

The best in  
the industry!



This year's *International Fitness and Club Business Conference and Trade Show* was our biggest and best show yet! With the most attendees we've ever had, the Metro Toronto Convention Centre buzzed with excitement and glittered with pros. From hot Zumba moves to engaging lectures, everyone sauntered out of the venue with a bright smile. Thanks to all who were a part of this amazing show!

See you next year! Mark August 19-23, 2009 on your calendar!



# WHAT A CELEB

CAN-FIT-PRO'S  
**15<sup>th</sup>**  
Anniversary



**KATHY SMITH TALKS UP THE TORONTO CONFERENCE AND TRADE SHOW!**  
It's official. Kathy Smith pledged her love for Canada and Can-Fit-Pro!  
You can read about it in her blog, entitled "Oh, Canada" at [www.kathysmith.com/blog/](http://www.kathysmith.com/blog/)



New Trends!



# RATION!

To check out some great photos from the conference, please visit our online gallery at [www.canfitpro.com/toronto2008/pro/pictures/](http://www.canfitpro.com/toronto2008/pro/pictures/)





## 2 Guinness World-Records BROKEN!

Can-Fit-Pro is proud to announce that the **World's Largest Cycling Class** and the **World's Largest Pilates Class** both broke world-records! A special thank you to all who participated—you were a part of fitness history!



# Conference and Trade Show



## The World's Largest Indoor Cycling Class

**THURSDAY, AUGUST 14, 2008.** We did it! 354 participants! You helped us raise over \$500 for The Sears National Kids Cancer Ride, helping children's cancer charities across Canada. There have never been so many bikes, so many quick moving legs, and so much energy in one room. Congratulations to all who participated!

**354**  
PARTICIPANTS!



## The World's Largest Pilates Class

**SATURDAY, AUGUST 16, 2008.** Wow, world record far surpassed – 623! Can-Fit-Pro and STOTT PILATES® teamed up to present this memorable event. Hundreds wore the official 'Pilates: Exercise for a Lifetime' event t-shirt, while being led through the class by STOTT PILATES co-founder, Moira Merrithew. Thank you to STOTT PILATES and the hundreds of Pilates class participants.

**623**  
PARTICIPANTS!



# The Making of a World Record

BY MOIRA AND LINDSAY G. MERRITHEW  
Co-Founders, STOTT PILATES®

As co-founders of a 20-year old business focused on mind-body fitness, we've witnessed the growth of Pilates and are thrilled with its present popularity. But even that couldn't have prepared us for the excitement of the grand finale at the Can-Fit-Pro Consumer Fitness and Wellness Show on August 16.

Imagine a room full of people – more than 600 of them! – moving in unison to a series of Pilates moves. Even though soothing music was playing, we were all on a mission: to create fitness history by being part of the world's largest Pilates class.

And we did it! With 623 participants inhaling and exhaling their way through the move-

ments, we are now in touch with Guinness World Records to confirm the official record status.

Thank you to Can-Fit-Pro for partnering with us on this exciting initiative, and also to the many people who joined us for this celebration of mind-body fitness – we hope you had as much fun as we did!

