



BCFit'17 is only two short weeks away!

Sessions are filling up, here are a few of our star presenters:



André Noël Potvin (BCRPA TFL): André 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, and taught in its faculty of the School of Human Kinetics. André is president of INFOFIT Educators School for Fitness Professionals.

Session: High Intensity Interval Training: Do's, Don'ts, Pros and Cons

This session will enable delegates to define the various forms of interval training, including HIIT, explain the benefits, pros and cons of HIIT; and incorporate HIIT safely into the beginner to advanced exercise's workout.

[Click here for a special message from André.](#)



Debbie Jessen (BCRPA SFL): As the BCRPA's 2005 Fitness Leader of the Year, Debbie has been a group fitness instructor for more than 30 years, with specialties in Osteofit, Weight Training, with Zumba®, Zumba® toning and Zumba® step and Strong by Zumba® licenses. She is a popular presenter at BCRPA conferences as well as a motivational speaker, and author.

Session: #fabFUNCTIONalcore

This session will provide delegates with a large repertoire of dynamic,



Krista Popowych: As the 2014 IDEA Health and Fitness Instructor of the Year and a three-time CanFitPro Canadian Presenter of the Year, Krista is an international master trainer and the Global Director of Group Education for Keiser®. Her energy, creative sessions and her real-life approach to instructing, training and managing make her a highly sought after presenter and educator.

Session: Keiser Cycling - Music, Games and Drills that Thrill!

This session 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, etc; and help you become proficient in performance cycling with the how-to application of a ride journey that will guide all rider to results, moment by moment and revolution by revolution.

These sessions are in high demand so register now.

Other noteworthy sessions include:

- AquaYoga with Water Walking - Sandra Starrett
- Inside-Out Aqua - Leah Esplen
- Is S.M.A.R.T. Goal-Setting Really That Smart? - Brenda Adams
- Customer Service, Client Retention - Kristy Ware
- Building Relationships in a Digital Age - Gillian Goerzen
- Making Sense of Athletic Shoes - What You Need to Know - Phil Moore

View the [Program Guide](#) for all your program options.

REGISTER NOW

This year's program re-vamps this annual conference and includes several changes and additions to augment your experience at BCFit'17.

Fitness Café

Delegates have spoken up, now come add your voice to the discussion. Join your colleagues at our Fitness Café to talk about the two most popular topics delegates suggested. Connect with other Fitness Leaders in your practice area (PT, Group, Aquatics, OA, Yoga/Pilates) for two spirited 10-minute round-tables on Motivating and Marketing, and on Keeping Current and Creating Fresh Content. Expand your perceptions while strengthening your Fitness community. Feedback will be gathered and shared out post-conference - contribute to the debate and let your voice be heard!

Fitness Buddy Program

Are you a first-timer to BCFit'17? Let us know at the registration desk on conference day and we'll buddy you up with a BCRPA TFL or SFL to welcome you and help you feel right at home!. It's just one more way to welcome you to the conference!

Raffle Draw

This year's BCFit will feature a chance for you to win and give back through a new raffle draw. All proceeds go towards the Red Cross' BC Wildfire Relief! Prizes include two **Whistler and Shannon Falls Tours** courtesy of *West Coast Sightseeing Tours*, **float therapy sessions** from *Salt Wellness* in South Surrey and **more!**

Location

We are thrilled to welcome delegates to the conference at the beautiful new Delbrook Community Recreation Centre nestled into the North Shore mountains. The venue is easily accessible by transit. Use [this link](#), click on 'Directions', input your starting point, and once the route is displayed click on the bus icon for a listing of transit options.



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

What are you waiting for? Join us September 16 in North Vancouver!

Check out the [full program guide](#)



REGISTER NOW

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!

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



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BCRPA  Online Collaboration Site

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