



July 20, 2016



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The PD event made specifically for you - deadline approaching

BCFit® is created specifically for you, our BCRPA registered fitness leaders, to ensure your skills and knowledge remain the best in the province and that you continue to deliver the services and professionalism your clients and community demand.

Take advantage of all this event offers you:

- Training in the areas of group fitness, personal training, aquatics, older adults, mind body, and professional/business development
- Keynote presentations to energize and increase productivity and business
- In depth [pre-and post-conference workshops](#) focusing on some of the industries core instructing techniques
- A chance to meet colleagues from across BC and share experiences and knowledge
- Potential to earn all of your renewal CECs in one weekend
- Value driven registration fees

BCFit is being held in our **new** location - [Fortius Sport & Health Centre](#) - a state of the art integrated athlete development centre; as well as the [Fred Randall Pool](#) - a modern aquatics centre.

Early bird registration savings end July 31.

As a BCRPA registered fitness leader you save even more!

REGISTER NOW

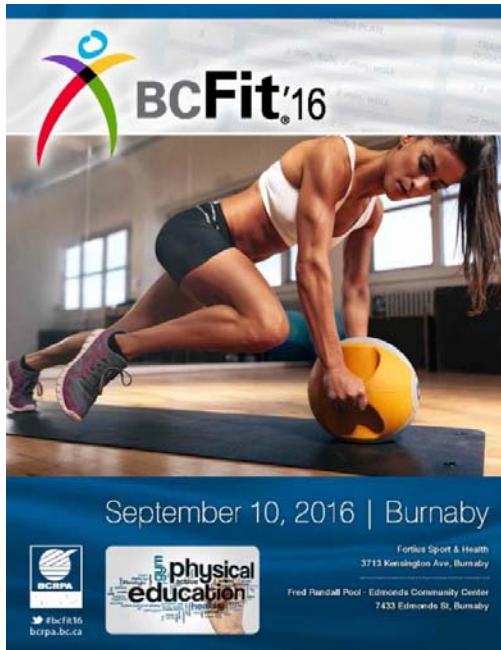
Complete program information is available on the [BCFit webpage](#).

Join us for BCFit'16 on Saturday, September 10 at Fortius Sport & Health and, Fred Randall Pool in Burnaby.

Check out the exciting educational and professional development lineup detailed in the [Program Guide](#)

Stay connected through:





New at BCFit'16

Here are just a few of the new topics and new presenters at this year's event:

BollyX® The Bollywood Workout - Shahil Patel

Participants unleash their inner rockstar in this inspired dance workout! Experience this interval-based dance format that incorporates authentic choreography to the best beats from around the world.

Step Rebooted -Ryoko Donald

Reboot and refresh your step routine for 2016 and beyond. Add variety to step routines using core and balance exercises, stretching, and alignment elements so your participants leave class feeling like they've had a full body workout.

POWERPL3Y - interACTIVE AthleticTraining - Melanie Levenberg

Discover how positive coaching and play-based training can be powerful (and fun) tools to motivate your clients to get fit! Fuel those inner athletes through strength, agility, balance, coordination, plyometric and functional training drills that will inspire your members to #trainoutsidethebox. *

2 Keynote speakers to energize and educate:

Brenda Robinson is not your run of the mill keynote. Despite our over-worked, forever-challenging lives, there are ways to find the laughter and joy in each day. Brenda will help you discover positive energy and make it your energy.

Gillian Goerzen will show you how to be more strategic in building your brand, online community, and business. She'll provide you with practical tips and "how to's" to help you stop spinning your wheels on Facebook and to apply your time efficiently and effectively for the biggest return on investment.

Volunteer Opportunities at BCFit®'16

Volunteering at this once-a-year event is a great way to earn CECs and network with delegates and presenters. As a non-profit organization, we rely on volunteers and their time and effort is a big reason for the conference's success. Duties range from:

- registration,
- directing delegates and presenters to the right rooms,
- monitoring session (free learning!), and
- transporting items

Testimonial: *"I highly recommend volunteering at the next BCFit conference - it is a very rewarding experience!"* Lori Gregory

Visit <http://www.bcrpa.bc.ca/bcfrit-16-volunteer-us> for complete information.

Check out the latest issue of *FitLifeBC*



The Spring/Summer 2016 issue of *FitLifeBC* is now available to [read online](#). The following articles are written by your peers and selected experts in their fields:

- *BCRPA Fitness Leaders are Leading Families Towards Healthier Choices*, Noelle Virtue
- *Physical Fitness and Equestrian Performance*, Deena Fantaziu
- *Facebook for your Fitness Business: Do This, Not That!*, Gillian Goertzen - **BCFit Keynote**
- *Top 3 Mistakes to Avoid When Programming HIIT*, Jonathan & Michelle Carpenter - **BCFit Presenters**
- *The Salty Truth - All About Sodium*, Joanna Drake
- *Big Picture Fitness*, Cate Baio

Earn one (1) CEC by completing the [online Quiz](#) - but you'll have to read the issue first!

For information on how you can be an author in the next issue, contact the [editor](#).

Special Thanks to our BCFit'16 Sponsors

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Healthy communities through recreation, parks, physical activity and culture.

BC Recreation & Parks Association, 301-470 Granville Street, Vancouver, British Columbia V6C 1V5 Canada

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