



# BCFit'14



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September 6, 2014 | North Vancouver

Capilano University Sportsplex · 2055 Purcell Way  
Ron Andrews Community Recreation Centre · 931 Lytton Street

 #bcfit14



# BCFit™ '14

**SESSION STREAMS LEGEND**

- Aquatic
- Cycling
- Professional/Business Development
- Personal Training
- Group Fitness
- Mind Body

**SATURDAY September 6** — CAPILANO UNIVERSITY | 2055 PURCELL WAY, NORTH VANCOUVER

Time	Lecture (active)	Lecture	Cycling	Sportplex	Multi Purpose
7 – 8 am	Registration				
8 – 9:30 am (1.5 hrs) A Session	A1: Pre-Habilitate Before it's too Late! Brian Justin <span style="color: #2196F3;">■</span>	A2: S.W.O.T. the Business of Bootcamp Kim Bond <span style="color: #E91E63;">■</span>	A3: Less is More Tim Hawke <span style="color: #FF9933;">■</span>	A4: BOSU® Hiit Extreme Shannon Fable* <span style="color: #E91E63;">■</span>	A5: You2Dance Daniela Tempesta/Milo Levell <span style="color: #E91E63;">■</span>
9:30 – 9:45 am	Break and Market Place				
9:45 – 10:30 am	General Session – Lecture – Igniting the Fire Within By Shannon Fable*				
10:30 – 10:45 am	Break and Market Place				
10:45 – 12:15 pm (1.5 hrs) B Sessions	B1: Partner Training Andrew Heming <span style="color: #2196F3;">■</span>	B2: Your Recovery Plan: The Secret to Your Training Success Andre Noel Potvin <span style="color: #2196F3;">■</span>	B3: My Favourite Ride Ingrid Knight-Cohee <span style="color: #FF9933;">■</span>	B4: 101 Ways to BOSU® Shannon Fable* <span style="color: #E91E63;">■</span>	B5: Total Body Tabata Amanda Vogel <span style="color: #E91E63;">■</span>
12:15 – 1:15 pm	Lunch and Market Place				
1:15 – 2 pm	Welcome from Suzanne Strutt, CEO and Award Ceremony				
2 – 3:30 pm (1.5 hrs) C Sessions	C1: Asymmetry to Symmetry Melanie Galloway <span style="color: #4CAF50;">■</span>	C2: Twitter Tips for Fitness Pros Amanda Vogel <span style="color: #4CAF50;">■</span>	C3: A Rocking Good Racing Ride! Krista Popowych <span style="color: #FF9933;">■</span>	C4: The Evolution of Dance Fitness DANCEPL3Y Melanie Guertin <span style="color: #E91E63;">■</span>	C5: Martial Bootcamp Ira McNamara <span style="color: #E91E63;">■</span>
3:30 – 3:45 pm	Break and Market Place				
3:45 – 5:15 pm (1.5 hrs) D Sessions	D1: Flip Your Bucket Brenda Adams <span style="color: #4CAF50;">■</span>	D2: Ground Control: Why we need to re-learn the infant developmental process Dr. Jeff Almon <span style="color: #2196F3;">■</span>	D3: Pump Up Your Ride! Rachel Seay <span style="color: #FF9933;">■</span>	D4: Duck, Run and Jump Dynasty! Krista Popowych <span style="color: #E91E63;">■</span>	D5: Yoga for the Core Dean Smith <span style="color: #9C27B0;">■</span>
5:15 – 6 pm	Market Place Blowout Sale				

\* Feature Presenter from Boulder, CO

**SATURDAY September 6**

RON ANDREWS COMMUNITY RECREATION CENTRE POOL  
931 LYTTON STREET, NORTH VANCOUVER

Time	Session
8:15 – 9:45am (1.5 hrs)	AQ1: Aqua Strength Sandra Starrett <span style="color: #00AEEF;">■</span>
10 – 11:30 am (1.5 hrs)	AQ2: Deep Water Dance Party Leah Esplen <span style="color: #00AEEF;">■</span>



## GROUP FITNESS STREAM

### A2: SWOT the Business of Bootcamp

Kim Bond | 8 — 9:30 am

Past Present Future. Join us as we walk through the business evolution of a popular style of Group Fitness/Personal Trainer workout known as bootcamp. Know where it came from, where it is now and determine where it is going in the future. How can we incorporate bootcamps successfully into our services? With a good SWOT profile and local, "Did you know's?" you can confidently decide if adding this service is for you and how to do so with maximum impact.

### A4: BOSU® Hiit Extreme

Shannon Fable | 8 — 9:30 am

Intense, focused, efficient, challenging, rewarding, and jam packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor!

### A5: You2Dance

Daniela Tempesta and Milo Levell | 8 — 9:30 am

Not your granny's waltz! This innovative twist on partner dancing will turn your dance fitness class in2 a party! Dance like a pro as You2 sway to and fro with this easy-2-follow dance partner choreography ~ 2 can play at this game!

### B4: 101 Ways to BOSU®

Shannon Fable | 10:45 am — 12:15 pm

How many ways can you BOSU? We promise 101 exercises before you walk out the door, and double that when you use the BOSU® B3 System to make even the simplest drill into a challenge. Not only will you master a wide variety of BOSU® exercises for cardio, integrated strength, core and flexibility, but you'll see how easily these ideas can turn into 15, 30 and 45 minute classes that can be refreshed, rearranged or restructured for an unlimited number of BOSU® experiences suitable for group ex, small group or personal training environments. Whether you are new to BOSU® training, or a groupie always begging for more, 101 Ways to BOSU® will give you the biggest bang for your buck!

### B5: Total Body Tabata

Amanda Vogel | 10:45 am — 12:15 pm

Tabata-style interval classes are a fun way to zap calories and use time efficiently. But this popular workout is also quite tough! Luckily, Tabata high-intensity interval training can be easily "tweaked" to suit a range of participant abilities and levels. Leave this session with a blueprint for teaching total-body Tabata-inspired classes, using cardio, strength and popular fitness equipment.

### C4: The Evolution of Dance Fitness — DANCEPL3Y

Melanie Guertin | 2 — 3:30 pm

Club, House, Hip Hop, Urban, Jazz/Funk, Lyrical, Old Skool – get ready to bust a move to a mix of the latest dance styles. Experience simple choreography, unique group formations, a 360-degree teaching approach and access a playlist of songs that will inspire your participants to dance outside the box. Dance Fitness is evolving - are you ready to take your classes to the next level?

### C5: Martial Bootcamp

Ira McNamara | 2 — 3:30 pm

Ready for high energy musically driven fusion of martial arts and boot camp? Ira's passion is contagious as he parties his way through seamless choreography. Learn how to use relevant and accurate martial arts movements in combination with boot camp like drills to achieve a martial arts workout that feels more athletic than "dance like". Be ready to walk away with, fun and challenging drills you can use in your bootcamp classes next week.

### D4: Duck, Run, & Jump Dynasty!

Krista Popowych | 3:45 — 5:15 pm

Duck, Run and Jump Dynasty will help your participants run faster, climb higher, crawl quicker and jump further. From quick movements to quick decision making, this session will have you stepping out of your comfort zone and into the workout zone. Whether you love obstacle courses or are interested in changing thing it up, this session is perfect for anyone who is willing to mix it up and push the boundaries. Applying the concept of interval training with strength work, agility training and more, get ready to duck, run and jump!

## MIND BODY STREAM

### D5: Yoga for the Core

Dean Smith | 3:45 — 5:15 pm

For hundreds if not thousands of years yoga has incorporated concepts of what we in the west now refer to as core stability. In this seminar we will examine how to use yoga poses to develop or enhance core stability.



## Amanda Vogel | Vancouver, BC

Amanda Vogel, MA human kinetics, BCRPA TFL, owns [ActiveVoice.ca](http://ActiveVoice.ca), a writing, editing and consulting service for the fitness industry. She's a HootSuite Ambassador and fitness columnist for *Reader's Digest Canada*. Amanda writes for *IDEA Fitness Journal*, *Best Health* and *Canadian Living* Blogger Network. She teaches fitness classes at GoodLife in Vancouver.

## André Noël Potvin | Vancouver, BC

André Noël Potvin is an internationally accredited author, fitness educator and clinical exercise specialist with 29 years of leadership and clinical experience. André holds a master of science in human kinetics from the University of British Columbia, where he served for 4 years on the teaching faculty. André is also founding president and owner of INFOFIT Educators School for Fitness Professionals.

## Andrew Heming | Langley, BC

Andrew Heming currently works at Trinity Western University as the Head Strength Coach for Athletics and as an assistant professor in the School of Human Kinetics. He also teaches BCRPA courses and workshops with Health & Fitness Alliance, does personal training and publishes a blog at [www.AndrewHeming.com](http://www.AndrewHeming.com).

## Brian Justin | Abbotsford, BC

Brian Justin is currently a kinesiology instructor at the University of the Fraser Valley in Chilliwack, BC. He earned his masters and bachelor degrees from the University of British Columbia. Brian's areas of concentration are exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. He is a published author, international presenter, certification course conductor, and a passionate presenter in the area of physical activity.

## Brenda Adams | Mission, BC

Brenda Adams is a trainer of fitness leaders, kinesiologist and certified professional Co-Active Coach (aka Life Coach). Her skills, and over 19 years of experience, have allowed her to assist thousands of individuals in the fitness industry. Her incredible ability to teach for understanding is arguably one of her strongest attributes.

## Christa Norgren | North Vancouver, BC

Christa Norgren has been in the fitness industry since 2004. She is a RYT 200 YogaFit master trainer and presenter, BCRPA registered group fit instructor, and a personal trainer with specialized training in athlete's performance and functional movement screening.

## Daniela Tempesta | Burnaby, BC

With over 14 years in the industry, Daniela Tempesta has successfully established herself as an industry leader through facility management, course conducting, workshop presenting and article writing. She has also mentored numerous fitness pros along the way. She is a Fitness Tall Champion and loves to do anything that challenges her body, mind and spirit.

## Dean Smith | Vancouver, BC

Dean Smith is a physiotherapist working in a busy orthopaedic practice in Kitsilano. In addition to his work as a physiotherapist, Dean has been involved in the fitness industry as an on-floor fitness leader, international presenter and yoga instructor for many years. When not working, Dean can be found with his friends and dog, and climbing or skiing in the coast mountains.

## Ingrid Knight-Cohee | Vancouver, BC

Currently the Regional Director of Group Fitness for Steve Nash Fitness Clubs, Ingrid Knight-Cohee brings 20 years of experience to her workshops and lectures. As an instructor, personal trainer and senior manager, Ingrid provides broad perspective, experience, passion and professionalism when delivering information on current industry trends to her audience.

## Ira McNamara | Kelowna, BC

Ira McNamara is the by-product of a martial arts father and an aerobics instructor mother. For the last 16 years he has been fusing the best of these fitness worlds together. His compassion and energy have earned him several group fitness awards and standing room only classes across Canada. Ira is well respected in his fitness community and has become well-known for creating memorable, fun, and motivating learning environments!

## Jeff Almon | Vancouver, BC

Dr. Jeff Almon, DC, CSCS, is the owner of MVMTLAB, a new clinic in Gastown focusing on "making better movement". He has consulted and traveled extensively with the Chinese speedskating team, Barbados Olympics Program and Canadian beach volleyball champions. Jeff currently works with the members of the Canadian women's soccer team, BC Karate, athletes of many other sports, is the official fitness coach of Miss Universe Canada and of course, works with the beautiful general population of Vancouver, BC. He studied at CMCC in Toronto and played professional football with the Calgary Stampeders and BC Lions.

## Kim Bond | Surrey, BC

As an entrepreneur and fitness enthusiast, Kim Bond has been a strong leader in BC's local fitness industry for over 20 years. As an educator, personal trainer and group fitness instructor, she is well rounded in all aspects of industry know-how's. Kim has won all 3 BCRPA fitness leader awards and works full-time as the Education Director for Hilltop Academy specializing in the health and fitness diploma program. When not educating, you will find her teaching group fitness, both inside the gyms and outside in the beautiful parks of BC. Kim is a BCRPA TFL, ACE Personal Trainer/Advanced Instructor, R.I.P.P.E.D & Zumba Instructor, RHN, Sports Training Specialist.

## Krista Popowych | Delta, BC

Krista Popowych has been inspiring fitness professionals for over 20 years. As a two-time Canadian Presenter of the Year award winner (2003, 2008), and 2011 IDEA Fitness Instructor of the Year finalist, she has a long list of accomplishments. As a master trainer/education director for Keiser® and JumpSport®, an Adidas sponsored international presenter, TV personality (Caribbean Workout, Reality ReModel), past program director (Richmond Olympic Oval, The Fitness Group), writer, professional speaker, board member and full-time mom, Krista's goal has always been to inspire others through movement and education.

## Leah Esplen | Surrey, BC

Combining her 25 years in the fitness and rehab industry with her experience delivering BPK courses at SFU, Leah Esplen 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!

## Melanie Galloway | Vancouver, BC

Melanie Galloway TFL was the recipient of the BCRPA Educator of the Year award in 2011. Melanie's passion is to keep current on the scientific research dealing with older adults and to translate that research into appropriate exercise training and instructor education.

## Mélanie Guertin | North Vancouver, BC

Mélanie Guertin 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.