How Coaching Can Support Your Life  
*with Marilyn Orr*

**10:50 am - 11:10 am**

Green Your Palette and Your Plate  
*with Jennifer King*

**11:15 am - 11:35 am**

"Are We There Yet? Are We There Yet?" Adventure Travel for the Whole Family  
*with Mary Comfort*

**11:40 am - 12:00 pm**

A Winning Formula to Gaining Health and Losing Weight  
*with Dr. Dena Churchill*

**12:05 pm - 12:25 pm**

APPetite for Apps  
*with Tim Wilson*

**12:30 pm - 12:50 pm**

Master Your Mind, Accelerate Your Life! Make 2012 Your Best Year Ever  
*with Joshua Hayward*

**12:55 pm - 1:40 pm**

\*Sugar Cravings, Emotional Eating: Conquer Them for Good and Get the Body You Want  
*with Bruce Krahn*

**1:45 pm - 2:05 pm**

Feed Your Skin, Starve Your Wrinkles  
*with Allison Tannis*

**2:10 pm - 2:30 pm**

Help, I've Fallen and I Can't Get Up!  
*with Patrick Thompson*

**2:35 pm - 2:55 pm**

Top 10 Tips: A Guide to Taking Care of Yourself...From Your Desk  
*with Kristine Mosher & Barb Dorey*

**3:00 pm - 3:20 pm**

The Road Less Travelled, Adventure-Style  
*with Megan Bailey*

**3:25 pm - 3:45 pm**

Your Eyes Won't Believe Your Ears  
*with Tony Nader, Terry Tomlin, Jim Siller*

**3:50 pm - 4:30 pm**

\*Achieve What You Want Effortlessly  
*with Fred Connors*

## Nutrition Stage

**10:35 am - 10:55 am**

Healthy Eating for Kids  
*with Laura Kingston*

**11:05 am - 11:25 am**

Olive to Party: Healthy Italian Cooking  
*with Chef Ivano Zambotti*

**11:35 am - 11:55 am**

Keen About Quinoa, the Everyday Superfood  
*with Laurie Barker Jackman*

**12:05 pm - 12:25 pm**

The Culture of Cooking  
*with Chef Richard Julien*

**12:35 pm - 1:35 pm**

\*Getting the Most Out of Your Fruits and Vegetables: Tips on Buying, Storing, Preparing and Cooking  
*with Pete Luckett*

**1:45 pm - 2:05 pm**

Demystifying Italian Cooking  
*with Chef Ivano Zambotti*

**2:15 pm - 2:35 pm**

Flavour Boot Camp  
*with Chef Richard Julien*

**2:45 pm - 3:05 pm**

Roll With It: The Art of Sushi Preparation  
*with Boris Mirtchev*

**3:15 pm - 3:35 pm**

Navigating Through the Gluten-Free World  
*with Jen Laughlin & Aidan Brunn*

**3:45 pm - 4:05 pm**

Seasonal and Local: The Best of Both Worlds  
*with Chef Greg Clancy*

## Boot Camps

**10:30 am - 12:30 pm**

The Ultimate Workout  
*with Royce Gracie*

**12:00 pm - 1:00 pm**

Mind-Body Boot Camp  
*with Kim Kraushar*

**2:00 pm - 3:00 pm**

Shred Boot Camp  
*with Tommy Europe*

**2:00 pm - 3:00 pm**

Zumba in the Park - It's Party Time  
*with Elaine Fitzgerald Muise*

## Book Signing

**12:00 pm - 1:00 pm**

Tommy Europe Book Signing  
*located at the OptiMYz Booth*

## Workshops

**11:00 am - 12:00 pm**

Putting the Pause in Menopause  
*with Dr. Colin Huska*

**11:00 am - 1:00 pm and 2:00 pm - 4:00 pm**

Meet With a Personal Coach  
*with Life & Career Coaches from Atlantic Canada*

**2:00 pm - 4:00 pm**

Meet With a Personal Trainer  
*with GoodLife Personal Trainers*

## How To Register:

**Pre-registration is required for all Boot Camps and Workshops. Please visit [optimyzlive.com](http://optimyzlive.com) to download the registration form.**

\*This denotes a feature presentation

# Sunday, January 22, 2012

## Fitness Stage

**10:15 am - 10:35 am**

Bust a Move

**with** *The Bust a Move Team*

**10:40 am - 11:00 am**

Fit Pregnancy

**with** *Sue Molloy*

**11:05 am - 12:05 pm**

\*The 10-Pound Shred: Get Fit - and Stay Fit!

**with** *Tommy Europe*

**12:10 pm - 12:30 pm**

Put the Gloves On!

**with** *Laura MacPhee*

**12:35 pm - 12:55 pm**

Chi Running

**with** *Eric Collard*

**1:00 pm - 1:20 pm**

Batuka

**with** *Kim Kraushar*

**1:25 pm - 1:45 pm**

FloMotion on the Foam Roller

**with** *Kim Kraushar*

**1:50 pm - 2:10 pm**

Preparing the Hockey Athlete

**with** *Brad Norris*

**2:15 pm - 2:35 pm**

Ballroom Blitz

**with** *Edgett Dance Centre*

**2:40 pm - 3:00 pm**

Tae One On with Tae Kwon Do

**with** *Robert Carr*

**3:05 pm - 3:50 pm**

\*How to Maximize Your Workout to Get the Best Results

**with** *Bruce Krahn*

**3:55 pm - 4:15 pm**

Laughter Yoga

**with** *Helen Fong*

**4:20 pm - 4:40 pm**

Spinning Strength: The Art of Acrobatic Dance

**with** *Christy Sanford*

## Lifestyle Stage

**10:25 am - 10:45 am**

Answers to Your Questions: How Coaching Can Support Your Life

**with** *Gail Godreau*

**10:50 am - 11:10 am**

Ballsy: My Journey for Testicular Cancer

**with** *Thomas Cantley*

**11:15 am - 11:35 am**

Body Talk **with** *Kelley and Don Burry*

**11:40 am - 12:00 pm**

Hit the Floor...the Pelvic Floor

**with** *Sue Molloy*

**12:05 pm - 12:25 pm**

Happy Feet **with** *Kim Kraushar*

**12:28 pm - 12:53 pm**

How to Talk to Your Adolescent

**with** *Dr. Patrick McGrath*

**12:55 pm - 1:15 pm**

Financial Fitness: Top 10 Financial Tips of 2012

**with** *Chris Rafuse*

**1:20 pm - 1:40 pm**

Master Your Mind, Accelerate Your Life! Make 2012 Your Best Year Ever

**with** *Joshua Hayward*

**1:45 pm - 2:05 pm**

Vitality: Eat Your Way to More Energy, Less Stress & Beautiful Skin

**with** *Allison Tannis*

**2:10 pm - 2:30 pm**

The Message Behind Massage

**with** *Terri-Lee Timmins*

**2:35 pm - 2:55 pm**

One-Moment Meditation

**with** *Helen Fong*

**3:00 pm - 3:20 pm**

Demystifying the Mysteries of Chinese Medicine

**with** *Lisa Gallant*

**3:25 pm - 3:45 pm**

Relationship Magic and Sexual Expression

**with** *Dr. Dena Churchill*

**3:50 pm - 4:10 pm**

Take a Hike...to Keji

**with** *Andrew Fry*

## Nutrition Stage

**10:35 am - 10:55 am**

Healthy Eating for Kids

**with** *Laura Kingston*

**11:05 am - 11:25 am**

Warm Mushroom Salad

**with** *Chef Mark Gray*

**11:35 am - 11:55 am**

Keen About Quinoa, the Everyday Superfood

**with** *Laurie Barker Jackman*

**12:05 pm - 12:25 pm**

Guilt-Free Comfort Food

**with** *Chef Richard Julien*

**12:35 pm - 1:05 pm**

Make Powerful Plans

**with** *Jennifer Brenton*

**1:15 pm - 1:35 pm**

Miso Hungry, Miso Healthy: The Benefits of Japanese Cuisine

**with** *Boris Mirtchev*

**1:45 pm - 2:40 pm**

\*Easy Healthy Meals in Under 30 Minutes

**with** *Joan McElman*

**2:45 pm - 3:05 pm**

Tea for Two...or More

**with** *Philip Holmans*

**3:15 pm - 3:35 pm**

Super Soba Salads

**with** *Chef Renée Lavallée*

**3:45 pm - 4:05 pm**

Live and Interactive Cooking

**with** *Chef Richard Julien*

## Boot Camps

**10:30 am - 12:30 pm**

The Ultimate Workout

**with** *Royce Gracie*

**1:30 pm - 2:30 pm**

Box Fit

**with** *Laura MacPhee*

**2:00 pm - 3:00 pm**

Shred Boot Camp

**with** *Tommy Europe*

**3:00 pm - 4:00 pm**

FloMotion

**with** *Kim Kraushar*

## Workshops

**1:00 pm - 2:00 pm**

Body Talk: Your Biography IS Your Biology

**with** *Kelley & Don Burry*

**11:00 am - 1:00 pm and**

**2:00 pm - 4:00 pm**

Meet With a Personal Coach

**with** *Life & Career Coaches from Atlantic Canada*

**2:00 pm - 4:00 pm**

Meet With a Personal Trainer

**with** *GoodLife Personal Trainers*

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