



BCFit'13

EXPLORE, EXPAND, EXCEL

September 6-8, 2013 | North Vancouver

Capilano University Sportsplex · 2055 Purcell Way

Ron Andrews Community Recreation Centre · 931 Lytton Street



bcrpa.bc.ca

 #bcfit13



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Keynote Speaker

Allison McNeill

Inspiring players to explore... expand... excel

As fitness leaders, trainers and health educators, we must have a continuing commitment to *explore* best practices and innovations in the sector, to *expand* our depth of knowledge and skill set and to *excel* by striving to reach our greatest potential as we help our clients strive to reach theirs. BCFit's opening keynote, Allison McNeill, will inspire delegates to explore, expand and excel in their own lives as she shares how she has used these three themes to motivate some of Canada's best athletes.

Allison McNeill has lived basketball in Canada as a player and coach for over 40 years. She has coached at all levels from youth teams to provincial teams to the National team. She guided the Canadian Women's National team to the 2012 Olympic Games in London. In that team's first appearance since 2000, they advanced to the quarter-finals equaling the best ever performance by a Canadian women's basketball team. Allison has served as Canada's Head Coach from 2002 to 2012 and has led Canada to two World Championship appearances (in 2006 and 2010). She coached for 13 years at SFU where three of her teams advanced to the NAIA Final Four and served as Assistant Head Coach at the University of Oregon. The Canadian Association for the Advancement of Women in Sport named Allison one of the Most Influential Women in Sport in Canada in 2006, 2009 and 2012.

Fitness Awards

Nominations

The 2013 Fitness Awards are presented in recognition of outstanding contributions to fitness leadership in the community. The recipients are BCRPA Registered Fitness Leaders who motivate and influence British Columbians to commit to a physically active lifestyle, leading to an enhanced quality of life.

Award categories include:

- Fitness Leader of the Year
- Program Director/Manager of the Year
- Educator of the Year

If you know of a BCRPA Fitness Leader who deserves to be recognized for their contributions to the fitness industry, we want to hear about it! Nomination forms can be downloaded from the BCRPA web site. **Nominations will be accepted until July 31, 2013.** For more information please visit www.bcrpa.bc.ca/fitness_program/events/award/information.htm

Awards Ceremony

Join us Saturday, September 7, as we recognize the 2013 BCRPA Fitness Award recipients for their achievements and commitment to the field of fitness in BC. Be inspired by the contributions of these outstanding and inspiring leaders – your peers!



There is something for everyone!

You told us what you wanted, and we listened. Check out this year's **NEW** and **IMPROVED** offerings:

NEW!

- Indoor Cycle pre-conference session on Friday, Sept 6
- Aquatic sessions on both Saturday and Sunday
- A Facilities session stream!

IMPROVED!

- Older Adult stream - better than ever!
- Group and Personal Training/Technical streams
- More Of Interest to All sessions!

Come for one day, or two. The choice is yours!

We are Staying Green!

In an effort to do our part to reduce waste, the BCRPA will once again make all session handouts available online to all registered delegates. This enables you to access handouts for sessions you couldn't attend! Use the password information that will be included in your registration confirmation letter to access them. Handouts WILL NOT be available on-site, so please print the handouts you want to bring to your sessions.

Pre-Conference Workshops

Once again we will be offering a variety of pre-conference workshops to allow you to extend your conference experience. **Please pre-register for all pre-conference workshops – there will be no on-site registration.** More information on the pre-conference workshops can be found on [Page 15](#).

Visit the Fitness Trade Show!

The BCFit '13 Trade Show is not to be missed. Located on the main floor of the Birch Building on the Capilano University campus you can shop for educational materials, fitness equipment, music, clothing, food and a variety of other products and services. Watch the demos happening on the demo stages, and mix and mingle with suppliers, fitness organizations, and old and new friends.

And don't forget to check out this year's Online Marketplace! Visit exhibitors' virtual booths to check out their products and services, download coupons, learn about special on-site sales, enter contests and plan your weekend of shopping! The Online Trade Show will be available in early August, so keep an eye on the BCFit '13 webpage and your email inbox for more information.

We are pleased to have partnered with Capilano University this year, to offer you a terrific BC Fit '13 experience.

Capilano University is an innovative student-centred university where the spotlight is on you and your learning. Programs emphasize creative thinking, applied smarts and hands-on, real world learning opportunities. With campuses in North Vancouver, Sechelt and Squamish, B.C., Capilano offers a broad range of degree, diploma and certificate programs in some of the most beautiful settings in the world. Major areas of study include Arts & Sciences, Business, Tourism & Outdoor Recreation, Health & Education, Fine & Applied Arts and Preparatory Studies.

Pick Up Your Attendance Certificate

The BCRPA only issues Continuing Education Credits (CECs) for sessions attended. Those attending the full two-day conference, including the keynote, will receive 14.5 CECs. For Saturday only, 8.5 CECs, and for Sunday only, 6 CECs. If you are leaving early, or do not attend all sessions, the number of CECs on your certificate will be adjusted to reflect this. Certificates can be picked up at the registration desk after the last conference session ends.

NOTE:

*You **MUST** pick up your certificate at the conference. Certificates will **NOT** be available after Sunday September 8, 2013.*



BCFit'13

9 Session Streams:

- Aquatic
- Cycle
- Group Fitness
- Professional Development and Business
- Older Adult
- Mind-Body
- Personal Training
- Facility
- Of Interest to All

SATURDAY **September 7** — CAPILANO UNIVERSITY | 2055 PURCELL WAY, NORTH VANCOUVER

Time	Sportsplex - Gym	Sportsplex - Studio	Sportsplex - Tent	Cedar 148	Lib 316	Birch 263	Lib 321
7:15 – 8:15 am	Registration and Tradeshow (and shuttle to Ron Andrews Pool departs at 8:15am)						
8:15 – 9:45 am (1.5 hrs)	A1: HIIT It: Tabata (Lynne Skilton-Hayes) ■	A2: Hip Hop Body Shop (Milo Levell and Daniela Tempesta) ■	A3: Rhythm Ride (Amy Allen) ■	A4: Take Your Client from Beginner to Advanced (Andrew Heming) ■	A5: Obesity in Canada (Diana Bedoya) 	A6: Creating Your Brand (Emmie Li) ■	A7: Multi-Level Yoga (Tina Grant) ■
9:45 – 10 am	Break						
10 – 11:30 am (1.5 hrs)	B1: Sport Combat Drills (Michelle Carpenter and Jonathan Carpenter) ■ ■	B2: Bodybliz “The Dumbbell Way” (Kim Bond) ■ ■	B3: Cycle Interval Challenge (Krista Popowych) ■	B4: Hurry Up and Relax (Melanie Galloway) ■	B5: Fit Popular Tools into a Solid Training System (Andrew Heming) ■	B6: Confidence Builders for Teaching to Groups (Amanda Vogel) ■	B7: So Much More than The Core (Teri Lee Sampson) ■ ■
11:30 – 11:45 am	Break						
11:45 am – 1 pm	Welcome, Awards Ceremony and Keynote: Inspiring Players to Explore, Expand, Excel (Allison McNeill)						
1 – 1:30 pm	Lunch						
1:30 – 3 pm (1.5 hrs)	C1: Exercises for the Frail Older Adult (Debbie Cheong) ■	C2: Make the Most of Your Muscle (Lynne Skilton-Hayes) ■	C3: In the Zone...The Lactate Threshold Training Zone! (Judy Cudrak) ■	C4: Does Long, Slow and Steady Still Cut it? (Tony Leyland) ■	C5: The Plus-Sized Market (Leah Esplen) ■	C6: Building a 5-Star Business (Krista Popowych) ■	C7: Yoga for the Osteoporotic (Dean Smith) ■ ■
3 – 3:15 pm	Break						
3:15 - 4:45 pm (1.5 hrs)	D1: Tube Training - TURNED UP! (Donna Renaud) ■ ■	D2: Just Dance (Debbie Jessen) ■	D3: Ultimate Tabata Ride (Ingrid Knight-Cohee) ■	D4: Eating for Energy (Diana Steele) 	D5: Identifying High Risk and Ineffective Exercises (Andre Potvin) ■	D6: R&R - Recruiting and Retaining Clients (Sarah Loewen) ■	D7: Sun Salutations - Doing Them Right (Rachel Scott) ■
4:45 – 5 pm	Break						
5 – 6:30 pm (1.5 hrs)	E1: Sport Combat Cross-Training Methods (Michelle Carpenter and Jonathan Carpenter) ■ ■	E2: Naked Workout (Amy Allen) ■	E3: Pedal to the Metal (Lynne Skilton-Hayes) ■	E4: Fueling the Machine (Diana Steele) 	E5: Pain: A Frequent Dis-abler (Dean Smith) ■	E6: Climbing The Fitness Ladder (Amanda Vogel) ■	E7: Spine and Breath (Emmie Li) ■



9 Session Streams:

- Aquatic
- Cycle
- Group Fitness
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- Facility
- Of Interest to All

SUNDAY September 8 — CAPILANO UNIVERSITY | 2055 PURCELL WAY, NORTH VANCOUVER

Time	Sportsplex - Gym	Sportsplex - Studio	Sportsplex - Tent	Cedar 148	Lib 316	Birch 263	Lib 321
8:15 – 9:15 am	Registration and Tradeshow (and shuttle to Ron Andrews Pool departs at 9:15am)						
9:15 – 10:45 am (1.5 hrs)	F1: Move it or Lose it! (Chad Benson) ■ ■ ■	F2: Kick it! Cardio Kickbox (Lynne Skilton-Hayes) ■	F3: Rev up the Revolutions (Judy Cudrak) ■	F4: A Better Way to Practice (Carmen Bott) ■	F5: Training the 8 out of 10 with Back Pain (Brian Justin) ■	F6: Risk Management for Fitness Facilities (Ian McGregor) 	F7: Yoga and Pilates Flows for Fitness Classes (Sarah Loewen) ■
10:45 – 11 am	Break						
11 am – 12:30 pm (1.5 hrs)	G1: Med Ball Blast (Donna Renaud) ■ ■	G2: Bender Bootcamp (Keri Bowzaylo) ■ ■	G3: Cueing and Coaching (Ingrid Knight-Cohee) ■	G4: Exercise and Stubborn Fat Loss (Andre Potvin) ■	G5: Hands-Free Self Massage for Injury Prevention and Workout Recovery (Rick Kaselj) ■	G6: Forum – The People are Everything! (Moderator: Donna Hutchinson) 	G7: FAB Yoga (Amy Allen) ■
12:30 – 1:15 pm	Lunch						
1:15 – 2:45 pm (1.5 hrs)	H1: Trail Running 101 (Pam Pedlow) ■	H2: Fuss-Free Athletic Step (Amanda Vogel) ■	H3: Rockin' Race Recreation (Krista Popowych) ■	H4: What Older Adults Really Need (Debbie Cheong) ■	H5: Dr. Google Meet Trainer YouTube (Chad Benson) 	H6: Group Programming 101 (Ingrid Knight-Cohee) 	H7: Relaxation (Tina Grant) ■
2:45 – 3 pm	Break						
3 – 4:30 pm (1.5 hrs)	I1: Why Everybody We Train Needs to Know the Major Lifts (Faolan Dunphy) ■	I2: Baby Boomer Bounce 2 (Milo Levell and Daniela Tempesta) ■ ■	I3: Performance Cycle (Jodi Boates) ■	I4: You've Got Some Nerve (Brian Justin) ■	I5: Get into Your Clients' Heads (Portia Mann) ■	I6: Show Me the Money (Sarah Loewen) 	I7: Athletic Stretch (Keri Bowzaylo) ■ ■



AQUATIC STREAM

SATURDAY **September 7** — RON ANDREWS COMMUNITY RECREATION CENTRE POOL
931 LYTTON STREET, NORTH VANCOUVER

A shuttle will take delegates to the Ron Andrews Community Recreation Centre pool on Saturday morning for the aquatic sessions, and bring them back to Capilano University afterwards.

Please be on time as the shuttle driver won't wait if you're late!

Time	Session
8:15 – 9:45am (1.5 hrs)	AQ1: Don't be "Pushy" (Leah Esplen)
10 – 11:30 am (1.5 hrs)	BQ2: You've Got to Move It, Move It, Move It! (Debra Wilson)

Capilano University to pool: 7:45am departure (in front of Sportsplex)

Pool to Capilano University: 11:45pm departure

SUNDAY **September 8** — RON ANDREWS COMMUNITY RECREATION CENTRE POOL
931 LYTTON STREET, NORTH VANCOUVER

A shuttle will take delegates to the Ron Andrews Community Recreation Centre pool on Sunday morning for the aquatic sessions, and bring them back to Capilano University afterwards.

Please be on time as the shuttle driver won't wait if you're late!

Time	Session
9:15 – 10:45 am (1.5 hrs)	FQ1: Aqua-Bata: Tabata-Style Training in the Pool (Brenlee Rempel)
11 am – 12:30 pm (1.5 hrs)	GQ2: Stop the Run Around (Leah Esplen)

Capilano University to pool: 8:45am departure (in front of Sportsplex)

Pool to Capilano University: 12:45pm departure



CONFERENCE SESSIONS



BCFit '13 aquatic sessions are being held at the beautiful Ron Andrews Pool in North Vancouver.

Ron Andrews Pool Weekend Shuttle

A shuttle will take delegates to the Ron Andrews Community Recreation Centre pool for the Sunday morning aquatic sessions, and bring them back to Capilano University afterwards. *Please be on time as the shuttle driver won't wait if you're late!*

Capilano University to pool, Saturday 7:45 am departure; Sunday at 8:45 am (in front of Sportsplex)

Pool to Capilano University, Saturday 11:45 am departure, Sunday 12:45 pm

Ron Andrews Community Recreation Centre pool | **931 Lytton Street North Vancouver**
CLICK for Google Map

AQUATIC STREAM – SATURDAY, SEPT 7

AQ1: Don't be Pushy

Leah Esplen | 8:15 – 9:45 am

Do you know all eight shoulder movements? How about the six shoulder girdle movements? In this session we will go over those joint movements and the muscles that produce them. We will then hop into the water for some exercise analysis with and without equipment.

BQ2: You've got to Move It, Move it, Move It!

Debra Wilson | 10 – 11:30 am

This session is all about the creativity of using different types of aquatic equipment in shallow/transition depth water. The delegates will review aquatic properties and how they relate to different shapes and densities of aquatic equipment. The circuit class will use several different pieces of equipment: Sit Boards (Kick Boards), arm/leg foam cuffs, aquatic wobble boards, neutral dumb bells, noodles, hand webs and flat foams.

AQUATIC STREAM – SUNDAY, SEPT 8

FQ1: Aqua-Bata: Tabata-Style Training in the Pool

Brenlee Rempel | 9:15 – 10:45 am

Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple yet intense exercises will improve cardiovascular fitness - both aerobic and anaerobic in a time efficient, effective method. Learn how to build a workout that will improve strength and endurance, so participants are enabled to push harder, feel results and meet the protocol of Tabata training.

GQ2: Stop the Run Around

Leah Esplen | 11 am – 12:30 pm

Do you know all eight hip movements? How about the four ankle movements? In this session we'll go over these joint movements, as well as those at the knee and lower spine, and the muscles that produce them. We'll then hop into the water for some exercises analysis.



CYCLE STREAM – SATURDAY, SEPT 7

A3: Rhythm Ride

Amy Allen | 8:15 – 9:45 am

A fantastic heart-pumping workout! This advanced cycling workshop is full of pumpin' beats that includes jumps, rhythmic riding and out-of-the-saddle work. This class is all about using the rhythm and beat of the music to dictate your pace and motivate you as you challenge your cardiovascular endurance. Come prepared for a fun and challenging workout!

B3: Cycle Interval Challenge

Krista Popowych | 10 – 11:30 am

Cycle Interval Challenge is a heart pounding, high intensity workout that uses indoor cycles in an interval format for an efficient and effective workout. This class is designed for all participant levels and incorporates training techniques and high intensity cardio intervals to challenge participants to push to their full potential. Taught to great music and with seamless transitions, this cycling workout will up your spinning potential and provide you with great ideas to add to any cycling class.

C3: In the Zone...The Lactate Threshold Training Zone!

Judy Cudrak | 1:30 – 3 pm

For years, coaches have been using the reliable marker of lactate threshold to determine training zones....and so can we! Raising your lactate threshold is done by training at, or just below it, for long periods. In this workshop, we'll discuss how to test our lactate threshold, then experience a ride that incorporates a variety of LT drills.

D3: Ultimate Tabata Ride

Ingrid Knight-Cohee | 3:15 – 4:45 pm

The Tabata training protocol is perfectly suited to Group Cycling. Learn how to adjust and refine your cueing skills to get the best out of your participants in this challenging interval style class format.

E3: Pedal to the Metal

Lynne Skilton-Hayes | 5 – 6:30 pm

This ride is not for the faint of heart. The key to getting fitter – let uncomfortable be your new comfortable. This HIIT (high intensity interval training) cycle class will teach you to do just that. Learn how to coach this type of class effectively in order to ensure you get the most out of your students. Empower your students to work harder than they ever thought they could.

CYCLE STREAM – SUNDAY, SEPT 8

F3: Rev Up the Revolutions

Judy Cudrak | 9:15 – 10:45 am

A cyclist needs to have the ability to accelerate at many different points of a race, and to handle different speeds with power and efficiency. In this session, we will discuss the role of fast twitch and slow twitch muscles at different cadences, and apply that knowledge to various drills based on speed. Come prepared to come out of your speed comfort zone, and experience a number of different drills, all based on revving up the revolutions!

G3: Cueing and Coaching for Cycling

Ingrid Knight-Cohee | 11 am – 12:30 pm

This session will explore the instructional, educational & motivational aspects of cueing and coaching for indoor cycling classes. Learn how to balance all three components to empower your participants to reach new heights! Walk away with practical language and techniques to cue and coach for optimal cycling form and specific drills.

H3: Rockin' Race Recreation

Krista Popowych | 1:15 – 2:45 pm

Create an inspiring, challenging and rockin' race for your participants, moment by moment, revolution by revolution. This indoor team training ride will provide you with a stronger understanding of team dynamics and how-to application of cycling elements such as drafting, time trialing, pace lines, climbing strategies and more. Rev up the experience, up the power and expand on the imagery with a mind body connection that is sure to bring out the competitive edge in the entire team!

I3: Performance Cycle

Jodi Boates | 3 – 4:30 pm

Challenge your mind and body in this intense cycle atmosphere. A combination of both Endurance and Sprint based classes will be demonstrated in this 90 min workshop to help the instructor put together a solid performance oriented cycling program for the dedicated participant looking to improve strength and cardiovascular fitness. We'll discuss the use of heart rate zones and perceived exertion, talk tests and pulse checks as guides through the session.



PROFESSIONAL DEVELOPMENT AND BUSINESS STREAM

– SATURDAY, SEPT 7

A6: Creating Your Brand

Emmie Li | 8:15 – 9:45 am

What do Lululemon, Starbucks and Apple have in common? A sharp brand. What distinguishes you from your competitors? Can you characterize your brand? These are topics to be explored in this fun-filled workshop. Learn to create an exclusive brand that leads.

B6: Confidence Builders for Teaching to Groups

Amanda Vogel | 10 – 11:30 am

Having the composure to expertly lead a group is vital to your success, whether you're a new instructor or a personal trainer offering group training or boot camps. Catapult your confidence to a higher level with the tips and practical applications in this workshop, including experience-tested techniques for handling a crowd of fitness clients. Head to your next class or session with the know-how to confidently lead a group of any size.

C5: The Plus-Sized Market

Leah Esplen | 1:30 – 3 pm

Have you ever gone to a formal event in shorts and a tank top and felt like everyone was staring at and talking about you? This is an example of how 'out of place' over 50% of the Canadian population feel when they embark on a fitness program. In this session we will discuss more of these issues, how to deal with them and how to market to the people who need your help the most!

C6: Building a 5-Star Business

Krista Popowych | 1:30 – 3 pm

Would your business receive 5 out of 5 for quality and service? If it wouldn't pass muster, this session is for you. Join Krista, as she walks you through the steps to ensure your business is top-notch. Whether you are a one-man show, own a small business or manage a group of instructors or trainers under the umbrella of an organization, this session is for you. Learn about the needs of the current market place, have a better understanding of business trends and walk away with tips and ideas to make your business or programs 5 star!

D6: R&R – Recruiting and Retaining Clients

Sarah Loewen | 3:15 – 4:45 pm

As Personal Trainers we spend a great deal of time wearing our 'expert' trainer hat, directing our clients, and demanding 'just four more.' But is this always the most effective in the long term? Come see how a coach approach can make you the most sought after trainer in town.

E6: Climbing the Fitness Ladder

Amanda Vogel | 5 – 6:30 pm

Whether your goal is to profit as a self-employed personal trainer, educate others through fitness presenting or climb the job ranks in a large chain, advancing your position in the fitness industry is within your reach! The key to ascending the fitness leadership ladder – as a new or veteran fitness professional – is to seek out and even create exciting new positions and opportunities for yourself. Leave this session with inspiration and dozens of strategies you can use now for advancing your fitness career.

PROFESSIONAL DEVELOPMENT AND BUSINESS STREAM

– SUNDAY, SEPT 8

I5: Get into Your Clients' Heads

Portia Mann | 3 – 4:30 pm

Marketing and PR can be a useful way to create a name for yourself and grow your business. But, with so many communication tools available, it's easy to get caught up in the hype. Get true buy-in from clients using a strategic communication and marketing approach. Learn how to identify the buying behavior of your stakeholders, how to write messages that will engage your audience, and how to harness the power of various communication tools to build growth and prosperity.



FACILITIES STREAM – SUNDAY, SEPT 8

F6: Risk Management for Fitness Facilities

Ian McGregor | 9:15 – 10:45 am

To effectively manage risk in your job as a fitness professional, it is important to first understand what negligence really looks like in the fitness business. This session will reveal where you may be vulnerable, and by focusing on the types of risks specific to the fitness industry, how you how these risks can be mitigated by common-sense risk management practices.

Risk Management can be overwhelming - so the KISS approach is critical. Some simple audit tools will allow you to conduct a quick risk assessment of your programs and/or facilities, so that you can take action to address any gaps.

G6: Forum – The People are Everything!

Moderator: Donna Hutchinson | 11 am – 12:30 pm

Your facility is the hub of wellness in your community and the people, staff and patrons alike, play an integral role in ensuring a safe and inclusive environment for everyone to enjoy. The challenge we all face is how do we continue to service members and meet their ever growing needs? How do we keep our teams motivated, inspired and growing, decrease staff turnover and increase productivity? With ever growing diversity, how do we learn to embrace and understand the needs of others in a respectful way both within the workplace and in serving our members? Attend this forum where everyone will have an opportunity to share their own challenges being faced within their facility and walk away with new insights and ideas.

H6: Group Programming 101

Ingrid Knight-Cohee | 1:15 – 2:45 pm

Group Fitness programming is both an art and a science. Learn how to piece together your jigsaw puzzle based on available talent, trends, budget and member demands. Use current industry formulas to create a balanced and sustainable schedule to get rid of your programming headaches once and for all!

I6: Show Me the Money – Successful Cost Recovery Fitness Programming

Sarah Loewen | 3 – 4:30 pm

In today's ultra competitive budget-conscious climate, recovering costs and fully utilizing space is more important than ever. Knowing your target market, capitalizing on your unique strengths, differentiating yourself from the competition and budgeting are the keys to success. This session will give you some take away tools to implement right away, as well as some best practice examples to inspire.



OLDER ADULT STREAM

– SATURDAY, SEPT 7

B4: Hurry Up and Relax

Melanie Galloway | 10 – 11:30 am

Baby boomers fight the stresses of balancing work, children and aging parents. Guilt from not getting to exercise adds more stress. Exercise also stimulates the sympathetic (fight or flight) nervous system. As instructors we should know how to maximise its benefits but end our session by bringing the parasympathetic system into play, offering our participants the tools they need to enhance this “rest and digest” system.

C1: Exercises for the Frail Older Adult

Debbie Cheong | 1:30 – 3 pm

As our population ages, we are expecting an increase in frailty amongst the seniors who attend our Third Age classes. This workshop will review the application of exercise targeting functional strength, posture and fall prevention for the frail older adult. Explore practical modifications and adaptations to basic exercises and ensure our senior participants are working to their potential.

C7: Yoga for the Osteoporotic

Dean Smith | 1:30 – 3 pm

Is yoga safe for our osteoporosis clients? With all the benefits from doing yoga (including flexibility, balance, strength, body awareness, improved posture, and relaxation) do we want this group be excluded. In this seminar we will learn and practice ways of safely including yoga poses and principles for these clients in both group fitness and yoga classes.

E5: Pain: A Frequent Dis-abler

Dean Smith | 5 – 6:30 pm

Pain, especially of a chronic nature, can often begin a downward spiral in people’s lives. It affects all aspects including the physical, emotional and social. In this session we will explore some of the complex pain mechanisms that occur in the body, look at the psychosocial and physical ramifications of pain and discuss some of the interventions available.

OLDER ADULT STREAM

– SUNDAY, SEPT 8

F1: Move it or Lose it!

Chad Benson | 9:15 – 10:45 am

Most adults progressively lose functionality starting after they leave high school. This loss often prevents them from doing the most recreational activities safely and robs them of their bodies’ built-in kangaroo machines. In order to stimulate metabolic challenge, develop functional muscle and prevent injury while pushing your clients outside their comfort zone, it is essential to develop their myofascial fitness and multidirectional movement. This session will illustrate safe SAQ (Speed, Agility, Quickness) progression and discuss both the science of weight loss and the benefits of multidirectional movement training for adults as they age.

H4: What Older Adults Really Need

Debbie Cheong | 1:15 – 2:45 pm

Increasingly, seniors are accessing a significant portion of community recreation services. Are your programs changing with the times? Let us explore the complex issues of this aging demographics and see what older adults really need.

I2: Baby Boomer Bounce 2

Milo Levell and Daniela Tempesta | 3 – 4:30 pm

Baby Boomer Bounce is back! This sequel to the original will expand on the concept of old school dance fitness to Motown hits for the older population. Motivation, inspiration & encouragement are the main focuses of this fun format while allowing students to sweat, sweat, sweat without even knowing it!





MIND-BODY STREAM

– SATURDAY, SEPT 7

A7: Multi-Level Yoga

Tina Grant | 8:15 – 9:45 am

One challenge of teaching yoga in a fitness facility is that classes are often filled with very mixed level students. It is an art to balance a yoga class that moves neither too fast for the beginner nor too slow for the experienced student. Learn how to maintain your student base by offering the simplest options for the beginner and the deeper variations for those that are ready to progress. Keep all your students feeling the Yoga Love, with a safe, creative, and fluid multi level yoga class.

C7: Yoga for the Osteoporotic

Dean Smith | 1:30 – 3 pm

Is yoga safe for our osteoporosis clients? With all the benefits from doing yoga (including flexibility, balance, strength, body awareness, improved posture, and relaxation) do we want this group be excluded. In this seminar we will learn and practice ways of safely including yoga poses and principles for these clients in both group fitness and yoga classes.

D7: Sun Salutations – Doing them Right

Rachel Scott | 3:15 – 4:45 pm

Ever wondered if you were really doing – and teaching – chaturanga right? Want to figure out that pesky jump forward? Revolutionize your sun salutes with this in-depth, fun, and transformative workshop. With just a few simple adjustments, you will learn how to protect your joints, prevent repetitive stress injury, and fire up your core - and translate these tips into sensible instruction for your students. You do them every yoga practice, it's time to do them right!

E7: Spine and Breath

Emmie Li | 5 – 6:30 pm

Pilates was designed to restore natural spinal movement. In this workshop, we will explore moving from the center, through the entire spine and the significance of spinal alignment.

MIND-BODY STREAM

– SUNDAY, SEPT 8

F7: Yoga and Pilates Flows for Fitness Classes

Sarah Loewen | 9:15 – 10:45 am

Give your clients a little value added by incorporating some yoga and Pilates sequences into your already existing classes. This workshop will give you some ready to use 'flows or sequences' that are safe and effective to use in a mainstream fitness classes. Your participants will love it!

G7: FAB Yoga

Amy Allen | 11 am – 12:30 pm

Tired of hammering out the crunches day in and day out, and wondering why you aren't getting the results you want? This fabulous workshop focuses attention and effort strictly on the core using yoga. Learn to train your "core" where abdominal and low back training is taken to a different level. Then treat yourself to a stretch designed to improve flexibility and release tension. Relax your mind and lengthen your muscles. Open to all levels of fitness.

H7: Relaxation

Tina Grant | 1:15 – 2:45 pm

Teaching a relaxing yoga class does not mean you are only offering gentle seated and floor postures. Most yoga students come to a class for a variety of reasons including strength, flexibility, balance, and stress reduction. This workshop will give you the tools to add a deeper level of relaxation into all aspects of a yoga class, by using the breath, visualization, dristi, and longer held poses. Your students will come away feeling strong, balanced, and relaxed, from learning the art of relaxation.

I7: Athletic Stretch

Keri Bowzaylo | 3 – 4:30 pm

In this session participants will learn how to develop a stretch program to target their athletes' tight muscles whatever their sport may be. Discuss how stretching can be a key part of injury prevention.



GROUP FITNESS STREAM

– SATURDAY, SEPT 7

A1: HIIT IT! Tabata

Lynne Skilton-Hayes | 8:15 – 9:45 am

This is an intense metabolic workout that combines intervals of cardio training following the Tabata protocol (20 secs of work and 10 seconds of rest) and strength exercises. You'll burn calories even after you're done this workout. This is metabolic mayhem.

A2: Hip Hop Body Shop

Milo Levell and Daniela Tempesta | 8:15 – 9:45 am

As seen first on the popular ESPN2 fitness show, Hip Hop Body Shop will guide you through incredible old school funk into new school hip hop in a non-stop cardio groove.

B1: Sport Combat Drills

Michelle Carpenter and Jonathan Carpenter
| 10 – 11:30 am

Learn to execute and incorporate fundamental and intermediate level sport combat drills into your clientele's training. Both punching and kicking combinations will be emphasized, with and without targets. It is ideal that participants have a basic understanding of punching basics. Please bring your own gloves/wraps if you have them.

B2: Bodybliz "The Dumbbell Way"

Kim Bond | 10 – 11:30 am

This workshop will teach you how to streamline a perfectly flowing DB class that focusing on integrating whole body movement sequences that can be used to "pump up the motivation" and challenge the level of your participants.

B7: So Much More than The Core

Teri Lee Sampson | 10 – 11:30 am

This workshop will give you a clear understanding of what the true core is and how to work it properly for form and function. We will take a look at common types of core dysfunction that affect the foundation of our core – the pelvic floor. Take away new and innovative ways to train your core without crunches, using movements that conditions the pelvic floor while also toning muscles of the hip.

C2: Make the Most of Your Muscle

Lynne Skilton-Hayes | 1:30 – 3 pm

A lunge is a lunge and a bicep curl is a bicep curl? Not always. Why are these exercises more impactful in some classes over others? It all comes down to thoughtfully structuring your class and your ability to teach and cue technique effectively. Learn concepts around set performance and how best to sequence exercises most effectively as well as how to fine tune your cueing. Take your muscle conditioning classes to the next level and walk away with a toolbox of tricks trainers use to get the most out of their clients.

D1: Tube Training – TURNED UP!

Donna Renaud | 3:15 – 4:45 pm

Expand your repertoire of tubing exercises in this beyond basics workshop! By combining tubing with athletic conditioning you will experience dynamic, creative movement patterns that will rev up your heart rate while challenging your muscles. Expect a brief review of fundamentals, with a focus on more advanced class design and compound exercises. This session uses tubing from start to fabulous stretch.

D2: Just Dance

Debbie Jessen | 3:15 – 4:45 pm

Do you want to incorporate some dance into your classes but are not sure where to start? In this workshop we will explore some fun, simple choreography that can be incorporated into any group fitness or third age class. Get ready to move to many different international rhythms as well as top 40 and oldies songs.

E1: Sport Combat Cross-Training Methods

Michelle Carpenter and Jonathan Carpenter
| 5 – 6:30 pm

With the popularity of MMA and other combat sports, many clients are either training as an athlete or training like an athlete in these sports. Join MIJO Sport co-owners to learn and understand the popular methods used to cross-train combat athletes. Including challenging and exciting drills that train agility, power and stability, this session will also discuss micro and macro cycling and how to appropriately plan a program for a client who is training in this way.

E2: Naked Workout

Amy Allen | 5 – 6:30 pm

Now that I've got your attention, introducing a superb workout that requires NO EQUIPMENT. No balls, BOSU's, TRX's, steps, resistance bands or medicine balls, just good ol' school exercises with a modern twist. And yes, you will twist. Never fear again what equipment may be available at your next studio, this workshop has you covered.



GROUP FITNESS STREAM

– SUNDAY, SEPT 8

F1: Move it or Lose it!

Chad Benson | 9:15 – 10:45 am

Most adults progressively lose functionality starting after they leave high school. This loss often prevents them from doing the most recreational activities safely and robs them of their bodies' built-in kangaroo machines. In order to stimulate metabolic challenge, develop functional muscle and prevent injury while pushing your clients outside their comfort zone, it is essential to develop their myofascial fitness and multidirectional movement. This session will illustrate safe SAQ (Speed, Agility, Quickness) progression and discuss both the science of weight loss and the benefits of multidirectional movement training for adults as they age.

F2: Kick it! Cardio Kickbox

Lynne Skilton-Hayes | 9:15 – 10:45 am

Blend heart-pounding boot camp inspired power moves with traditional kickboxing drills and combinations. You'll review critical techniques on punches and kicks, and learn how to progress drills and combinations with guidelines for safe and effective program design in mind. This workshop is ideal for both a new instructor looking to teach kickboxing or the seasoned instructor looking for new ideas for your current kickboxing or athletic classes. Come take a jab at this intense workout!

G1: Med Ball Blast

Donna Renaud | 11 am – 12:30 pm

Medicine ball training meets group fitness fun: In this creative session you will bounce, roll, throw, pass and toss your way to a fantastic sweat. This workout is designed to challenge, but you do not need to have previous experience with the medicine ball. Expect to take away exercises you can add to your existing Body Shop, Interval Training or Circuit classes, or use the entire format for a new class.

G2: Bender Bootcamp

Keri Bowzaylo | 11 am – 12:30 pm

Bootcamps are continuing to be a popular trend in the fitness industry. They are known for being intense workouts in random locations. With the portable tools such as the Bender Ball and Gliding Discs we can now turn up the intensity of those traditional bootcamp exercises! In this session you will get the creative juices flowing as you learn new ways to use these innocent looking toys which can be modified to suit all fitness levels! Get ready to fire up your core, cardio and total body strength!! Learn new ways to challenge your existing athletes/participants or discover the inner athletes with your beginners!

H2: Fuss-free Athletic Step

Amanda Vogel | 1:15 pm – 2:45 pm

Whether you teach an actual step class or just use the step as part of your bootcamps, circuits and other group workouts, this athletic-style step session is for you. The no-fuss, CHOREOGRAPHY-FREE intervals and bodyweight drills you'll experience in this workshop require virtually no prep time to teach. Head home with a host of ideas for leading time-saving step workouts that are current, challenging and fun. And there's no choreography in sight!

I2: Baby Boomer Bounce 2

Milo Levell and Daniela Tempesta | 3 – 4:30 pm

Baby Boomer Bounce is back! This sequel to the original will expand on the concept of old school dance fitness to Motown hits for the older population. Motivation, inspiration & encouragement are the main focuses of this fun format while allowing students to sweat, sweat, sweat without even knowing it!

I7: Athletic Stretch

Keri Bowzaylo | 3 – 4:30 pm

In this session participants will learn how to develop a stretch program to target their athletes tight muscles whatever their sport may be. Discuss how stretching can be a key part of injury prevention.



PERSONAL TRAINING

– SATURDAY, SEPT 7

A4: Take Your Client from Beginner to Advanced

Andrew Heming | 8:15 – 9:45 am

A huge factor in individualizing program design for your clients is to know ‘what is appropriate’ for their training level. Beginner and advanced trainees need to play by different rules to optimize their results. This session will teach you the unique characteristics, needs and program design strategies for your beginner, intermediate and advanced clients.

B1: Sport Combat Drills

Michelle Carpenter and Jonathan Carpenter
| 10 – 11:30 am

Learn to execute and incorporate fundamental and intermediate level sport combat drills into your clients’ training. Both punching and kicking combinations will be emphasized, with and without targets. It is ideal that participants have a basic understanding of punching basics. Please bring your own gloves/wraps if you have them.

B2: Bodybliz “The Dumbbell Way”

Kim Bond | 10 – 11:30 am

This workshop will teach you how to streamline a perfectly flowing DB class that focusing on integrating whole body movement sequences that can be used to “pump up the motivation” and challenge the level of your participants.

B5: How to Fit Popular Training Tools Into a Solid Training System

Andrew Heming | 10 – 11:30 am

Today’s fitness industry has exploded with all sorts of innovative training tools. This session will give you the advantages and disadvantages of today’s hottest fitness training tools to help you choose the right tool for each training job. It will also show you how to fit any training tool into a solid training system to deliver the best possible results to your clients.

B7: So Much More than The Core

Teri Lee Sampson | 10 – 11:30 am

This workshop will give you a clear understanding of what the true core is and how to work it properly for form and function. We will take a look at common types of core dysfunction that affect the foundation of our core - the pelvic floor. Take away new and innovative ways to train your core without crunches, using movements that conditions the pelvic floor while also toning muscles of the hip.

C4: Does Long, Slow and Steady Still Cut it?

Tony Leyland | 1:30 – 3 pm

In this discussion, Tony presents recent research on the health benefits of resistance training. In addition, he discusses the dangers of too much endurance training and the possibility of cardiovascular overtraining. Not forgetting that weight loss is the primary reason many people exercise, he also addresses the benefits of resistance training and high intensity interval training on body composition.

D1: Tube Training – TURNED UP!

Donna Renaud | 3:15 – 4:45 pm

Expand your repertoire of tubing exercises in this beyond basics workshop! By combining tubing with athletic conditioning you will experience dynamic, creative movement patterns that will rev up your heart rate while challenging your muscles. Expect a brief review of fundamentals, with a focus on more advanced class design and compound exercises. This session uses tubing from start to fabulous stretch.

D5: Identifying High Risk and Ineffective Exercises

Andre Potvin | 3:15 – 4:45 pm

Confused about what you can and cannot do? Tired of searching for someone to tell you what is safe? This insightful workshop makes it easy for you to decide for yourself what exercises are appropriate. It took 3 years to develop and provides you with an easy step-by-step exercise analysis system certain to teach you how to decipher the effective from ineffective.

E1: Sport Combat Cross-Training Methods

Michelle Carpenter and Jonathan Carpenter
| 5 – 6:30 pm

With the popularity of MMA and other combat sports, many clients are either training as an athlete or like an athlete in these sports. Join MIJO Sport co-owners to learn and understand the popular methods used to cross train combat athletes. Including challenging and exciting drills that train agility, power and stability, this session will also discuss micro and macro cycling and how to appropriately plan a program for a client who is training in this way.



PERSONAL TRAINING

– SUNDAY, SEPT 8

F1: Move it or Lose it!

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F4: A Better Way to Practice

Carmen Bott | 9:15 – 10:45 am

While the old adage is often true that good things come to those who wait (and wait and wait); there certainly are METHODS of getting to a destination faster. As Performance Coaches and Fitness Professionals, we can often waste time during training sessions because nobody ever taught us the most effective and efficient WAY for our clients to practice. In this session, Carmen will show you how to structure a training session (practice) so your clients learn quicker and retain information more permanently.

F5: Training the 8 out of 10 with Back Pain

Brian Justin | 9:15 – 10:45 am

This workshop is designed to help the personal trainer understand the essentials of risk reduction for low back pain and explore the different thought processes of core stability. Low back issues will be explored at multiple angles to give the trainer a variety of strategies to reduce low back pain risk in their clients.

G1: Med Ball Blast

Donna Renaud | 11 am – 12:30 pm

Medicine ball training meets group fitness fun: In this creative session you will bounce, roll, throw, pass and toss your way to a fantastic sweat. This workout is designed to challenge, but you do not need to have previous experience with the medicine ball. Expect to take away exercises you can add to your existing Body Shop, Interval Training or Circuit classes, or use the entire format for a new class.

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G4: Exercise and Stubborn Fat Loss

Andre Potvin | 11 am – 12:30 pm

Do you know someone that is doing “all the right things” but experiencing stubborn fat-ness? During this fact-filled lecture, Andre Noel Potvin explains the science behind stubborn fat-loss and examines the detailed impact and role of exercise, hormones, and thyroid play in the fight against the ‘bulge’. Learn concrete strategies that effectively address this issue.

G5: Hands-Free Self Massage for Injury Prevention and Workout Recovery

Rick Kaselj | 11 am – 12:30 pm

Rest and stretching are the recommended methods of preventing injuries or getting our clients' bodies ready for their next session. In this practical and hands-on workshop you will learn new, safe techniques and exercises for yourself and your clients when it comes to fending off injury and to help the body be ready for the next session. You will be shown ways of using common and inexpensive equipment found in a fitness center to add to your programs. We will be using tennis balls, medicine balls, foam rollers and a few other gym tools to help in injury prevention and recovery for the neck, hip, shoulder, back, knee and foot. If you have nagging tight muscles or have a tough time recovering between workouts, you should make sure to attend this workshop.

H1: Trail Running 101

Pam Pedlow | 1:15 – 2:45 pm

Train your clients to excel at running on uneven and often unexpected terrain. Learn the roles, power, agility, quickness and strength play in helping them stay on their feet and off their butts!



PERSONAL TRAINING CONTINUED...

– SUNDAY, SEPT 8

I1: Why Everybody We Train Needs to Know the Major Lifts

Faolan Dunphy | 3 – 4:30 pm

Since birth, virtually every day, every person moves and lifts things. Fitness training has altered these familiar movement patterns into a myriad of different exercises that we use to train our clients and ourselves. You will gain greater insight into the Deadlift, Squat, Presses and Pulls, why they are important, how they work and how to use and alter them to suit almost every single one of your clients’ needs, from the athlete to the senior citizen.

I4: You’ve Got Some Nerve

Brian Justin | 3 – 4:30 pm

This workshop will delve into the challenges in your client’s life that end up in your training session. Unfortunately, your clients can’t check their challenges at the front door. How does what your client’ eat effect their stability? Or their fight with their boyfriend or girlfriend end up decreasing their range of movement? It is all about nervous inputs into the system. Learn how to navigate through your clients challenges in your training sessions.

OF INTEREST TO ALL

– SATURDAY, SEPT 7

A5: Obesity in Canada

Diana Bedoya | 8:15 – 9:45 am

In this session, attendees will learn about the complex nature of obesity. The multifactorial causes of the disease will be explored, with an evidence-based look at its various physiological, environmental and psychological promoters, which vary across the population. Potential areas for intervention at both the individual and societal level will also be discussed.

C5: The Plus-Sized Market

Leah Esplen | 1:30 – 3 pm

Have you ever gone to a formal event in shorts and a tank top and felt like everyone was staring at and talking about you? This is an example of how ‘out of place’ over 50% of the Canadian population feel when they embark on a fitness program. In this session we will discuss more of these issues, how to deal with them and how to market to the people who need your help the most!

D4: Eating for Energy

Diana Steele | 3:15 – 4:45 pm

Food is Fuel! Establishing a consistent energy state is key to meeting both your fitness and health goals. A hectic schedule can make eating a healthy diet and maintaining your stamina a challenge. This seminar will teach you how to eat a balanced diet and how to improve your energy. It will also teach you the secrets of fat loss without deprivation and how to fuel your body better for exercise. The seminar will provide an opportunity to determine where you’re at and compare it to where you should be in terms of meeting your minimum nutrient requirements. It will also go over vitamin/mineral supplementation.

E4: Fueling the Machine

Diana Steele | 5 – 6:30 pm

Food is the number 1 ergogenic aid, scientifically proven to improve athletic performance. Learn how to use food and fluids to your advantage in this motivating and practical session. This seminar will teach you not only what to eat on a daily basis but also the nuts and bolts of sports nutrition including pre-, during and post-exercise fueling and hydrating. It will also discuss food safety, travel tips and restaurant dining.

OF INTEREST TO ALL

– SUNDAY, SEPT 8

H5: Dr. Google Meet Trainer YouTube

Chad Benson | 1:15 – 2:45 am

The information highway or internet is an ever evolving, open pathway to various forms of educational content. If you aren’t using Google or You Tube to enhance your lives and personal practice, it’s time to improve your searching skills. The obvious issue is quality control; especially given anyone with a smart phone or web camera can call themselves an aficionado step up to the mike and offer their self-proclaimed expertise. In this seminar, I will deliver some of the planet’s most valid and innovative on-line resources. Site by site, my favorite internet hotspots will practically guide you through a complete warm-up to cooldown training resource session guaranteed to change the way you ‘surf’.



Pre-Conference Workshops

Kickstart your BCFit '13 conference experience and attend pre-conference workshops and events happening on Friday September 7 in the afternoon and evening. We have a variety of activities for you to consider.

PC1: Core Cycling Techniques

Presented by: Krista Popowych

Where: Capilano University

When: Friday, September 6, 2013

Time: 1 pm – 5 pm

Price: \$120.00

In this session, ride away with all you need to know in order to teach engaging, effective and results-orientated group indoor cycling classes. Performance Cycling will cover the key concepts of the indoor ride. From individualized bike set-up for a comfortable and more efficient ride, to cycling technique for greater power output plus correct riding positions, heart rate training, intensity and zone workouts, class components, use of music, effective communication and more, you will be properly prepared to teach any indoor cycling class. In addition, you will receive a repertoire of class formats and ideas for drills that will get you cycling in the right direction. Performance Cycling will give you the confidence and tools to instruct studio ready indoor cycling classes. Whether you are a personal trainer looking for ways to build your client base or an instructor wanting to add another layer to your instructing resume, indoor cycling is a great addition to your training and teaching repertoire.

PC2: The Baby Boomer Bounce

Presented by: Milo Levell

Where: Capilano University

When: Friday, September 6, 2013

Time: 2:30 pm – 8:30 pm

Price: \$185.00

The Baby Boomer Bounce returns to the BCRPA, this time with an incredible instructor training program. Designed for the older adult and those who love the Motown sound, this instructor training will cover the history, culture, music and elements of dance fitness instruction and class. Instructors will be guided through exciting and safe, pre-choreographed routines. Learn how to breakdown choreography, music cuing and execution of the final Baby Boomer Bounce Mix. Be a part of this new older adult-focused program that will keep your participants moving and grooving!

PC3: Chair Yoga by Bender

Presented by: Rhona Parsons

Where: Capilano University

When: Friday, September 6, 2013

Time: 5 pm – 9 pm

Price: \$99.00

Just released in 2013 Chair Yoga is the newest module under the Bender Method™ of Training Education series. This program is for everyone, any age and any fitness level. This very gentle form of Yoga is excellent for people with various types of movement disorders and is easily incorporated into an active older adult setting. Using a chair and Bender Ball as a prop, the health benefits of this program are endless – reduced blood pressure, better sleep, improved mobility, movement and posture, and increased stamina to make everyday tasks easier. All aspects of Yoga – postures, pranayama (breath), meditation and relaxation can be done using the chair complemented with the Bender Ball. This special population can find comfort using the chair as an aide – helping to reduce fear of falling – thus reducing anxiety and stress. Leave with a variety of poses that you can start using with your clients right away!

PC4: Urban Poling

Presented by: Donna Hutchinson

Where: Capilano University

When: Friday, September 6, 2013

Time: 5 pm- 8 pm

Price: \$189.00

Urban Poling (aka Nordic walking) is an innovative, fun, low impact group exercise program that is being used in fitness programs and clubs across Canada for clients of all ages. The exercise program can be adapted for the general public, elite athletes to group programming for less active older adults. The Urban Poling Nordic Walking Instructor certification course teaches a technique that has been extensively researched and is highly effective for core muscle strengthening, promoting proper posture, increasing stability and balance and reducing stress on lower extremities. Learn how to do the basic and advanced techniques of poling as well as how to expand your present program to using the poles for exercises to improve core, balance & posture. The equipment, manual and course were designed with the expertise of therapists, and fitness experts.



PC5: Group ICE Workshop

Where: Capilano University
When: Friday, September 6, 2013
Time: 5:30 pm – 8:30 pm
Price: \$60.00

The Group ICE workshop is one of the requirements for those individuals who wish to obtain their Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL) designation in Group Fitness, Aquatic Fitness, Yoga Fitness or Pilates Fitness.

PC6: Weight Training/Personal Training ICE Workshop

<http://www.bcrpa.bc.ca/fitness-program/instructor-competency-evaluation-workshop>

Where: Capilano University
When: Friday, September 6, 2013
Time: 5:30 pm – 8:30 pm
Price: \$60.00

The WT/PT ICE workshop is one of the requirements for those individuals who wish to obtain their Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL) designation in Weight Training or Personal Training.

PC7: Emergency First Aid and CPR Recertification

Where: Capilano University
When: Friday, September 6, 2013
Time: 6 pm – 9:30 pm
Price: \$50.00

Is it time for you to recertify in Emergency First Aid? Then here's your opportunity to do so with the team from Select First Aid. You must bring your most recent credential with you; if expired, it must have expired no more than 2 years ago.

PC8: CPR Recertification

Where: Capilano University
When: Friday, September 6, 2013
Time: 6 pm – 8:30 pm
Price: \$40

Is it time for you to recertify in CPR-C? Then here's your opportunity to do so with the team from Select First Aid. You must bring your most recent credential with you; if expired, it must have expired no more than 2 years ago.

PC9: TFL Networking Event

Where: Capilano University
When: Friday, September 6, 2013
Time: 5 pm – 7 pm
Price: free for current BCRPA TFLs

Calling all TFLs! Come out and meet your peers for an informal evening consisting of networking and conversation, coffee and snacks. Share your thoughts about the evolution of our industry and its future needs. This is a free event for TFLs only, but pre-registration is required. Professional Development credits will be given. You must be a current BCRPA TFL to attend this event.



Amanda Vogel | Vancouver, BC

Amanda Vogel, MA human kinetics, is a BCRPA TFL, fitness instructor and owner of ActiveVoice.ca, a writing, editing and consulting service for the fitness industry. In addition to being a social media consultant and international presenter, Amanda blogs at FitnessTestDrive.com and writes for *IDEA Fitness Journal*, *Best Health*, *Oxygen* and *SELF*.

Amy Allen | Victoria, BC

Amy is a registered Kinesiologist, Ashtanga Teacher and a Victoria Lululemon Ambassador and BCRPA SFL. Amy is a TRX Course Instructor for TRX Training, teaching Suspension Trainer Courses in North America. Amy is involved with fitness presenting, educating fitness leaders all across Canada. She delivers unique, educational and upbeat workshops that are action packed and cutting edge.

André Noël Potvin | Vancouver, BC

Andre Noel Potvin is an internationally accredited author, fitness educator and clinical exercise specialist with 28 years of leadership and clinical experience. President of INFOFIT Educators School of Fitness Professionals, Andre is frequently invited to lecture at international public and professional conferences.

Andrew Heming | Langley, BC

Andrew works at Trinity Western University as Head Strength & Conditioning Coach for Spartan Athletics and is an Assistant Professor, Human Kinetics. Follow his blog at www.andrewheming.com.

Brenlee Rempel | Vancouver, BC

Brenlee has been involved with fitness all her life, in dance, gymnastics, swimming, triathlons and downhill mountain biking. She has been teaching fitness for 20 years and is a BCRPA Supervisor of Fitness Leaders. Brenlee strives to create fun, unique workouts every class and is constantly searching for uplifting, motivating music to work her students out.

Brian Justin | Abbotsford, BC

Brian is currently a full-time Kinesiology Instructor at the University of the Fraser Valley in Chilliwack. He earned his Masters and Bachelor degrees from the University of British Columbia specializing in exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. Brian is also an Holistic Lifestyle coach.

Carmen Bott | Vancouver, BC

Carmen Bott is a Sport Performance Specialist, recently hired by Fortius Sport in Burnaby British Columbia. She has been in the field of strength & conditioning for over 17 years. Carmen has a Master's of Science degree from the University of British Columbia, is a certified strength & conditioning specialist and has been teaching Kinesiology at the University-level since 2006.

Chad Benson | Vancouver, BC

Educated at the University of Victoria and Memorial University of NL, Chad is the President and Owner of ARC Performance Training Systems Ltd. (www.arctraining.ca). In addition to overseeing ARC operations, his current Kinesiologist / Strength & Conditioning Coach involvement includes contacts with Canadian National Sailing & Women's Basketball teams.

Daniela Tempesta | Aliso Viejo, CA

Daniela has been in the industry for 12 years and has led numerous fitness professionals to successful careers through course conducting, facility management and workshops. She is a fitness consultant and author. Her mission: to inspire others to healthy living.

Dean Smith | Vancouver, BC

Dean Smith is a physiotherapist working in a busy orthopedic practice in Kitsilano. In addition to his work as a physio, Dean has been involved in the fitness industry as an on-floor fitness leader, international presenter and yoga instructor for many years. When not working, Dean can be found with his friends and dog, and climbing or skiing in the coast mountains.

Debbie Cheong | Delta, BC

As the Provincial Coordinator for BC Women's Hospital & Health Centre's Osteofit, Debbie is involved in program development, training, and evaluation, of Osteofit instructors. She currently leads classes for seniors in the community, and mentors and coaches other instructors in Osteofit, Joint Works/Water Works and more.

Debbie Jessen | Burnaby, BC

Debbie has been actively involved in the fitness industry for over 25 years. She is registered as a BCRPA SFL with designations in Osteofit, Weight Training and Third Age. She has completed Zumba Basic and Level 2. Debbie has provided articles for Fitness Business and Trainer Canada, focusing on exercise and cancer topics. She has completed 3 half marathons, played competitive hockey, and is married and a proud mother of two boys.

Debra Wilson | Campbell River, BC

Debra started her fitness career in 1988, and has held the Rehabilitation and Fitness Coordinator position since 1994 for the Strathcona Regional District. Her passion - Aquatic Fitness! She continues to work in aquatic therapy with specialty clients. With a Fitness and Rehab staff of 25, Debra motivates and educates with regular inservice training.

Diana Bedoya | North Vancouver, BC

Diana is a lecturer at SFU, and Fraser International College, and has also taught at UBC. She has taught classes on Health, Nutrition, Anatomy and Health Promotion. She is currently in the final stages of writing a nutrition textbook and is also an obesity researcher. Diana have appeared on CTV News Direct as an expert consultant on childhood obesity, as well as weight bias.

Diana Steele | Vancouver, BC

Diana Steele is a registered dietitian and owner of Eating for Energy, a thriving nutrition consulting company with three locations in the Lower Mainland. She is also co-author of the cookbook, *Eating for Energy without Deprivation – The 80-20 Cookbook*.

Donna Hutchinson | Vancouver, BC

Donna Hutchinson is the owner of On The Edge Fitness Educators, which is a private training academy for personal trainers. She is the author of the *How to Guide to Growing a Personal Training Business* and an award winning fitness educator. Donna is an international presenter and travels the world speaking to businesses on how to build high-performance work teams. Donna is currently completing her degree in psychology.

Donna Renaud | Victoria, BC

Donna is a BCRPA TFL, specializing in Group Fitness. Her 20 years experience includes success as a program director, manager of the Provincial Employees Fitness Society, instructor, trainer, and educator. Honors include BCRPA Manager of the Year 2012, and the Kiwanis Leadership and Community Service Award.

Emmie Li | Vancouver, BC

Emmie Li has 20 years of fitness experience. Educated in Boulder, CO as a comprehensive Pilates teacher, she owned a successful studio before accepting a position at a prestigious Pilates studio in Paris, France. Emmie returned to Vancouver again to teach and mentor.

Faolan Dunphy | Vancouver, BC

Active in sport since childhood and involved in multiple car accidents as a teen, Faolan began training at 14, motivated to stay functioning and strong. At 19, he became a trainer with a passion for strength and conditioning and rehabilitation. Recently the head strength and conditioning coach for West Point Grey Academy Athletics, Faolan is now the co-owner of Movement Evolution Performance Training and works with the Simon Fraser University Strength and Conditioning team.

Ian McGregor | Vancouver, BC

Dr. Ian McGregor is an internationally recognized expert on Risk Management in the sport and recreation fields, and former Director of Athletics and Recreation at the University of Toronto and Saint Mary's University in Canada, and at Dominican University of California. Ian is President of Ian McGregor & Associates Inc., providing risk management consulting services specializing in risk assessments, risk management planning and training.

Ingrid Knight-Cohee | Vancouver, BC

Currently the Regional Director of Group Fitness for Steve Nash Fitness Clubs, Ingrid brings 20 years of experience to her workshops and lectures. As an instructor, personal trainer and senior manager, Ingrid provides broad perspective, experience, passion and professionalism when delivering information on current industry trends to her audiences.



Jodi Boates | North Vancouver, BC

Jodi Boates, local multi sport athlete, will guide you on a successful journey toward optimal health and performance through physical, mental and spiritual preparation. Utilizing the latest techniques and equipment for optimal development of human strength and endurance, Jodi's programs are customized individually, yet implemented in small groups for added motivation.

Judy Cudrak | Calgary, AB

Judy Cudrak, BSc., mentors new trainers as an AFLCA Master Trainer and YMCA Training Educator, and educates and certifies leaders as an AFLCA, YMCA and Keiser Trainer. From Calgary, she is a Stott Pilates, Fusion, TRX and yoga instructor. Judy brings a love of fitness and learning to every course and workshop she presents, and has been in the industry for over 28 years.

Keri Bowzayo | St. Albert, AB

Keri's years of working with high level athletes, weight loss clients and rehabilitation clients have helped her develop well rounded yet high energy programs. Her passion for the industry comes through in her dynamic presentations.

Kim Bond | Surrey, BC

Kim has been actively educating in the industry for 15 years. Her passion is in motivating and moving the momentum of Group Fitness forward. She works full time in the industry educating, personal training, teaching group fitness classes and running a private studio in beautiful Cloverdale, BC with her business partner. She has been the recipient of all 3 award categories with BCPRA.

Krista Popowych | Delta, BC

Krista has been inspiring fitness professionals for over 20 years. As a two-time Canadian Presenter of the Year award winner (2008, 2003), and 2011 IDEA Fitness Instructor of the Year finalist, she has a long list of accomplishments. As a master trainer/education director for Keiser® and JumpSport®, an Adidas sponsored international presenter, TV personality (Caribbean Workout, Reality ReModel), past program director (Richmond Olympic Oval, The Fitness Group), writer, professional speaker, board member and full-time mom, Krista's goal has always been to inspire others through movement and education.

Leah Esplen | Surrey, BC

Leah, a 20+ year veteran of the fitness industry and owner of MommyMoves Fitness, currently enjoys helping Pre & Post Natal women discover ways to 'fit' exercise into their busy days. Her previous experiences working in the rehab field and with the older population shape the way she looks at fitness and wellness.

Lynne Skilton-Hayes | Guelph, ON

Lynne Skilton-Hayes is the Fitness Program Supervisor at the University of Guelph. Lynne holds a B.Sc. degree and brings over 18 years of experience and education to the fitness industry. She is a group fitness instructor and master personal trainer, an International Fitness Presenter/Educator, Bender Ball Master trainer, GSTC TRX trainer and a canfitpro ProTrainer.

Melanie Galloway | Vancouver, BC

Melanie Galloway is a BCRPA TFL and recipient of the "Educator of the Year" award in 2011. Her passion is to keep current on the scientific research dealing with older adults and to translate that research into appropriate exercise training.

Michelle Carpenter and Jonathan Carpenter | Sooke, BC

Michelle Carpenter and Jonathan Carpenter are co-owners of MIJO Sport and specialize in Martial Arts and Fitness Training. Both 4th degree Black Belts in WTF Taekwondo, they have been teaching sport combat and fitness programs on Vancouver Island since 1992. Using their high performance sport knowledge, they have created methods that successfully fuse the worlds of sport combat and fitness.

Milo Levell | Aliso Viejo, CA

Over the years, Milo's Hip Hop Fitness classes have attracted Hollywood's elite: Julia Roberts, Sandra Bullock, Diana Ross, Jessica Alba and many others. Milo is the first in the USA to have his own "Hip Hop Body Shop" TV show and spin-off DVD series. With over 30 years of teaching, presenting and choreographing, he continues to inspire thousands to dance their hearts out!

Pam Pedlow | North Vancouver, BC

Pam is the founder of Fitness, Function and Performance Conditioning, where she works as a strength and conditioning coach for both adult and youth populations. In addition, she teaches group strength, core and athletic conditioning classes in gym-based, clinical and corporate settings. Pam has also been instrumental in bringing conditioning programs to the teenage population creating Core for Dance program and more recently the Youth Conditioning Program (YCP).

Portia Mann | Vancouver, BC

Portia has been training and educating fitness professionals for 11 years. In addition to having worked as a Health & Wellness Coordinator for the YM-YWCA of Greater Victoria, and most recently, Acting Fitness & Wellness Program Manager for the Richmond Olympic Oval, she has made a number of appearances on A-channel and KOOL FM as a fitness expert, helping people to live happier, healthier lives.

Rachel Scott | Vancouver, BC

Rachel loves to help people pursue their passion and potential through the facilitation of excellent, exuberant, and transformational trainings. She began yoga in 1998 and fell in love with its ability to transform, nurture, and heal the body and mind. Join her on the mat for a hilarious and educational ride!

Rick Kaselj | Surrey, BC

Rick Kaselj has spent his 17 year professional career helping clients recover from injury and prevent injury through exercise. Rick has completed his Bachelors Degree in Kinesiology and Masters of Science Degree in Exercise Science. Rick has shared his tips, tricks and exercises when working with injuries to well over 5,000 fitness & health professionals in Canada and the USA. Rick also writes a leading fitness education blog on exercises and injuries, www.ExercisesForInjuries.com.

Sarah Loewen | Shawnigan Lake, BC

Sarah is a fitness professional, post-secondary educator, and coach with over twenty years experience teaching classes and training fitness professionals in Canada, the US and the Caribbean. She is known for her enthusiastic client-centred approach and her unwavering commitment to fitness as a profession of significance.

Teri Lee Sampson | Surrey, BC

Teri has shared her experiences as a trainer of fitness leaders for over 25 years. Her ability to relay information in a fun and innovative way makes her an inspiring presenter. As a programmer, business owner and Master Trainer, Teri truly believes that if you are laughing you are working your abs!

Tina Grant | Vancouver, BC

Tina has been in the Health and Fitness industry for over 20 years. She is a BCRPA TFL, and owner of FitFlow Yoga. She offers the FitFlow Yoga for Fitness module and workshops across Canada. Tina is committed to the growth and development of Yoga for Fitness teachers, and is passionate about building a bridge between the traditional Yoga and Fitness communities.

Tony Leyland | Vancouver, BC

Tony Leyland is a Senior Lecturer in the Department of Biomedical Physiology and Kinesiology, Simon Fraser University, Vancouver, Canada. He has taught at the university level for 30 years and has been heavily involved in competitive sports such as soccer, tennis, squash, and rugby as both an athlete and coach for over 45 years. Tony is an academic member of the NSCA and BCAA. He is a Canadian National B-licensed soccer coach and a level-1 CrossFit trainer. He is currently the Head Strength and Conditioning Coach for West Coast Auto Group Football Club.



Conference Venues

Land Sessions: [CLICK here for MAP](#)

Capilano University
2055 Purcell Way, North Vancouver

Aquatic Sessions: [CLICK here for POOL MAP](#)

Ron Andrews Community Recreation Centre pool
931 Lytton Street, North Vancouver

Transit info: www.translink.ca

On-campus parking:

\$3.25 flat fee after 5pm and on weekends

Special Hotel Rates!

We have arranged a group rate with the Holiday Inn & Suites in North Vancouver. Group rates this year are lower than 2012! Check them out! • \$121/night for a standard room • \$131/night for a deluxe room • \$146/night for a junior suite • \$161/night for a one-bedroom suite.

The Holiday Inn is located minutes from the conference site (700 Old Lillooet Road, North Vancouver BC. Special rates are in effect until August 6, 2013 so book early!

To book your room, please call the Inn at 604-985-3111 ext. 2725 or toll free: 1-877-985-3111 (quote 'BC FIT 13'). Or use the following custom link in order to book online: [BCFIT'13](#)

Volunteer with us!

We are looking for enthusiastic fitness leaders to volunteer at BCFit '13. Get involved, interact with fitness leaders from all over BC, earn CECs, and sit in on a session or two. If you have questions, please email us at volunteer@bcrpa.bc.ca. For more information, please visit www.bcrpa.bc.ca/bcfit

British Columbia Recreation and Parks Association

301 – 470 Granville Street, Vancouver, BC V6C 1V5

Phone: 604.629.0965 | Fax: 604.629.2651

Email: bcrpa@bcrpa.bc.ca | www.bcrpa.bc.ca



Registration

Register for BCFit'13 at: www.bcrpa.bc.ca/bcfit

Registration Rates

	Earlybird (up to August 6)	Regular (from August 7)
Registered Fitness Leader full conference	154.00	174.00
Non-Registered Fitness Leader full conference	194.00	204.00
Registered Fitness Leader Saturday only	115.00	125.00
Registered Fitness Leader Sunday only	95.00	105.00
Non-Registered Fitness Leader Saturday only	150.00	150.00
Non-Registered Fitness Leader Sunday only	125.00	125.00

Refund Policy

The following refund policy applies to conference fees:

Prior to August 9, 2013: 70% of the registration fee

After August 9, 2013: no refunds will be issued

This refund policy does not apply to pre-conference workshops. Refunds for pre-conference workshops will be considered on a case-by-case basis and must be requested in writing.

All registrations are transferable.

No fee is charged to transfer a registration.

BCRPA Policy on Recording Presentations

Unauthorized recording (audio, video, still photography, etc.) of presentations at any BCRPA event by a presenter or the audience including sessions, plenaries, keynotes, etc., without the express written consent of the Chair of the event or designated BCRPA staff is strictly prohibited.

Any authorized recording must be disclosed to the delegates in attendance in that session, prior to the commencement of the presentation and only record the presenter, not the audience. Further, any authorized recordings may not be used for commercial purposes or posted on any open public media source.

Conduct that violates this policy may be subject to sanctions pursuant to BCRPA's disciplinary policies.