



**EARLY BIRD ENDS  
JULY 31!**

**BCFit'16**

**BC'S PREMIER CONFERENCE FOR FITNESS LEADERS**  
September 10, 2016 | Fortius Sport & Health Centre, Burnaby, BC

[www.bcrpa.bc.ca/bcfit](http://www.bcrpa.bc.ca/bcfit)



## Limited time to save BIG @ BCFit'16

**Early Bird savings end this weekend - July 31.**

**Register now at the best rates!**

**REGISTER NOW**



Hello BCRPA

BCFit® is YOUR conference, made specifically to meet YOUR professional and networking needs. You said you wanted new, and we listened:

**New Presenters + New Topics + New Venue + New Extras = Can't be missed!**

**2 Keynotes:** Two inspiring and motivating keynote presenters will focus on both sides of your life: professional and personal. Learn how to make your business stronger and more impactful through the effective use of social media, and, learn how to find and own the positive energy that can be found within every day of our busy lives.

**New Trends:** Fitness is one of the most creative and versatile sectors; ever changing, adapting and innovating. BCFit® is helping you keep up with and on top of the latest innovations and trends with new presenters and new session topics. These include:

**Physical Literacy Panel:** Physical literacy skills are a very hot topic in the

recreation and fitness world right now. A panel of experts will be discussing what's going on, how it relates to you, and how to incorporate the must-dos of physical literacy into your teachings.

**BollyX® The Bollywood Workout:** BollyX is born from the music and dance of India's film industry, Bollywood. This dance-fitness program combines dynamic choreography with the hottest music from around the world. Experience the infectious energy, expression and movement of Bollywood.

**PowerPL3Y:** A high-intensity, fitness conditioning class that incorporates fun and challenging drills in strength, agility, balance, coordination, plyometrics and functional training. This program shows how positive coaching and play-based training can be powerful (and fun) tools to motivate your clients to get fit!

This is just a sample of the multitude of sessions you have to choose from at BCFit®'16. Training is provided in the areas of group fitness, personal training, aquatics, older adults, mind body, and professional/business development. [Check out the program guide](#) for the full roster.

**New Networking event:** Game master extraordinaire, Tom Berger, will be making it virtually impossible to not make new friends with his fun, engaging, and fully interactive networking activities. You'll walk away with new contacts as well as additional CECs!

**New Instructor Showcase:** This year we want to showcase the talent, energy, and enthusiasm of our BCRPA fitness leaders. A video montage is being created to highlight the amazing BCRPA fitness leaders that work all across BC. This is your opportunity to showcase yourself to your fitness leader community! If you would like to be featured, or if you have someone you want to highlight, [submit your video footage or photos with a write-up](#), and be part of BCRPA's BCFit®'16 Instructor Showcase Reel!

**New Profile Picture Photography Session:** At this year's event an on-site photographer will be on hand to take a professional head shot for your use - free of charge! **This service is only available for currently registered BCRPA Fitness Leaders attending BCFit®'16.** Profile pictures will be uploaded to Fitness Leader's professional profiles on The Registry® of Fitness Professionals - [terms and conditions apply](#).

**New Venue:** All of this great stuff is happening in our brand new conference venue - the state-of-the-art [Fortius Sport & Health Centre](#). Fortius is an integrated athlete development centre that offers such services as sports physio/hydrotherapy and podiatry. It hosts professional athletic team training, which has included the Canadian Women's Soccer team. The gym, dance studio, and break out rooms will be prominent locations for the conference.

**New Vibe:** Our new venue and new layout this year creates a new high energy environment that integrates the tradeshow into the main presenting venue. This new setting will facilitate more interaction and networking.

### **Pre- and Post-Conference Workshops = more training and CECs!**

BCFit®'16's in depth [pre-and post-conference workshops](#) (Sept 9 & 11) focus on some of the industries core instructing techniques. You have 6 options to choose from, including: First Aid; specialty fitness training with bosu balls, sandbags, cycling and step techniques; as well as dance workouts. CECs awarded for each workshop.

The weekend of Sept 9 - 11 is not to be missed. **Combine BCFit'16 with pre- and**

**post-conference workshops and you can earn your entire renewal CECs.**

Be part of the energy and education of BCFit'16.

**Early bird savings end July 31.**

**REGISTER NOW**

Check out the [full program guide](#) to learn more:



## 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 major contributor to the conference's success. Duties range from:

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

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

- Lori Gregory

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



*Some of our amazing volunteers from conferences past!*

## Special Thanks to our Sponsors

BCFit® '16 couldn't happen without our sponsors! A special thanks for their ongoing support of BC's fitness industry!

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