



## Be Inspired! Be Informed! Be Connected!

It's almost here! BCFit'17 is just 3 short weeks away.

[REGISTER NOW](#)

We've added spaces to these previously sold out sessions:

- \* Andre Potvin's *Functional Training - Facts and Fallacies*
- \* Debbie Jessen's *#fabFUNctional Core*
- \* Judy Bjornson & Susan Bock Smith's *Seniors' Balance, Posture and Cognitive Enhancement*

Some other sessions are full, but there are wait lists you can put yourself on.

For those attending BCFit'17, arrive early so you can join the 7:30AM **Wake Up and Warm up For BC Wild Fire Relief**. Bring a small donation which we will pass over to Red Cross's Wild Fire Communities in BC.

### Can't make the conference day on September 16th?

BCFit'17 runs all weekend with workshops running Friday Sept 15 and Sunday September 17. You don't have to attend the conference to register for [workshops](#). Dive deeper with in-depth training as well as renewal CECs. Offered at locations around Metro Vancouver, this year's workshops include:

- Trauma Tech's Emergency First Aid and CPR Re-certification
- Alzheimer's Society of BC's *Dementia in Your Fitness Classes* (2 CECs)
- Christa Norgren's *YogaFit for Kids* (9 CECs)

- Krista Popowych's *Cycling for Performance* (4 CECs)
- Gillian Goerzen's *Body Positivity* (2 CECs)
- Tag Dundas' *Suspension Training* (4 CECs)

View the [program guide](#) for more information

### Fitness Café survey

Thanks to everyone who submitted your feedback on conversation topics for this year's Fitness Café. The survey is now closed and CECs have been added to Fitness Leader accounts on The Registry®. The tremendous response from you has helped us build discussion topics that will be lively and informative!

### Winners circle

The winner of our Early Bird Registration draw is **Lyla Pettis** from Comox. Lyla has won a \$100 gift card from LadySport / Fit First Footwear. Congratulations!



### More winning to be had!

Use your social media to **WIN** your way to **BCFIT'17** for **FREE!**



Head over to one, or all, of our social media channels and start submitting your entries to **win** your way to BCFit'17.

If the winner has already paid their registration fee they will be reimbursed their original cost.

Go to our [Facebook-Fitness](#), [Twitter](#), and/or [Instagram](#) channels to enter the contest. The more platforms you use, the more entries you'll have, and more chances to WIN. Full details [here](#).

**Share this with others!** Contest closes August 28, 2017 at 10 am Pacific Standard Time.

### Conference Prize Draw

All BCFit'17 delegates will be entered to **WIN** one of many draw prize packages announced at the close of the day. Prizes include:

- A 4 pack of tickets to see the White Caps live

courtesy of:



- a 1 year subscription to PowerMusic1 app that includes access to unlimited downloads, custom mixes, and more

courtesy of:



- \$100.00 Gift Certificate

courtesy of:



- \$25.00 Gift Certificate from HUMAN KINETICS to purchase from their huge selection of books

courtesy of:



**Join us this September in North Vancouver!**



Delbrook Community Recreation Centre

**Check out the [full program guide](#)**



### Special Thanks to our Sponsors

BCFit@'17 couldn't happen without our sponsors! A special thanks for their ongoing support of our conference and BC's fitness industry!

#### Platinum Sponsors:

LadySport and FitFirst host an instructor discount program for all eligible BCRPA instructors.



#### Bronze Sponsors:



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**REGISTER FOR BCFIT**

Stay Connected



BCRPA   
Online Collaboration Site

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

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