



BE INSPIRED!



BE INFORMED!



BE CONNECTED!



BCFit[®]'17

September 16, 2017

NORTH VANCOUVER

at the NEW Delbrook Community Recreation Centre
851 W Queen's Road | North Vancouver, BC



#bcfit17
bcrpa.bc.ca



Rebecca Tunnacliffe
CEO, BCRPA

INVITATION TO BCFIT'17

Join us at BCFit'17 from September 15 to 17

Be informed. Be inspired. Be connected!

Our planning committee has created a conference which we promise will leave you *informed, inspired and connected*.

We are thrilled to host you this year at the Delbrook Community Recreation Centre, a *brand new state of the art facility*, nestled into the North Shore mountains, easily accessible by transit. All main conference sessions will be held in this spectacular facility, which includes a brand new pool and dedicated cycling studios.

We have *Vancouver TheatreSports League*, pioneers in the improv-based training sector, waiting to kick-off the conference and set the tone for a day of collaboration, energy and inspiration. The all new *Fitness Café* will invite you to connect with your peers and let your voice be heard. Also, be sure to make time to wander and do some shopping in our marketplace while you visit with our sponsors, exhibitors and presenters. BCFit'17 will also be a time to recognize and celebrate the achievements of your peers with the announcement of the *Fitness Leadership Awards*. We warn you though – it won't be easy to select from among the 24 new and informative concurrent sessions offered by experienced presenters in the field.

As extras, our six pre and post conference workshops will let you dive deeper into topics and learn new practices to add to your tool box.

Take time to read through our program guide but **be quick to register!** Sessions and workshops are *first come first served* and will fill up quickly!

We look forward to seeing you at BCFit'17 this September.

Sincerely,

Rebecca Tunnacliffe
CEO, BCRPA

Cathy Paterson
Physical Activity Programs Manager

A Special Thanks to the Planning Committee

Brenda Adams

Brian Justin

Daniela Tempesta

Ginny Dunnill

Jaimee Stokes

Kim Bond

Leah Esplen

Lori Nicholls

Nolan Eadie

Melanie Galloway

Rhonda Jackson



BCFIT'17 KEY FEATURES!

Opening activity featuring Vancouver TheatreSports to “turbo charge” your day

•

An exceptional line up of NEW and returning presenters

•

A BRAND NEW facility, with an onsite pool and dedicated spin space (YES! — Spin is back!)

•

Networking with fellow Fitness Leaders and a Fitness Café to let your voice be heard

•

Stand-alone Pre and Post Conference Workshops to choose from

•

Opportunity to recognize and celebrate outstanding Fitness Leaders through the Fitness Leadership Awards

Venue Spotlight

Newly opened this Spring, the brand new state of the art Delbrook Community Recreation Centre is nestled into the North Shore Mountains. With a strong connection to nature, you will be inspired throughout the conference by its distinctive atmosphere as a cultural, recreational and social gathering place.

We are excited to be at Delbrook Community Recreation Centre, which offers an 8,000 sq ft gymnasium, a leisure pool and a main pool, a dedicated spin facility, versatile meeting spaces, a state of the art Fitness Studio, and more! Easily accessible by transit, the venue offers an ideal setting to inform, inspire, and connect BC's fitness community!

Below: The NEWLY opened Delbrook Community Recreation Centre, North Vancouver





BCFit '17 — Highlights

OPENING ACTIVITY

Turbo Charged!

8:15 – 9 am

Presented by



Learn to perform from Vancouver TheatreSports' performers with a 45-minute kick-off to the conference, setting the tone for a day of collaboration, energy and inspiration.

Using the concepts of what makes for successful improvisation, this interactive session starts the conference with a lot of laughter and positive energy, but also with a template for open communication and support. You will be invigorated to seek out new ideas, nurture those ideas, and move to deeper engagement with colleagues, all within an environment where contributing is encouraged and risk-taking is embraced. We guarantee a **turbo charged** start to your day!

Sign up available with registration.

ABOUT VANCOUVER THEATRESPORTS

For 15 years, Vancouver TheatreSports has been energizing and strengthening organizations with the collaborative power of improv. As pioneers in the improv-based training sector, they've worked with companies, non-profits, government agencies and educational institutions in the areas of communication, teamwork, creativity, innovation and storytelling.

A Special Thanks to our Sponsors

Platinum Sponsor:



Bronze Sponsors:



Equipment Sponsor:



Your Fitness Equipment Experts.

First Aid Sponsor:



Music Sponsor:



Food Sponsor:



PLENARY

Fitness Café – Let's talk about what's on your mind!

Fitness Café Discussion | 1 – 2 pm

Join like-minded Fitness Leaders in an engaging and informative session designed to create dialogue around issues that matter to you and the fitness community. In a small-group, roundtable-style forum, you will have the opportunity to discuss a selection of different topics brought forward by you while, networking with your fellow Leaders. Use this time to connect with those around you and let your voice be heard!

Sign-up available with registration.



BCFit '17 — Fitness Leadership Awards & CECs!



FITNESS LEADERSHIP AWARDS

The 2017 Fitness Leadership 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!

Nominations will be accepted until June 16, 2017.

To submit a nomination, and for more information, please visit:

www.bcrpa.bc.ca/fitness_program/events/award/information.htm

Award recipients will be honoured at the Award Ceremony at BCFit'17. Join us as we recognize the 2017 BCRPA Fitness Leadership Award recipients for their achievements and commitment to the field of fitness in BC. Be inspired by the contributions of these outstanding leaders — your peers.

Earn Continuing Education Credits (CECs)

Delegates will automatically receive **five (5) CECs** for attending the four breakout sessions at BCFit'17.

Additional CECs are available for attending the following sessions, for a total of **seven (7) credits**. Optional sessions include:

OPENING ACTIVITY — BCFit'17: Turbo Charged! Presented by Vancouver TheatreSports | **1 CEC**

PLENARY — Fitness Café – Let's talk about what's on your mind! | **1 CEC**

Attend the pre and post conference sessions, happening **Friday, September 15** and **Sunday, September 17**, and **earn up to 16 CECs** over one weekend!

CECs will be added to delegate accounts on The Registry® of Fitness Professionals by October 6, 2017 – no need to login! Certificates will not be issued.



BCFit '17 • AT-A-GLANCE



SESSION STREAMS LEGEND	
■ Aquatic	
■ Business/Professional Development	
■ Personal Training	
■ Group Fitness	
■ Spin	
■ Mind Body	
■ Older Adult	
	Lecture
	Active

SATURDAY Sept. 16 — DELBROOK COMMUNITY RECREATION CENTRE
851 W QUEENS ROAD, NORTH VANCOUVER

7:15 – 8 am	Registration						
8 – 9 am	Welcome & Opening Activity						
9:15 – 10:30 am	1A – Power of Positive Thinking Cate Baio	1B – Is S.M.A.R.T. Goal Setting Really That Smart? Brenda Adams	1C – The New Physical Literacy – FUNctional Kim Bond	1D – Step Rebooted 2017 Ryoko Donald	1E – Get PLAYFUL with your PT Clients Mélanie Levenberg	1F – Riding The Time Away Andrea Perrino	1AQ – AquaYoga with Water Walking Sandra Starrett
10:30 – 10:45 am	Refreshment Break and Market Place						
10:45 – 12 pm	2A – The Missing Link Cate Baio	2B – Customer Service, Client Retention Kristy Ware	2C – Seniors' Balance, Posture and Cognitive Enhancement Judy Bjornson and Susan Bock Smith	2D – Level The Success with Progressions Vanessa Barrett	2E – #fabFUNctional Core Debbie Jessen		2AQ – Inside-Out Aqua Leah Esplen
12 – 1 pm	Lunch/Marketplace/Demonstration						
1 – 2 pm	Fitness Café and Fitness Awards Ceremony						
2 – 2:15 pm	Break						
2:15 – 3:30 pm	3A – Building Relationships in a Digital Age Gillian Goerzen	3B – Pull Away From the Pack – How to stand out from your competition Brenda Adams	3C – Making Sense of Athletic Shoes – What you need to know Phil Moore	3D – Functional Training – Facts and Fallacies André Potvin	3E – Living Life Large Leah Esplen	3F – Keiser Cycling – Music, Games and Drills that Thrill Krista Popowych	
3:30 – 3:45 pm	Break and Market Place						
3:45 – 5 pm	4A – Taking Fashion out of Fitness Gillian Goerzen	4B – FitFlow Fusion Tina Grant	4C – Inclusion Works Karen Harmon	4D – Suspension Training – Maximizing the Effectiveness Tag Dundas	4E – Move it, Don't Lose it! Kim Bond		
5 – 5:15 pm	Prize Draws						
5:15 – 6 pm	Market Place Blowout Sale						

Note: The BCFit program content is subject to change without notice.



CONFERENCE **SESSIONS** • Sat, Sept 16th, 2017

Session 1 | 9:15 – 10:30 am

Please choose one of the seven options.

1A  **Power of Positive Thinking**
Cate Baio

We live in a culture that is designed to make us feel bad about ourselves. Shame is a multi-billion dollar industry and we all know the fitness industry is no exception. Yet, we are in the trenches making a difference in peoples' lives every day. In this session, you will leave with even more tools to support your clients in courageously stepping into deeper levels of self-love and acceptance which will increase their motivation and give them permission to let go of societal expectations.

1B  **Is S.M.A.R.T. Goal-Setting Really That Smart?**
Brenda Adams

The best fitness program is one your clients will stick to. The challenge for you is to find a foolproof formula that's effective every time. Find out in this session why the SMART method of goal setting might not work for everyone and discover a new set of guidelines for success. You'll leave with a system you can use so your clients will stay committed and inspired to reach their goals.

1C  **The New Physical Literacy – FUNctional**
Kim Bond

Join us for a creative process and learn how to move our older adult population out of the 60's and into the Millennium age of Physical Literacy. Learn the techniques required to transfer daily activity to functional movement training that will ensure your older adults have fun in all their workouts.

1D  **Step Rebooted**
Ryoko Donald

Ryoko is back with brand new step routines! Join her to learn new ways to add variety to old step routines using core, balance, and alignment elements to create a full body workout. Ryoko will demonstrate techniques on using music to cue and create seamless transitions that translate to whatever class format you teach. There are a lot of modifications and variations that can be used to create fun, multi-level group fitness classes.

1E  **Get PLAYFUL with your PT Clients**
Mélanie Levenberg

Do your clients take themselves too seriously? Energize your clients' workouts, and LIFE, as you infuse your PT sessions with simple strategies, games and activities that inspire more playfulness and positivity in each session. Discover how shaking up someone's mindset can make a massive difference in their physical, emotional and social health, and wellbeing.

1F  **Riding The Time Away**
Andrea Perrino

When the going gets tough, where does the mind start going? Bring more to the bike than a clock. Take your classes to a new level with a style of sport psychological coaching used by the professionals — focus training. With the use of these easy-to-incorporate methods in your cycling repertoire, you can take your experienced and novice participants on longer flats, and sustained climbs for longer times in the saddle without them even knowing! Are you open to looking further than the handlebars?

AQ1  **AquaYoga with Water Walking**
Sandra Starrett

This specialized aquafit class emphasizes yoga moves that work in the water, and water walking to calm the mind using gentle range of motion to the body. Emphasis will be on developing greater body awareness through focus, and using your breath to rejuvenate.

SESSION STREAMS LEGEND

-  Aquatic
-  Business/Professional Development
-  Personal Training
-  Group Fitness
-  Spin
-  Mind Body
-  Older Adult
-  Lecture
-  Active



CONFERENCE SESSIONS • Sat, Sept 16th, 2017

Session 2 | 10:45 am – 12 pm

Please choose one of the six options.

2A The Missing Link Cate Baio

As fitness professionals, we are given the incredible opportunity to support change in people's lives. If we look back to the basics, we were taught about mind, body and spirit and how wellness incorporates all of these dimensions. In this highly interactive session, we will courageously look at mindfulness and spirit and what they mean to us as individuals. We will then discover how we can bring these aspects into our work in order to create a more meaningful work environment for ourselves and more success for our clients.

2B Customer Service, Client Retention Kristy Ware

This session is designed to teach students the importance of customer service, how to go "above and beyond" expectations, and how it directly relates to client retention rates. The second part of the session will be an introduction to Online Personal Training and how to transition in-person clients into online clients, what platforms to use, how to keep clients motivated, and how to give great service in the virtual realm.

2C Seniors' Balance, Posture and Cognitive Enhancement Judy Bjornson and Susan Bock Smith

The three Internal Balance Systems work together to keep us balanced. As we age, one or more of these systems begins to decline due to age or disease.

In this session we will focus on methods we can use to strengthen these systems to improve balance, the significance of posture relative to balance, and cognitive enhancement techniques. Participants will have the opportunity to engage in these activities throughout the workshop.

Foundational knowledge required: Third/Age Work with Seniors, Fitness and/or rehab Training.

2D Level The Success with Progressions Vanessa Barrett

All participants want to feel success, so how can we achieve this without leaving anyone behind, or not going far enough? Bring back the passion with progressions that remove limitations from the audience, and keep their interest! This session will include a variety of combination ideas in an interval style format of training. Combinations will include progressions to accommodate the beginner, as well as intermediate and advanced levels for all participants in your group class.

2E #fabFUNctional Core Debbie Jessen

This workshop explores creative, fun and functional ways to work the core using only body weight exercises. Two heavily trending topics in fitness today — functional core and body weight exercises — have become a staple in most classes. You will not be disappointed, as Debbie will share with you a repertoire of dynamic moves, along with modifications you can take directly to your own classes.

2AQ Inside-Out Aqua Leah Esplen

Aquatic fitness presents a unique combination of support and resistance that challenges the core no matter what position the body is in. So get off your back and start focusing on your core - you are only as strong as your weakest link! Start working from the inside out!

SESSION STREAMS LEGEND

	Aquatic	
	Business/Professional Development	
	Personal Training	
	Group Fitness	
	Spin	
	Mind Body	 Lecture
	Older Adult	 Active



CONFERENCE **SESSIONS** • Sat, Sept 16th, 2017

Session 3 | 2:15 – 3:30pm

Please choose one of the six options.

3A  **Building Relationships in a Digital Age**
Gillian Goerzen

In the age of Facebook, Instagram & Twitter your client relationships don't end when they leave the gym. Your online persona extends to social media, and if done well, this presence can not only help you retain your current clients, but it can help you build relationships with new ones. Whether you're a group instructor trying to fill your class or a personal trainer looking for live or virtual clients, this session is for you!

3B  **Pull Away from the Pack – How to Stand Out from your Competition**
Brenda Adams

It takes more effort and expense to recruit new clients than to retain existing ones — luckily, you can save time and money by creating top-notch experiences for the clients you already have! Trainers spend time designing client programs, but what about designing the all-important “customer experience” that keeps your clients coming back? In this session, you will discover simple techniques for turning your clients into raving fans. Use these tactics and stand out as the trainer to hire in your area!

3C  **Making Sense of Athletic Shoes – What you need to know**
Phil Moore, LadySport

With shoes for aquacize, running, crossfit and tennis, along with variables like minimalism, maximalism and pronation control, the choices are endless! Find out what all of this really means and how important footwear decisions are for both you and your clients.

SESSION STREAMS LEGEND

-  Aquatic
 -  Business/Professional Development
 -  Personal Training
 -  Group Fitness
 -  Spin
 -  Mind Body
 -  Older Adult
-  Lecture

 Active

3D  **Functional Training – Facts and Fallacies**
André Potvin

Functional fitness training is all the rage these days. It is touted as being the best form of training over traditional exercise. However, did you know that it has been linked to an increase in injuries over conventional forms of exercise? Join André Noël Potvin as he teaches you the facts and fallacies, the pros and cons of functional training, and recommendations for the beginner and advanced individual.

3E  **Living Life Large**
Leah Esplen

Exercising as a large person comes with its own set of difficulties. But these are the very people you are trying to reach! Join us for solutions to many of the barriers to exercise that these people face every day!

3F  **Keiser Cycling – Music, Games and Drills that Thrill!**
Krista Popowych

Putting together cycling classes that keep riders engaged and challenged can be difficult for most instructors, but knowing a few tricks can help you organize and execute a memorable ride. Begin with a format or theme, then create a playlist that connects music with energy-demands followed by the correct balance of drills and games, creating the perfect formula for cycling success. If you are ready to play, we are ready to deliver in this fun and ride-focused session.





CONFERENCE **SESSIONS** • Sat, Sept 16th, 2017

Session 4 | 3:45 – 5 pm

Please choose one of the five options.

4A  **Taking Fashion out of Fitness**
Gillian Goerzen

Fitness tools and information are more readily available than ever before, yet lifestyle disease & inactivity are still rising. In spite of our efforts to inspire change and promote health, we are failing. Why is that? In this session we will discuss the impact of the traditional fitness paradigm on body image and how it prevents our clients from being successful. Learn about a new body positive approach that is changing the business of fitness for the better.

4B  **FitFlow Fusion**
Tina Grant

Combine the best of Flow Yoga with mindful movements using body weight, weighted balls, dumb bells and blocks. This FitFlow Fusion class will improve strength and body awareness by learning how to control every movement using the body/mind connection.

4C  **Inclusion Works**
Karen Harmon

If Fitness is for life, then the question is, can all fitness levels and capabilities enjoy a lifetime of fitness? Inclusion Works is a workshop designed for fitness instructors, personal trainers, health care professionals and special needs teachers. This workshop will introduce you to strategies and how to design and implement a one hour exercise class for special needs teenagers and adults in your community.



4D  **Suspension Training – Maximizing the Effectiveness**
Tag Dundas

Whether you're new to suspension training or have been using it for a while, this workshop is for you. You will learn the critical components needed to maximize the effectiveness of your suspension training, a framework that ensures your participants are executing the movement correctly, and a series of foundational movements that you can teach right away.

4E  **Move it, Don't Lose It!**
Kim Bond

Elongate, elasticize and extend your body into a pain free temple. Should more movement stretches and functional connections be incorporated? We sit from the time we get up until the time we go to bed, in our cars, at our desks, in front of our devices. Join me as we move through a functional dynamic warm-up precisely cued into functional moving stretches that will re-ignite any body in a flow format that keeps you engaged and enjoying body mobility.

SESSION STREAMS LEGEND	
	Aquatic
	Business/Professional Development
	Personal Training
	Group Fitness
	Spin
	Mind Body
	Older Adult
	Lecture
	Active



PRE-CONFERENCE WORKSHOPS

Pre and Post Conference Workshops

We will again be offering a variety of pre and post conference workshops on Friday, September 15 and Sunday, September 17. Learn and earn extra CECs by adding on to your BCFit experience, or register for a workshop or two as a stand-alone learning experience. Your choice!

This year's workshops are offered at different locations around the lower mainland. From 2 hour and full day options, there's something to fit your schedule.

Please note: Due to limited space, pre-registration is required.

Pre Conference Workshops | Friday, September 15

PC1 **Emergency First Aid and CPR Re-Certification**

Presented by Trauma Tech

Friday, Sept 15 | 5:30 – 10:00 pm | \$60

Delbrook Community Recreation Centre | 851 W Queens Road, North Vancouver

Is it time for you to recertify in First Aid and CPR? Here's your chance to do so with the team at Trauma Tech. This condensed workshop is only available for those recertifying.

PC2 **Dementia in your Fitness Classes** | 2 CECs

Presented by Jan Robson, Alzheimer's Society of BC, and Gail Roxburgh, Personal Trainer and Cognitive Fitness Facilitator

Friday, Sept 15 | 7 – 9 pm | \$10

Delbrook Community Recreation Centre | 851 W Queens Road, North Vancouver

If you have seniors in your fitness classes, you will be faced with dementia sooner or later. Understanding dementia and learning effective communication strategies that will help you maintain a connection with the person with dementia will give you the confidence to include those with dementia in a respectful and encouraging way. Learn the basics and then try them out in a mock fitness class.



POST-CONFERENCE WORKSHOPS

Post Conference Workshops | Sunday, September 17

PC3 **Body Positivity** | 2 CECs Presented by Gillian Goerzen

Sunday, Sept 17 | 2 – 4 pm | \$42

Delbrook Community Recreation Centre | 851 W Queens Road, North Vancouver

Fitness is a means to an end for most people – a method or tool to help them “lose 10lbs” or “get toned.” But what if fitness was a core value, and living a healthy lifestyle wasn’t a “nice to have”, but a non-negotiable part of your client’s lifestyle? How would that shift their relationship with active living and fitness, and how would it impact their results, and your bottom line?

In this 2-hour workshop we will explore how we, as fitness professionals, can utilize a body positive coaching approach to affect change with our clients. We will examine how it is possible to take the focus off the physical results and put it back onto the health outcomes. We will take a step out of the box as fitness professionals and consider how we can educate, market to, and impact change for our clients by developing a unique approach that incorporates body positivity. In this action oriented workshop you will look at a variety of strategies and approaches for programming and services that enable you to set yourself apart from the norm and attract clients who are ready to make a lasting change.

PC4 **YogaFit Kids** | 9 CECs Presented by Christa Norgren

Sunday, Sept 17 | 8:30 am – 6:30 pm | \$359

Steve Nash Downtown Sports Club | 610 Granville Street, Vancouver

In this all-day workshop, you will learn how to create child-appropriate yoga classes that are playful, creative, fun and functional. Over the course of the day, you will learn how to teach YogaFit Kids using a variety of techniques including games, share circles, breath work, and visualization to calm the mind and relieve stress. Help children and teens alike, to develop confidence and strength through instruction in basic poses, breathing techniques and mindful movement!

**POST-CONFERENCE WORKSHOPS**

Post Conference Workshops continued | Sunday, September 17

PC5 Suspension Training – Setting your Standard | 4 CECs
Presented by Tag Dundas

Sunday, Sept 17 | 12 – 4 pm | \$125
Steve Nash Fitness World North Shore | 1989 Marine Drive, North Vancouver

Learn from a TRX master trainer how to create effective lesson plans and program designs using suspension training. Leave with a “done-for-you” lesson plan to put your learning into action immediately. You will walk away able to make suspension training accessible to every client, regardless of their ability level.

PC6 Cycling for Performance | 4 CECs
Presented by Krista Popowych

Sunday, Sept 17 | 3 – 7 pm | \$125
Steve Nash Downtown Sports Club | 610 Granville Street, Vancouver

From the power of the ride, the creation of the workout, and the inspiration experienced through group dynamics, Performance Cycle will identify the key components necessary for empowering the rider. Bring out the best in your students through an understanding of core indoor cycling components, ride profiles, training zones, drill ideas, metrics and more. In addition, become proficient in performance cycling with the how-to application of a ride journey that will guide all riders to results, moment by moment and revolution by revolution.



CONFERENCE PRESENTERS

Brenda Adams

With over 20 years in the fitness industry Brenda understands what it takes to thrive in this industry. Through her unique combination of being a kinesiologist, life coach and adult educator she brings together a set of skills and experiences that few in the fitness industry have. She is passionate about helping other fitness professionals discover what they need so they can thrive personally and professionally.

Cate Baio

Cate has had a passion for health and wellness her whole life. It drove her to obtain a degree in Physical Education, which sent her on a deeper path toward wellness, followed by becoming a fitness instructor, then a programmer. She soon began to train fitness leaders and found a passion in life coaching. Today she helps women live more authentic, fulfilling lives.

Vanessa Barrett

Vanessa began her fitness journey with her first group fitness course well over 20 years ago. She continued into UBC and came out with a Human Kinetics degree, and eventually became a BCRPA Registered Personal Trainer. She dabbled in business over the years and grew into the area of management. Eventually, her career path led her back to her love of group fitness and she is now a BCRPA Supervisor of Fitness leaders (SFL) in Group Fitness and manages six locations in Group Fitness for Steve Nash Fitness World, teaching 10 to 12 classes per week. In addition, Vanessa is a mother of three and endlessly growing in this area also! Her goal is to bring inspiration to those who join her in group fitness classes as participants and enhance that inspiration for those who wish to teach group fitness as instructors.

Judy Bjornson

Judy's compassion and genuine disease/disability knowledge as it relates to movement is evident in all of her work. She is a certified Balance and Mobility Specialist (California State), and co owner and trainer at Surefeet, a Certified Master Trainer for WaterART Fitness International, a certified PWR!Moves Instructor and has just completed a nine month Parkinson's specific research study with VGH and UBC. She is an Urban Poling for Rehabilitation Instructor and also the Program Coordinator for the Vancouver Brain Injury Association.

Susan Bock Smith

Susan is a Certified Fall Prevention, Balance & Mobility Specialist, certified PWR!Moves (Parkinsons) Instructor/Educator/Speaker and is Owner of Surefeet.ca. Since 2010 Susan has instructed over 2,500 Fall Prevention Balance & Mobility classes in North & West Vancouver to over 1,900 registrants, which data has shown to be very effective. Her straightforward explanations, use of visual cues and group participation activities provide for an interesting and lively learning environment.

Kim Bond

As an Education Director, presenter, and all around fitness professional, Kim brings a wealth of industry knowledge from the past 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.

Ryoko Donald

Ryoko is a devoted mother and wife. She is a BCRPA Registered Personal Trainer and Supervisor of Fitness Leaders (SFL) for Group Fitness. Through YogaFit Canada, she is also a Yoga Alliance 200hr Registered Yoga Teacher (RYT). She also competes in the BC Amateur Body Building Association's National Bikini Competition. In 2016, she was recognized as Steve Nash Fitness World & Sports Club's Group Fitness Instructor of the Year. Teaching Fitness is the jewel in her life. Through her fitness and yoga classes, she helps people to connect with their bodies, minds and spirits.

Tag Dundas

Tag saw early on the effect of suspension training and devoted his time to mastering this modality. He was the first personal trainer in Canada to become a black rank (master) TRX trainer. Tag owns and operates TNT Fitness, Fraser Valley's premier TRX Training Studio.

Leah Esplen

Combining her over 25 years in the fitness and rehab industry with her experience delivering Biomedical Physiology and Kinesiology courses at Simon Fraser University, Leah enjoys bridging the theoretical and practical by presenting current research and helpful tips to her clients and participants. She also owns MommyMoves Pre & PostNatal Fitness, teaches nutrition courses and works with larger adults in achieving their wellness goals. Ever an adventurer, Leah loves to try new activities and isn't afraid to look silly while doing them!



CONFERENCE PRESENTERS

Gillian Goerzen

Gillian Goerzen is a passionate educator, speaker & 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 helping them define fit and confident so they can rock their healthy lifestyle! In 2016, Gillian received BCRPA's Fitness Leader of the Year award. She was also a finalist in the Top 20 under 40 in Business & Community Achievement on Vancouver Island in 2017.

Tina Grant

Tina Grant has been in the health and wellness industry for over 20 years. She has enjoyed a successful career as a Yoga Teacher, Personal Trainer and Group Fitness Leader. Tina has studied and practiced yoga for over 15 years. She is a Yoga Alliance Experienced Registered Yoga Teacher (E-RYT), and a BCRPA Teacher of Fitness Leaders (TFL) for Yoga for Fitness and Strength Training. As the owner of FitFlow Yoga she offers Yoga for Fitness courses and workshops across Canada.

Karen Harmon

Having taught fitness for the past 30 years, Karen is presently employed with the West Vancouver Community Centre, North Vancouver Recreation Commission and runs her own outdoor bootcamp program. She is also a special needs teaching assistant for the District of West Vancouver. She specializes in teaching fitness classes for marginalized adults, special needs young adults, mental health yoga, spinning classes and outdoor bootcamp. Having developed a unique fitness program for special needs adults based on her fitness knowledge and special needs training and work experience, Karen is excited to share her program with other fitness instructors that may be interested in hosting such a program.

Debbie Jessen

Debbie has been a certified group fitness instructor for more than 30 years. She is a BCRPA Supervisor of Fitness Leaders (SFL) for Osteofit and has Third Age and Weight Training modules, Zumba®, Zumba® toning and Zumba® step and Strong by Zumba® licenses. A popular presenter at BCRPA conferences as well as a motivational speaker, she has published articles in Fitness Business Canada magazine as well as for FitLife BC. She was BCRPA's Group Fitness Leader of the Year in 2005. Debbie has completed 3 half-marathons, plays competitive ice hockey, is married and has two teenage boys!

Mélanie Levenberg

Mélanie will fuel your passion for teaching and help you reach more clients by sharing effective strategies that bring playfulness and positivity to fitness. With over 10 years of experience in fitness, government, not-for-profit and education sectors, Mélanie has brought innovative programming and training to corporate and private clients throughout Canada, USA, Australia, Europe, and Asia.

Phil Moore

Phil Moore, BA-BHPE, is a 35 year veteran of the footwear industry. He is a lecturer and author of *"The Shoe Update"*. His specialization in orthopaedic / sport injury related fittings has led to Advisory Board and lecturing invitations across North America as well as Europe. He is also the owner of LadySport (1983) and FitFirst (2013).

Christa Norgren

Christa's fitness career began in 2004 with many volunteer hours working with the YMCA in Surrey, BC. She is a BCRPA registered Group Fitness Instructor, Yoga Instructor and Personal Trainer with specialized training in Athlete's Performance, Functional Movement Screening and Yoga. Through YogaFit Canada, Christa is a Yoga Alliance 200hr Registered Yoga Teacher (RYT) and Master Trainer, and is working on obtaining her 500hr RYT. She is passionate about yoga and restorative and healing practices and is an ambassador for the Warriors program which runs trauma sensitive classes. She has presented at CanFitPro conferences, as well as at local conferences in BC.

Andrea Perrino

Andrea 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 regular 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. She "practices what she preaches" as a sponsored athlete – taking on triathlons, cycling and paddling events locally and internationally.



CONFERENCE PRESENTERS

Krista Popowych

Krista Popowych, B.HKin, has been inspiring fitness leaders, trainers and managers for over two decades with her motivating and practical sessions. As the 2014 IDEA Health and Fitness Instructor of the Year and a three-time CanFitPro Canadian Presenter of the Year (2016, 2008, 2003), Krista has shown an outstanding commitment to fitness around the globe. Krista is an international master trainer and the Global Director of Group Education for Keiser®. She sits on various boards and is a TV personality, DVD creator, program director, published author and Adidas 3-stripe team member. Krista's goal has always been to inspire others through education and movement. Her energy, creative sessions and her real-life approach to instructing, training and managing make her a highly sought after presenter and educator.

André Potvin

André Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 29 years of leadership and clinical experience. He has a M.Sc in Cardiac Rehabilitation from the University of British Columbia, where he served for four years on the teaching faculty of the School of Human Kinetics. He is also president of INFOFIT Educators School for Fitness Professionals.

Jan Robson

Jan Robson has been with the Alzheimer Society of BC since 2006, starting as the coordinator of the Dementia Helpline, then becoming Provincial Program Coordinator, and is now a Provincial Education Coordinator in the Advocacy and Education department. She has experience facilitating a support group for people with young onset dementia and one for caregivers, as well as delivering workshops to various community groups. Her current role is multifaceted – she conducts workshops for health-care providers, coordinates and delivers tele-workshops, and supports staff on advocacy issues.

Gail Roxburgh

Gail Roxburgh is a personal trainer and Cognitive Fitness Facilitator who has written *Memory and the Aging Brain*, which includes stories of her personal experience of working with this special growing population. Her stories of how exercise can improve physical and mental health has inspired others to take better care of their own health.

Sandra Starrett

Sandra Starrett, B.PE, BCRPA – TFL, is the owner of Physical Expressions Training and Educational Resources, and is an experienced Aquafitness leader, trainer and presenter. She is the author of *The Complete Aquatic Fitness Guide*, an aquatic fitness resource used to train new aquatic fitness leaders in Canada and Australia. Her knowledge, creativity and reputation for inspiring students about the magic and myths of water exercise make Sandra one of Canada's top trainers.

Kristy Ware

Kristy Ware is a Fitness Trainer and Nutrition Coach who motivates and inspires women to love their bodies while helping them regain their fitness and fabulousness. Kristy has worked in the fitness industry for 10 years and has an array of knowledge including nutrition and weight loss coaching and post-partum strengthening. She supports other moms in finding creative ways to fit exercise into their busy lives.



Conference Venue

Delbrook Community Recreation Centre
851 W Queens Road, North Vancouver.

[CLICK here for Google Maps](#)

Transit info: www.translink.ca

Parking info: There will be limited parking on-site and parking off-site at 600 W Queens Road, North Vancouver.

[CLICK here for a map to parking.](#)

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 | www.bcrpa.bc.ca



Register online

www.bcrpa.bc.ca/bcfit-17

Registration Rates

1st Early Bird rates – ending July 9

BCRPA Registered Fitness Leaders\$149

Non-BCRPA Registered Fitness Leaders\$189

2nd Early Bird rates – from July 10 – August 13

BCRPA Registered Fitness Leaders\$175

Non-BCRPA Registered Fitness Leaders\$215

Regular rates – starting August 14

BCRPA Registered Fitness Leaders\$199

Non-BCRPA Registered Fitness Leaders\$249

BCFit'17 Refund Policy

A refund of 70% of the registration fee will be given for cancellations received until **August 15, 2017**.

Cancellations made beginning August 16, 2017 are non-refundable.

Registrations are transferrable.

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

Hotel Information

HOLIDAY INN & SUITES NORTH VANCOUVER

700 Old Lillouet Road, North Vancouver, BC V7J 2H5

www.hinorthvancouver.com

Rate: \$145/room/night for stays between Sept 15 - 17, 2017

Offer expires August 15, 2017.

To make a reservation, call **1.877.985.3111** and ask for a room under the BC Recreation and Parks Association.

NORTH VANCOUVER HOTEL

1800 Capilano Road, North Vancouver, BC V7P 3B6

www.northvancouverhotel.ca

Rate: \$110/room/night for stays between Sept 15 - 17, 2017

Offer expires August 15, 2017.

To make a reservation, call **1.800.663.4055** and refer to "Fitness Conference 2017".



BE INSPIRED!



BE INFORMED!



BE CONNECTED!



See you there!



BCFit[®]'17

September 16, 2017

NORTH VANCOUVER

at the NEW Delbrook Community Recreation Centre
851 W Queen's Road | North Vancouver, BC



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