



*Refresh!  
Renew!  
Re-energize!*



# BCFit<sup>®</sup>'19

September 13-15, 2019

**NORTH VANCOUVER**

Delbrook Community Recreation Centre  
851 West Queens Road | North Vancouver, BC



#bcfit19  
bcrpa.bc.ca





# BCRPA FITNESS INSTRUCTORS

GET  
**30% OFF\***

SELECT CLOTHING  
& FOOTWEAR

**LadySport**

3545 W 4th Ave  
Vancouver  
(604) 733-1173  
[info@ladysport.ca](mailto:info@ladysport.ca)



3713 Kensington Ave  
Vancouver  
(604) 299-8851  
[info@fitfirst.ca](mailto:info@fitfirst.ca)



\*CONTACT THE STORES FOR DETAILS



## YOUR INVITATION to BCFit®'19



## SPECIAL THANKS

BCFit®'19 PROGRAM  
PLANNING COMMITTEE:

Carol Lepine	Teri Lee Sampson
Ryan Christison	Corinne Dibert
Leah Esplen	Kim Olson
Rhonda Jackson	Veronique Mercier

## OUR SPONSORS

## Platinum Sponsor:



## Bronze Sponsors:



## Equipment Sponsors:



## First Aid Sponsor:



## Food and Beverage Sponsor:

# Refresh! Renew! Re-energize!

Need some fresh ideas, need some motivation, need some energy? Join us at BCFit'19. This year's event is chockers full of sessions to refresh your programs, renew your passion, and re-energize your teaching. Experience the latest fitness trends, expand your fitness knowledge, and get new certifications to grow your career options.

We have a new opportunity this year – you can take the BCRPA Fitness Theory and Older Adult exams in-person – yup, real people using pencils and paper. We are also expanding our certification opportunities with Bellyfit®, Balance Yoga with Chair, and BCRPA's Aquatic Fitness speciality, all in a new one-day condensed course. Also new is The Future of Fitness: Interactive Session with Event Partners – don't miss it as CECs are available.

Along with the new, we bring back again some of our favourite presenters: André Noël Potvin, Brenda Adams, Brian Justin, Rhona Parsons, and more. TraumaTech is also back again providing a First Aid and CPR recertification course on Friday evening, as is our tradeshow and of course prizes, prizes, prizes.

A special thank you to our BCFit'19 Planning Committee and our event volunteers, who do a lot of wonderful work getting the conference ready, helping it to run smoothly, and packing it up.

BCRPA continues to create and maintain a standard in the fitness industry many aspire to, and we are proud to present this annual conference to support your professional development.

Sessions and workshops are first come, first served and fill up fast so be quick to register! We look forward to seeing you at BCFit'19 this September.

Yours in good health,



Rebecca Tunnacliffe  
CEO



Kevin Penny  
SENIOR MANAGER, PHYSICAL ACTIVITY PROGRAMS



## BCFit®'19 HIGHLIGHTS & CONTINUING EDUCATION CREDITS



### TABLE OF CONTENTS

4.....	Conference Highlights
4.....	Earn CECs
5.....	New Features
6.....	Venue Spotlight
7.....	AT-A-GLANCE Schedule
8–11.....	Conference SESSIONS 1 – 4
12-13 .....	Pre & Post Conference WORKSHOPS
14–16....	Conference Presenters
17 .....	Conference Information: Registration, Refunds, Hotels

## BCFit'19 CONFERENCE HIGHLIGHTS!

- ✓ **Refresh** your programs with new skills and ideas for the pool, spin, yoga/pilates, bootcamp and more
- ✓ **Renew** your passion and experience today's leading fitness trends from some of BC's best trainers
- ✓ **Re-energize** your teaching, and expand your program delivery know-how on adaptive skills, motivating clients, and engaging classes
- ✓ **Connect and learn** from fellow Fitness Leaders – select from 25 active and educational sessions
- ✓ **Update your First Aid and CPR certification**
- ✓ **Take an in-person BCRPA Fitness Theory or Older Adult Exam**
- ✓ **Select from any of the post-conference workshops and:**
  - ✓ earn new certification in **Bellyfit®**
  - ✓ earn a certificate in **Balance Yoga with Chair**
  - ✓ **OR** earn your **BCRPA Aquatic Fitness Specialty** in just one day!
- ✓ Check out the **NEW feature: The Future of Fitness: Interactive Session with Event Partners**, a "speed dating" style interactive feature – learn about future trends from sponsors and how they impact you
- ✓ Visit the **Market Place for exclusive sales and play games** for a chance to win prizes, prizes, prizes!

## EARN Continuing Education Credits (CEC)

Earn all your renewal CECs in one weekend!

- See the At-a-Glance on page 7 for CEC allocations, and how you can earn more CECs on page 13.





## BCFit®'19 NEW FEATURES

We've added some **new exciting** features this year. Check them out below!

### In-Person BCRPA Fitness Theory and Older Adult Exams

**FRIDAY, Sept. 13 | 7 pm – 8 pm**

Nervous about taking your exam online? BCRPA is pleased to offer aspiring and seasoned Fitness Leaders the opportunity to write the Fitness Theory and Older Adult exams in-person at Delbrook Community Recreation Centre.

**Pre-requisites:**

- **All Exam Candidates** must bring their Fitness Leader ID Number.
- **Older Adult Exam Writers** must have completed the BCRPA Older Adult Course and bring proof of completion.

Registration details can be found on page 12.

### The Future of Fitness: Interactive Session with Event Partners

**SATURDAY, Sept. 14 | 1 pm – 1:45 pm**

This “speed dating” style of interactive session allows you to hear directly from our conference partners on future trends for their company and how these impact you in your role as a Fitness Leader. Our sponsors support the BCFit® conference year after year because they have valuable resources to contribute to the fitness industry. Join in to hear the top things you **NEED** to know about the companies that support you, and how you can stay current with industry trends.

Register early – 1 CEC is available and space is limited!

### BCRPA Condensed Aquatic Fitness Specialty Course

**SUNDAY, Sept. 15 | 8 am – 5 pm**

As a pilot project, we've condensed the BCRPA Aquatic Fitness Specialty Course into one-day. Be the first to learn the aquatic fitness leader essentials and earn your BCRPA Aquatic Fitness speciality in just 8 hours. **You can start teaching aquatic fitness classes the very next day!**

**Pre-requisites:** Must be a **Registered BCRPA Fitness Leader**

Space is limited – Register early!

Full details on page 13.



## BCFit®'19 VENUE SPOTLIGHT

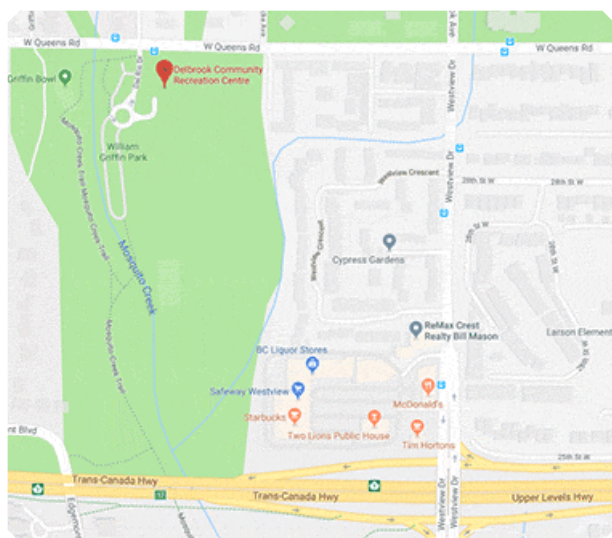


### VENUE SPOTLIGHT Delbrook Community Recreation Centre

BCFit returns to North Vancouver's state-of-the-art Delbrook Community Recreation Centre. Nestled into the North Shore Mountains, this venue brings a strong connection to nature; you will be inspired throughout the conference by its distinctive atmosphere as a cultural, recreational and social gathering place. It provides a perfect venue for BCFit'19 with its versatile meeting spaces for active and lecture-style sessions, indoor pool and dedicated spin studio.

**GETTING THERE IS EASY!** Find it on [Google Maps](#)

**Delbrook Community Recreation Centre**  
**851 West Queens Road, North Vancouver**



#### BY TRANSIT:

From Lonsdale Quay Seabus Terminal ► **bus #246**

From the Phibb's Exchange ► **bus #232**

Plan your route on the [TransLink Trip Planning page](#).

#### BY CAR:

There is limited parking available at and close by the venue. Look for BCFit'19 volunteers to guide you.

- Take Hwy #1 to Westview Drive, Exit #17.
- Drive north on Westview and turn west (left) on Queens Road at the lights.
- Delbrook Community Recreation Centre is half a block west, on your left.



## BCFit®'19 AT-A-GLANCE

**SATURDAY, Sept. 14** – DELBROOK COMMUNITY RECREATION CENTRE  
851 WEST QUEENS ROAD, NORTH VANCOUVER

## LEGEND

- Knowledge Discovery
- Active Learning

7:15 am – 8 am	Registration						
8 am – 9:10 am	Welcome and Opening Activity: Drumming and Health with Lyle Povah • 1 CEC						
9:15 am – 10:30 am • 2 CECs	<b>1A</b> ▶ Understanding Anxiety & Depression – Mindfulness Techniques for Fitness and Health Professionals — Donna Hutchinson	<b>1B</b> ▶ Aquatic Arthritis — Judy Bjornson <i>Pool session</i>	<b>1C</b> ▶ Athletic Step — Tiffany Moffatt	<b>1D</b> ▶ Exercise Physiology – A FUNtastic Review — André Noël Potvin	<b>1E</b> ▶ Balance and Stability Ideas for Group Fitness — Ryoko Donald	<b>1F</b> ▶ Core Circuit — Debbie Jessen	<b>1G</b> ▶ Injury Risk Reduction Practices for Personal Trainers — Brian Justin
10:30 am – 10:45 am	Refreshment Break and Market Place						
10:45am – 12 pm • 2 CECs	<b>2A</b> ▶ Understanding the New Canadian Guidelines for Physical Activity Throughout Pregnancy — Melanie Osmack	<b>2B</b> ▶ Pool Dance and Drills — Anya Olenchenko <i>Pool session</i>	<b>2C</b> ▶ PiYo — Cherie Seidler	<b>2D</b> ▶ HIIT - The Pros, Cons, and Common Mistakes — André Noël Potvin	<b>2E</b> ▶ Core Engage – Matching Tension to Task — Meghan O'Connell	<b>2F</b> ▶ Skills to Adapt Fitness for Older Adults — Dorothea Arnett	<b>2G</b> ▶ Increasing Client Retention – Leveraging Adult Learning Principles to Increase Your Bottom Line — Brenda Adams
12 pm – 1 pm	Lunch/Market Place						
1 pm – 1:45 pm	The Future of Fitness: Interactive Session with Event Partners • 1 CEC				Market Place and Networking		
1:45 pm – 2 pm	Break						
2 pm – 3:15 pm • 2 CECs	<b>3A</b> ▶ Cueing Functional Exercises for Performance and Modifications in Group Fitness — Darrin Jones & Janelle Eisler Carr	<b>3B</b> ▶ Engaging Your Cycling Class — Martin Laba	<b>3C</b> ▶ Engaging, Challenging, and Fun Agility Ladder Activities — John Byl	<b>3D</b> ▶ Mindful Fitness – Using Mindfulness and Mantra to Motivate and Inspire — Gillian Goerzen	<b>3E</b> ▶ Keeping Your Head Up – Fixing Forward Head Posture — Rhona Parsons	<b>3F</b> ▶ Instagram Stories Bootcamp — Amanda Vogel	
3:15 pm – 3:30 pm	Break and Market Place						
3:30 pm – 4:45 pm • 2 CECs	<b>4A</b> ▶ Musical Ride — Andrea Perrino	<b>4B</b> ▶ Fit In a Flash – Bodyweight Exercises — Verna Chan	<b>4C</b> ▶ Be Your Own Boss – Develop Your Fitness Curriculum — Jeannie Mansell	<b>4D</b> ▶ 10FF — Kim Bond	<b>4E</b> ▶ Band Challenge — Debbie Jessen		
4:45 pm – 6 pm	Market Place Blowout Sale & Prizes						

**FRIDAY, Sept. 13** – PRE-CONFERENCE

– Delbrook Community Recreation Centre	
5:30 pm – 9:30 pm	<b>PC1</b> ▶ First Aid & CPR Recertification — delivered by TraumaTech
7 pm – 8 pm	<b>PC2</b> ▶ In-Person BCRPA Fitness Theory and Older Adult Exams — facilitated by BCRPA

**SUNDAY, Sept. 15** – POST-CONFERENCE

– Delbrook Community Recreation Centre	
8 am – 5 pm	<b>PC3</b> ▶ BCRPA Condensed Aquatic Fitness Specialty Course • 8 CECs — Leah Esplen
8 am – 12 pm	<b>PC4</b> ▶ Balance Yoga with Chair • 4 CECs — Rhona Parson
– Steve Nash Fitness World ▶ BRENTWOOD	
9 am – 5 pm	<b>PC5</b> ▶ Bellyfit® Instructor Certification • 8 CECs — Alice Bracegirdle



To reduce waste, session handouts will only be available online. Session handouts WILL NOT be available on-site. Please print the handouts you want to bring to your sessions.

## Session 1 | 9:15am – 10:30am

Please choose one of the seven options.

### LEGEND

■ Knowledge Discovery

■ Active Learning

### 1A Understanding Anxiety and Depression – Mindfulness Techniques for Fitness and Health Professionals

— Donna Hutchinson

More than 22% of the population suffers with depression. By 2020 the World Health Organization predicts depression to be one of the leading causes of mental health issues. Gain a deeper understanding of the psychological mechanisms of depression and anxiety, and learn a few "mindful" exercises that can be implemented into your classes and training sessions.

### 1B Aquatics Arthritis

— Judy Bjornson

Older adult group classes often include participants with disease impairments stemming from Parkinson's, Stroke and M.S., to name a few. In this workshop, participants will learn about and practice exercises that have been specifically designed to combat some of these impairments, in addition to increasing strength in aging older adults. An additional segment will include a selection of cognitive add-ons for neuroplasticity.

This is a pool session. Please bring your swim gear.

### 1C Athletic Step

— Tiffany Moffatt

Learn five new and easy ways to integrate combinations that you can teach the following morning. Combine fun, styled choreography to keep your experienced steppers engaged, along with easy-to-follow, more intense and challenging athletic movements. This step session is the perfect marriage of fun and fit!

### 1D Exercise Physiology – A FUNtastic Review

— André Noël Potvin

This hilarious and twisted lecture will focus on exercise physiology with an emphasis on fat metabolism as it relates to METS, MaxVO<sub>2</sub>, and energy systems. You will experience funny and innovative teaching concepts that will clarify much of the confusion surrounding fat loss and exercise. Enhance your credibility and learn simple methods to explain difficult training concepts to your clients, peers and students.

### 1E Balance and Stability Ideas for Group Fitness

— Ryoko Donald

Increase your balance and stability exercise tool box. Using a wide variety of exercise equipment Ryoko will show you how to progress and regress your balance and stability exercises safely and effectively to meet the demands of diverse groups. Learn to create safe, effective, and fun classes that are challenging for beginner and advanced participants and will have them coming back week after week!

### 1F Core Circuit

— Debbie Jessen

We all love to work our core, but sometimes we find ourselves doing the same routines over and over again. Join Debbie for an enlightening session of functional, mini core circuits that you can adapt for most levels of fitness. The circuits will be 3 to 5 minutes in length and will hit all the right spots. Spice up your core workouts and keep not only your abs engaged, but also your participants!

### 1G Injury Risk Reduction Practices for Personal Trainers

— Brian Justin

Screening, assessments, warm up/cool down procedures, and managing the funnel of stress are among the seven strategies that can be used to reduce the risk of client injuries. If you're new to personal training, this workshop will get you off on the right foot to help you build a training philosophy and set of operating practices.





## Session 2 | 10:45am – 12pm

Please choose one of the seven options.

### LEGEND

■ Knowledge Discovery

■ Active Learning

### 2A Understanding the New Canadian Guidelines for Physical Activity throughout Pregnancy

— Melanie Osmack

The 2019 Canadian Guideline for Physical Activity throughout Pregnancy is the first update since 2003. In this evidence-based workshop, learn why healthcare providers should be prescribing exercise as a front-line therapy for all healthy pregnant women. This session will provide you with the skills to train pregnant women safely and effectively. Weekly exercise routines will be provided.

### 2B Pool Dance and Drills

— Anya Olenchenko

Get some fresh ideas on how to teach your aquatic fitness class! Learn how to use Tabata, pyramids and mini circuits to freshen up your class, and how to spice things up more using different rhythms, from Salsa to Bhangara. Learn to mix and match your class content to create variety and excitement for your participants.

This is a pool session. Please bring your swim gear.

### 2C PiYo

— Cherie Seidler

Using your body weight, you'll perform low-impact, high-intensity movements inspired by pilates and yoga. The result? Long, lean muscles, a high, firm booty, and tight, flat, sexy abs. With PiYo, you'll work every single muscle to help stabilize, stretch, and strengthen every inch of your body. You can burn crazy calories while you're at it.

### 2D High Intensity Interval Training – The Pros, Cons and Common Mistakes

— André Noël Potvin

High Intensity Interval Training (HIIT) has become a very popular form of conditioning and for good reason, it gets results. But, it can also do more harm than good. Join André, MSc, as he teaches you the art and science of HIIT; how it can improve your cardio and fat-loss efforts in less time, and the six common mistakes to avoid.

### 2E Core Engage – Matching Tension to Task

— Meghan O'Connell

Drawing in the transverse abdominis is adequate for low-threshold tasks, and it can help teach us to minimize unnecessary movements. But when the lifts get heavier, we need more structure: learn how to create a strong, 360-degree diaphragmatic brace and full-body tension.

### 2F Skills to Adapt Fitness for Older Adults

— Dorothea Arnett

Learn how to adapt your instructing skills to meet the needs of older adults. This session will focus on the key components of instructing older adults; safety, technique, cueing, breathing, posture, progressions, risk, and mobility.

### 2G Increasing Client Retention – Leveraging Adult Learning Principles to Increase Your Bottom Line

— Brenda Adams

We've all heard the saying: it's way easier to keep an existing client than to be out pounding the pavement looking for a new client. So how do you stack the deck in your favour so that more of your clients renew? The answer might surprise you: learn how they learn. When we understand how a person learns, we can structure our sessions and our training in a way that keeps them coming back for more.



## Session 3 | 2:15pm – 3:30pm

Please choose one of the six options.

### LEGEND

- Knowledge Discovery
- Active Learning

### ■ 3A Cueing Functional Exercises for Performance and Modifications in Group Fitness

— Darrin Jones and Janelle Eisler Carr

Review and discuss the current evidence-based research into the importance of functional movements within an exercise program and how cueing affects movement performance and participant enjoyment – applicable to all Fitness Leaders as these exercises are easily incorporated into all fitness classes. The workshop is lecture based with some practical elements to foster discussion and learning.

### ■ 3B Engaging Your Cycling Class

— Martin Laba

With the extraordinary popularity of indoor cycling classes, there is a demand for well-informed instruction, methods, and practices that are true to cycling. Join one of Vancouver's top indoor cycling instructors as he leads you through a lively session in which ideas, instructing methods, and student engagement are explained and demonstrated.

### ■ 3C Engaging, Challenging and Fun Agility Ladder Activities

— John Byl

Learn more than 30 activities for 10 different agility ladders and how this versatile piece of equipment improves fitness and can be taught as a fun game. The equipment used will be given to the participants at the end of the session.

### ■ 3D Mindful Fitness – Using Mindfulness and Mantra to Motivate and Inspire

— Gillian Goerzen

We all talk to ourselves, all the time (phew, I know!). But what can we do when that little voice is more of a heckler than a helper? How can we help our clients dial down the volume on the inner bully and dial up the volume on their inner champion? Learn about one of the leading sports psychology theories around self-talk and how you can help your clients hack their system by using mindfulness and mantras to motivate. Help your participants leave your classes and sessions feeling inspired, proud and empowered!

### ■ 3E Keeping Your Head Up – Fixing Forward Head Posture

— Rhona Parsons

Due to the daily stresses of life, sitting at a desk for 10-12 hours a day or sitting behind the wheel of a car, most people carry their heads too far forward of the spine creating upper body stress and poor posture. Get to the root of neck problems by assessing, re-assessing and creating long-lasting change.

### ■ 3F Instagram Stories Bootcamp

— Amanda Vogel

Instagram Stories are more popular than ever. They're quick to consume, fun to engage and enormously helpful for boosting business—especially in the fitness industry where visual content and personal connections matter. Discover why Instagram Stories are the next big thing in social media and how to expertly and efficiently leverage this mobile phenomenon to enhance your fitness marketing. Leave with dozens of current insights, strategies and tricks you can use to amp up your Story game to reach more prospects and followers on Instagram and Facebook.



## Session 4 | 3:45pm – 5pm

Please choose one of the five options.

### LEGEND

- Knowledge Discovery
- Active Learning

### 4A Musical Ride — Andrea Perrino

Do you prep your playlist by intervals and timing, or by how it makes your riders feel? This session will demonstrate that your participants can climb any mountain or persist on a flat when they are motivated beyond intervals. Let your musical choices become the coach and watch how much less you need to say.

### 4B Fit in a Flash – Bodyweight Exercises — Verna Chan

Fit in a Flash is a new tool that can be used in Bootcamp classes, High Intensity Interval Training and other group classes – using nothing but a deck of cards and a participant's body weight. This session will cover how a simple deck of cards can be used to create a fitness class that will work all muscle groups, improve stability, flexibility and core.

### 4C Be Your Own Boss – Develop Your Fitness Curriculum — Jeannie Mansell

Turn your passion for fitness into a “real” career. Most of us become fitness professionals because we love the work we do, but do we know how to make this career stable, comfortable and manageable? Learn to develop a pathway towards a complete career.

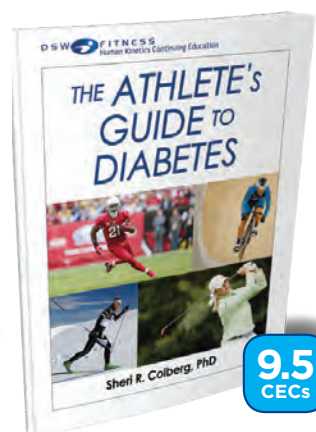
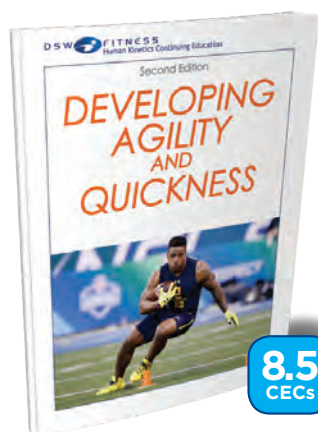
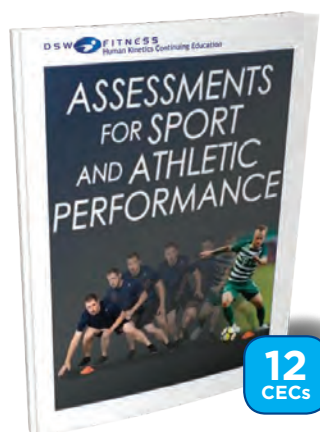
### 4D 10FF — Kim Bond

Wondering why you simply can't get a class packed like the next instructor? There are many reasons why clients do not go to particular classes. It could be personality, range of motion limitations, lack of passion from the instructor, or a host of others. This workshop will give you the tools to get people to keep coming back for MORE every week. It's way easier than you think!

### 4E Band Challenge — Debbie Jessen

Bands are such an amazing versatile piece of equipment, but often we struggle to find new ways to use them. This workshop will be devoted to exploring multilevel exercises with bands or tubing. We will integrate the bands into every aspect of a fitness class from warm up through to stretch, as well as playing with some fun and challenging partner activities.

## Looking for Continuing Education courses? Check out newly BCRPA-approved courses.



HUMAN KINETICS

1-800-465-7301 | [canada.humankinetics.com](http://canada.humankinetics.com)





## PRE & POST CONFERENCE WORKSHOPS

Friday, Sept. 13 & Sunday, Sept. 15, 2019

*Pre-registration is required for all pre- and post- conference workshops.*

### PRE-CONFERENCE WORKSHOPS

Kickstart your BCFit'19 conference experience by attending the workshops listed below at the Delbrook Community Recreation Centre. Choose one!

# PC1

#### First Aid and CPR Re-Certification

Delivered by TraumaTech, First-Aid Sponsor



**Friday, Sept 13 | 5:30pm – 9:30pm | \$60**

**Delbrook Community Recreation Centre**

Is it time for you to recertify First Aid and CPR? This is your opportunity to recertify with TraumaTech through this condensed workshop. Don't let your First Aid and CPR certificates expire! This workshop is available only to BCRPA Registered Fitness Leaders. CECs are not applicable.

# PC2

#### In-Person BCRPA Fitness Theory and Older Adult Exams

Facilitated by BCRPA

**Friday, Sept 13 | 7pm – 8pm | Fitness Theory Exam: \$80 • Older Adult Fitness Exam: \$65**

**Delbrook Community Recreation Centre**

Nervous about taking your exam online? BCRPA is pleased to offer aspiring and seasoned Fitness Leaders the opportunity to write the Fitness Theory and Older Adult exams in-person at Delbrook Community Centre. What you need to bring: pencil, eraser, and yourself. Register early! Space is limited. CECs are not applicable to exams. **Pre-requisites:** All Exam Candidates must bring their Fitness Leader ID Number. **Older Adult Exam Writers** must have completed the BCRPA Older Adult Course and bring proof of completion.



Contact us today!



604.269.1919



tos.team-fitnessleaders@hubinternational.com



## PROTECT YOUR BEST PRACTICES.

Liability Insurance for  
BCRPA Fitness Instructors  
and Personal Trainers

[hubinternational.com/fitness](http://hubinternational.com/fitness)



## POST-CONFERENCE WORKSHOPS

Post- BCFit'19 conference workshops and events happening on Sunday, September 15th.

### PC3

#### BCRPA Condensed Aquatic Fitness Specialty Course | 8 CECs

Delivered by Leah Esplen

**Sunday, Sept 15 | 8am – 5pm | \$240**

**Delbrook Community Centre, North Vancouver**

Are you looking to earn a specialty in Aquatic Fitness and are short on time? The BCRPA Aquatic Fitness Specialty Course has been condensed into a one-day, 8 hour course. Take the pilot course – join one of our leading Trainers of Aquatic Fitness Leaders, Leah, as she focuses in on the Aquatic Fitness Leader essentials. Participants who complete the one-day training can earn the BCRPA Aquatic Fitness speciality and start teaching Aquatic Fitness classes the very next day!

**Pre-requisite:** Must be a **Registered BCRPA Fitness Leader**

Space is limited – Register early!

### PC4

#### Balance Yoga with Chair Certificate Course | 4 CECs

Delivered by Rhona Parsons

**Sunday, Sept 15 | 8am – 12pm |**

BCRPA Registered Fitness Leader: **\$120** • Non-BCRPA Fitness Leader: **\$160**

**Delbrook Community Centre, North Vancouver**

This very gentle form of Hatha Yoga is excellent for people with various types of movement disorders. Using the chair and the Bender Ball as props, the health benefits of this class are endless – reduced blood pressure, better sleep, improved mobility, better posture, and increased stamina to make everyday tasks easier. This course comes with a certificate and an easy-to-follow handbook to allow you to start practicing the program right away! This session is suitable for all Fitness Leaders.

### PC5

#### Bellyfit® Instructor Certification | 8 CECs

Delivered by Alice Bracegirdle

**Sunday, Sept 15 | 9am – 5pm |**

BCRPA Registered Fitness Leader: **\$230** • Non-BCRPA Fitness Leader: **\$280**

**Steve Nash Sports Club – Brentwood location (Burnaby)**

This one-day course will give you the training, tools and confidence you need to start leading your own Bellyfit® classes, fast! Learn the Bellyfit® philosophy, 7 section class format and teaching formula, plus a seamless, standardized fusion of Fitness, Belly Dance and Yoga for women only. Registrants will also receive access to the online training materials, which you're encouraged to review before you attend the course. Instructions on how to access the online resources will be emailed to registrants one month prior to the start of the course.



## BCFit®'19 CONFERENCE PRESENTERS



**Brenda Adams** has dedicated the last 10 years of her career to better understanding the challenges that Personal Trainers face that impact their ability to be at their best. As a PhD Student at the University of Victoria she is now formally researching what

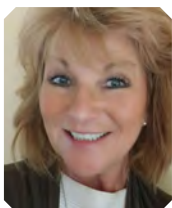
Personal Trainers need to thrive in their personal and professional lives.

**NEW Presenter!**



**Dorothea Arnett** became a BCRPA Registered Fitness Leader in 1995 and since then, has been inspired to further her studies to become a BCRPA Supervisor of Fitness Leader in both Group Fitness and Yoga. Her passion within fitness has been working with

55+, Forever Fit (SN 60+) and Yoga. Using adaptations and teaching technique, and the approach of "quality versus quantity", she has encouraged older adults and beginners to find success in fitness.



**Judy Bjornson** is a Certified Master Trainer for WaterART Fitness International and teaches several aquatic certifications throughout Vancouver. She is one of only two WaterART specialists in Central/Western Canada qualified to administer WaterART Certification examinations.



**Kim Bond** is an Education Director, presenter, and all around fitness professional, and brings a wealth of industry knowledge with over 25 years of experience. Kim prides herself on keeping all her content up to date, with cutting edge information all wrapped

into dynamic presentations. When she is not educating, she is volunteering her time with youth athletes who are looking to qualify for college athletic sports programs.

**NEW Presenter!**



**Alice Bracegirdle** is the co-founder, CEO and Director of Training of Bellyfit® Enterprises. For over 15 years, she has mentored and trained hundreds of certified Bellyfit® Instructors in over 20 countries around the world who are moving and empowering thousands of women every day.

**NEW Presenter!**



**John Byl**, PhD, is a Canadian Gopher Educational Consultant, was president of CIRA (2003-2018), and a retired professor of Physical Education at Redeemer University College in Ancaster, Ontario. He is also the author of over 30 books.

**NEW Presenter!**



**Verna Chan** has been a dedicated amateur athlete and active person her whole life, participating in swimming, biking, running, and weight training for strength. After careers in broadcasting, music, and advertising, she became a BCRPA Registered Personal Trainer in 2006. She opened her own personal

training studio, "The Garage", on the Sunshine Coast and has been teaching a wide variety of fitness activities ever since.



**Ryoko Donald** is an author, motivational speaker, 200 RYT, and is registered with BCRPA in Group Fitness, Yoga Fitness, Personal Training, Weight Training, and Older Adult. As a Bosu® Ambassador, she is specialized in stability, balance, and core exercise, through which she shares

her knowledge with her participants. Ryoko is passionate about helping people become fit, healthy, and happy through her lessons. She believes that a healthy body and mind can change everybody's life for the better.



**Leah Esplen** has over 25 years of experience in the fitness and rehab industry as a fitness leader, and teaching Biomedical Physiology and Kinesiology courses at Simon Fraser University. She specializes in pre and post-natal fitness and also owns MommyMoves Pre &

PostNatal Fitness.

**NEW Presenter!**



**Janelle Eisler Carr** has enjoyed working in the fitness industry for the last 15 years as it has allowed her to provide evidence-based health and wellness information to a variety of people. She holds a MSc in Physiotherapy (Pre-Reg) from Queen Margaret University, Scotland, and has a Bachelors in Human Kinetics from University of British Columbia. She

spends her free time participating in dance and fitness classes, as well as in the Fitness Centre ensuring she enjoys the benefits of physical activity as well!





## BCFit®'19 CONFERENCE PRESENTERS



**Gillian Goerzen** is a passionate educator, speaker and fitness professional with over 15 years of experience. She helps busy people create a healthy lifestyle they love with tools, accountability and support. She offers workshops, fitness classes, running clinics and personal training in her hometown of Nanaimo, BC and works virtually with clients throughout North America so they can rock their healthy lifestyle!



**Donna Hutchinson** is the owner of Smiling Hearts Yoga & Fitness in Surrey. She is currently completing her Masters in Counseling Psychology and has been working in the fitness industry for over 30 years. She is a professional speaker, author and business coach.



**Debbie Jessen** has been a certified group fitness instructor for more than 30 years. She is a BCRPA Supervisor of Fitness Leader in Osteofit and Group Fitness, and has specialties in Older Adult and Weight Training. She also has teaching licenses for Zumba®, Zumba® toning, Zumba® step, and Strong by Zumba®. A popular presenter, as well as a motivational speaker, she has published articles in Fitness Business Canada magazine and FitLifeBC.

**NEW Presenter!**



**Darrin Jones** has worked in fitness for the last 13 years, working with a wide variety of clients. Darrin holds a Bachelor of Human Kinetics from UBC, is a certified Personal Trainer, sport conditioning specialist, and group fitness instructor with experience with post-rehab clients. He enjoys working with diverse groups from teens to older adults, and favors functional lifestyle exercise and trying to put fun into exercise. You might find him in the weight room or playing outside.



**Brian Justin** is a full-time tenured Kinesiology Instructor at the University of the Fraser Valley in Abbotsford and Chilliwack, BC. He earned his Masters and Bachelor degrees from the University of British Columbia. Brian's areas of concentration are exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. Brian is passionate about spreading the word on the benefits of physical activity for health, performance, and injury prevention.

**NEW Presenter!**



**Martin Laba**, PhD, in his "day job" teaches in the School of Communication at Simon Fraser University with a focus on media education, digital culture, and communication for social change. As an avid cyclist, he designs classes that are an extension of his own training, and that are informed and inspired by real outdoor cycling experience. His passion for and comprehensive knowledge of music brings an exciting and electric soundtrack/drill mix to the studio. He has been teaching for six years after completing his YMCA Group Fitness, Fitness Theory, and Indoor Cycling/Cycle-Fit certification.

**NEW Presenter!**



**Jeannie Mansell's** fitness career began as a hobby. In 2010, Jeannie joined the fitness industry and built an exciting new career using her business experience. She enjoys working out with clients who encouraged her to change her careers from accounting to fitness.

**NEW Presenter!**



**Tiffany Moffatt** has worked in the fitness industry for over 25 years as an instructor, presenter and writer. She is the co-author of the Canfitpro Pre & Postnatal Specialist Certification Course Manual and specializes in teaching fitness classes to pregnant and postpartum women. Tiffany is a Canfitpro Pro Trainer and holds additional Canfitpro certifications in personal training and pre and postnatal fitness.

**NEW Presenter!**



**Meghan O'Connell** is a former boxer and now a competitive powerlifter (squat, bench press, deadlift). Having come to both of those sports later in life, she developed a strong interest in both injury rehab and prevention. She holds a StrongFirst certification. Combined with her methodical approach to strength training and some advanced training, she strives for safe lifting for longevity.

**NEW Presenter!**



**Anya Olenchenko** is a self-described jack-of-all-trades in fitness, and teaches a variety of group fitness classes, including Older Adult classes, Aquafit, Yoga, Zumba, BollyX, Axle, Powerwave, weight training, and indoor cycling. She is passionate about fitness as a life-changing pathway to health and well-being, and shares this enthusiasm in her classes at Steve Nash Fitness World, Douglas College, City of New Westminster, and Dynamic Club.



## BCFit®'19 CONFERENCE PRESENTERS



**Melanie Osmack** is the founder of Fit 4 Two Pre and Postnatal Fitness. As a trainer of trainers, she designs and delivers courses and workshops in-class and online. A BCRPA member since 1992, she loves to share her knowledge and learn from others.



**André Noël Potvin** is an internationally accredited author, fitness educator and clinical exercise specialist with 35 years of leadership and clinical experience. President of INFOFIT Educators School for Fitness Professionals, André is frequently invited to speak at conferences.

**NEW Presenter!**



**Rhona Parsons** has been teaching fitness, health and wellness for over 19 years. She is a Bender Ball Master Trainer, MELT® Hand and Foot Instructor as well as a teacher of Pilates, Pfilates with a speciality in Functional Training, Posture, Core, Balance and Pelvic Floor Fitness.



**Cherie Seidler** is a passionate, inspiring and motivating instructor who spends many hours helping others achieve their goals. Through functional training, Cherie helps her clients achieve strength, toning, endurance and flexibility through her training programs.



**Andrea Perrino** complements her PhD in Psychology and Professor position at the University of British Columbia with over 25 enthusiastic years of experience in the fitness field as personal trainer, fitness leader, health consultant and as a speaker to academic, corporate and community groups. In each of her roles she attempts to foster the connection between mind and body in the journey to optimal health.



**Amanda Vogel**, MA Human Kinetics, BCRPA TFL, is a writer, presenter and social influencer in the fitness industry. She is a Hootsuite-certified social media consultant and a Fitness Technology Spokesperson for IDEA. Specializing in group fitness, Amanda holds indoor cycling certifications from Schwinn and Keiser. She blogs at FitnessTestDrive.com and writes for popular magazines, including IDEA Fitness Journal, ACE Certified, Best Health and Reader's Digest.



**STEVE NASH**  
FITNESS WORLD  
& SPORTS CLUB

# JOIN OUR TEAM

[SNCLUBS.COM](http://SNCLUBS.COM)





## Conference Venue

**DELBROOK COMMUNITY RECREATION CENTRE**  
851 West Queens Road, North Vancouver.

*CLICK here for Google Maps*

**Transit info:** [www.translink.ca](http://www.translink.ca)

**Parking:** There will be limited parking on-site and parking off-site at 600 West Queens Rd, North Vancouver. See [here](#) for a map to parking.

## North Vancouver Accommodation

Nearby accommodations include:

**PINNACLE HOTEL AT THE PIER**  
138 Victory Ship Way · [www.pinnaclepierhotel.com](http://www.pinnaclepierhotel.com)

**LONSDALE QUAY HOTEL**  
123 Carrie Cates Court · [www.lonsdalequayhotel.com](http://www.lonsdalequayhotel.com)

**NORTH VANCOUVER HOTEL**  
1800 Capilano Road · [www.northvancouverhotel.ca](http://www.northvancouverhotel.ca)

**British Columbia Recreation and Parks Association**

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

Phone: 604.629.0965

Fax: 604.629.2651

[bcrpa@bcrpa.bc.ca](mailto:bcrpa@bcrpa.bc.ca) | [www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)



Register online now  
to be a part of BCFit®'19  
[www.bcrpa.bc.ca/conferences/bcfit/](http://www.bcrpa.bc.ca/conferences/bcfit/)

## Registration Rates

### Conference Rates for September 14, 2019:

#### 1st Early Bird rates – ending July 2

BCRPA Registered Fitness Leaders.....	\$170
Non-BCRPA Registered Fitness Leaders.....	\$210

#### 2nd Early Bird rates – from July 3 – August 26

BCRPA Registered Fitness Leaders.....	\$195
Non-BCRPA Registered Fitness Leaders.....	\$240

#### Regular rates – starting August 27

BCRPA Registered Fitness Leaders.....	\$215
Non-BCRPA Registered Fitness Leaders.....	\$265

**Lunch (Optional)** .....\$15

### Pre & Post Conference Workshops Rates:

**Sept 13 – Pre-Conference Workshops** ..... see page 12

**Sept 15 – Post-Conference Workshops** ..... see page 13

## BCFit'19 Refund Policy

A refund of 70% of the registration fee will be given for cancellations received until **August 13, 2019**. Cancellations starting August 14, 2019 are non-refundable.

Registrations are transferrable.

All requests for cancellations or transfers must be submitted to the BCRPA office at [registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca) and received within the allotted cancellation times noted above.

## BCRPA Policy on Recording Presentations

Unauthorized recording (audio, video, still photography) of presentations at any BCRPA event by a presenter or the audience including sessions, plenaries, and keynotes without the express written consent of BCRPA's Senior Manager of Physical Activity Programs is strictly prohibited.

Any authorized recording must be disclosed to the delegates in attendance in that session, prior to 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.

## BCRPA Policy on Conference Program Content

The presentations at BCFit belong to the presenters —BCRPA assumes no responsibility for any errors or omissions in the information presented. In addition, the views and opinions of the presenters are not necessarily those of the Association.

The BCFit program content is subject to change without notice.