



DATE

SPEAKER

SEMINAR TOPIC

May 2, 2026	San Jose Fit Head Coaches, Pace Coaches, and Organizer	Member Welcome & Orientation
May 9, 2026	Chris, owner Running Revolution	Chris will share hydration practices, shoe durability, anti-chafing and much, much more Proudly supporting fitters since 2002!
May 16, 2026	Willie Harmatz, Owner of Athletic Performance (Los Gatos)	Join us in welcoming Willie, owner of Athletic Performance , as he shares expert insights on training shoes, apparel, accessories, and more—all thoughtfully selected to support your best performance. Proudly supporting fitters since 1998!
May 23, 2026	Denise Wax, Denise Wax, MS, RD, CNSC	Join us as we welcome our very own Denise Wax, MS, RD, CNSC Lead Registered Dietitian at Kaiser San Jose Medical Center for a special talk focused on an essential topic Sports Nutrition for Distance Training. Fitter since 2009!
May 30, 2026	Dr. Doug Robinson, DPM, FACFAS	Join us for an insightful session with Dr. Doug Robinson, DPM, FACFAS , as he shares expert guidance on foot and ankle care. Discover practical tips to keep your feet healthy, comfortable, and injury-free-so you can train with confidence. Don't miss this chance to learn from a trusted expert and legacy Fitter and partner since 1998!
June 6, 2026	Dr Carl German, DC	Join us for an insightful session with Dr. Carl German, owner of Carl German Chiropractic, as he shares expert guidance on injury prevention and beyond. A legacy Fitter and valued partner since 1998 , Dr. German has long supported our community in staying active and injury-free.
June 13, 2026	Coach Surekha, Physical Therapist	Coach Surekha will talk about foam rolling. Key Benefits of Foam Rolling, How to Use a Foam Roller Effectively, Types of Foam Rollers, Common Areas to Foam Roll. Foam Rolling is a self-massage technique that reduces muscle tightness, soreness, and inflammation while increasing joint range of motion. Fitter since 2017!