

WITHDRAWALS, TRANSFERS OR REFUNDS

- Transfer to another course
- Full refund / credit provided w/no admin fee prior to 72 hours of course start date

Notes: If you registered online and used a credit card, your refund will be applied to your credit card.

Cash refunds up to \$49.99 provided, otherwise a cheque request for the refund will be accepted.

Allow up to two weeks for processing.

72 HRS PRIOR TO START DATE

Full refund with a 10% admin fee charged

LESS THAN 24 HRS NOTICE

Full refund with a 25% admin fee charged

No refund will be provided once course has started



WHY REGISTER?

- Fitness Enthusiasts and Fitness Professionals alike can benefit.
- 1 CEC per hour of instructional time provided.
- Pre and Post conference workshops provide more opportunity for you to be inspired!

IMPORTANT Register early.

Workshops have limited space so will fill up.

10th Anniversary

FITNESS FORUM

2019

Nelson & District
Community Complex

October 18 - 20 Registration Starts September 9th



NDCC
Nelson & District Community Complex

2 WAYS TO REGISTER



Online Registration

www.rdck.ca/recreation



In Person

Walk right up to the customer service desk and say, "Hello".



305 Hall Street, Nelson, BC
250-354-4FUN (4386)
www.rdck.ca



NDCC
Nelson & District Community Complex

FITNESS FORUM SCHEDULE

FRIDAY			
5:00 - 9:00 pm	FUNctional Anatomy and Program Design NDCC Fitness Studio		
SATURDAY			
8:00 - 9:00 am	Keynote - We've Come A Long Way Front Room		
Location	Studio	Front Room	NDCC Pool
9:15 - 10:45 am	Diversifit	Pre and Post Natal	Cardio Choreography Success
11:00 am - 12:30 pm	Let's Play	Back to the Basics	Cool Downs Revisited
12:45 - 1:30 pm	Lunch Front Room		
Location	Studio	Front Room	Multipurpose Room
1:45 - 3:15 pm	Cardio Core Synergy	Active Rehab and Corrective Exercise	Diabetes and Exercise
3:30 - 5:00 pm	HIIT or MISS	Does Your Core Training Align with Your Neck	The Vegan Athlete
SUNDAY			
8:30 am - 2:30 pm	The Universal Application of the Kettlebell NDCC Studio		

Register all day on Saturday and receive:

- 10% discount off on Pre and Post Conference sessions. Sign up early. Classes will fill up!
- a welcome package and entry into the door prize draw.
- complimentary lunch and healthy snacks to keep you fueled for the day.

Please note: Discounts not available on-line

The Vegan Athlete

Cindy Spratt
NDCC Multi Purpose Room

For instructors looking to move in a more plant-based, vegan direction, or wanting to learn how to work with vegan clients, this class will cover all the basics. Learn how to maintain and improve strength, endurance, and a healthy body, while incorporating a vegan diet. We will discuss the benefits of vegan food, achieving macronutrient balance, maximizing nutrient absorption and assimilation, and discuss pre and post exercise food combinations. We will also cover nutrient deficiency considerations, specific vegan athlete food lists, as well as nutrient boosters and how to incorporate them. This class will include take home recipes designed for athletic performance as well as a live food demo and tasting!

00019305

\$44 + tax

Does Your Core Training Align With Your Neck

Andrea Brennan/Jessica Pastro/Brianna Kelly
The Front Room

The prevalence of neck pain has almost reached epidemic proportions and this is only the beginning! It is our role to bullet proof our clients' bodies against the rigors of their daily lives. Younger generations are developing their movement patterns around their phones, ultimately changing their posture. We need to teach them to stand taller so they can live longer, feel more confident, and stay active as they age.

Exercise is stress; positive but sometimes negative. We are programming core training and strength training for our clients, but what if we are adding negative stress to an already vulnerable area? We are experts in movement. We need to be able to identify imbalances and develop programs to train necks safely, both in isolation and globally with other movements. Having a strong core can be the ultimate protection and treatment for neck pain.

00019261

\$44 + tax



POST CONFERENCE SESSION

Sunday 8:30 am - 2:30 pm Oct 20

The Universal Application of the Kettlebell

Brianna Kelly/Andrea Brennan/Jessica Pastro
NDCC Fitness Studio

Join three Strongfirst Kettlebell Instructors in a hands on session to learn and practice the fundamental skills that make the kettlebell one of the most efficient, effective, and versatile tools in your gym.

We will show you how to use kettlebells to address the needs of all clients. The kettlebell can provide the basis for programming, proven effective for active rehabilitation, general fitness, and high performance training.

You will learn how to safely perform and teach kettlebell swings, goblet squats, and the Turkish get-up, as well as warm-up techniques, progressions and how to perform safely. We will also introduce more advanced techniques that include bottoms up, loaded carry variations, and kettlebell chains and complexes. We will examine breath, core fundamentals, and posture then demonstrate how they influence the quality of your results.

In this session you will receive an excellent handout describing movement preparation for a kettlebell workout along with basic kettlebell progressions for your clients.

00019306

\$139 + tax

Saturday 1:45 – 3:15 pm Oct 19

Cardio Core Synergy

Samantha Reid | NDCC Fitness Studio

At the core of every great athlete lies a strong core and a great cardiovascular system. These are the building blocks of greatness for your participants as well. Learn how to incorporate core strength training directly into the cardiovascular workout, without compromising the intensity and flow of the class. Cardio Core Synergy classes puts the body through its paces testing core strength while challenging cardiovascular fitness

00019274 \$44 + tax

Active Rehabilitation and Corrective Exercise

Jessica Pastro/Andrea Brennan/Brianna Kelly
The Front Room

Getting moving as soon as possible post-injury is a proven way to expedite healing, but not all healing is the same. Moving is crucial. This workshop will give you the theory and hands-on coaching to help use corrective exercise as part of rehabilitation as well as general strength and conditioning programs. You will learn how to safely assess, prescribe, and implement active rehabilitation and corrective exercise programming promoting healthy client recovery.

00019260 \$44 + tax

Diabetes and Exercise

Cathy Potkins | Upper Multipurpose Room

New data from the 2019 Diabetes Canada Cost Model finds that rates of diabetes and prediabetes continue to rise. Currently, one in three Canadian adults has diabetes or prediabetes.

What does that mean for fitness and fitness professionals? Health care is quickly realizing the importance of exercise in the management of diabetes. What is our role in helping to curb this epidemic? What tools do we need? The first tool is knowledge!!!

00019304 \$44 + tax

Saturday 3:30 – 5:00 pm Oct 19



HIIT or MISS

Samantha Reid
NDCC Studio

High Intensity Interval Training is all the rage. It is easy to plan and implement. With so many options and so many benefits it is a sure win for your group exercise class! Right?! This session will explore how to take the science of these workouts and deliver the experience that your participants are looking for. We will dive into how your class flows, the planning of the exercises, the music, and your instruction. Walk away with tips and tricks on how to create an overall HIIT experience that will appeal to all levels of participants.

00019275 \$44 + tax

PRE CONFERENCE WORKSHOP

Friday 5:00 – 9:00 pm Oct 18

FUNctional Anatomy and Program Design

Cory Tout | NDCC Fitness Studio

Do you know your Piriformis from your Supraspinatis, Is your Pectoralis Major sagging, Are you one of the 80% of adults who have suffered from Multifidi and Paraspinal pain? If you have no idea what I am talking about, then your anatomy knowledge needs a kick in the Gluteus Maximus and this hands on work shop will give you a much needed review.

During this 4 hour hands-on, high energy workshop, participants will:

- Review, or perhaps learn for the first time. The location and function of the major muscle groups
- Participate in a fun, high energy anatomy review game

- Learn how to design group fitness classes that address common postural problems and minimize over-use injuries
- Put theory into practice by combining Effective, Efficient and high Energy exercises into a fun fitness class. So bring your creativity, enthusiasm and some high energy tunes with appropriate beats/min for strength training and be ready to learn while getting your sweat on.

00019255 \$119 + tax

CONFERENCE WORKSHOPS

Saturday 8:00 – 9:00 am Oct 19

MEET OUR KEYNOTE SPEAKER

Lynn Johnson

We've Come a Long Way
Front Room

History of Fitness Since the 80's

00019256 \$29 + tax



Saturday 9:15 - 10:45 am Oct 19

Diversifit

Lynn Johnson | NDCC Studio

People are making less and less time for activity. Whether it be family or work commitments or a lack of prioritizing, activity is something the majority of people are not making time for. This workshop will discuss the concept of a lack of time not being a barrier. Is it possible to see the results from a 15 minute workout? This workshop will explore the benefits of a short workout.

00019272

\$44 + tax

Pre and Postnatal

Cory Tout | Front Room

This workshop will provide fitness instructors and personal trainers a thorough understanding of the physiological changes and needs of your pre & postnatal clients. During this 90 minute workshop you will:

- Learn the benefits of pre & postnatal exercise
- Learn the 10 rules of prenatal exercise
- Gain an understanding of the physiological changes that occur during the 1st, 2nd and 3rd Trimesters
- Learn how to identify and apply corrective exercises for Diastasis Recti
- Take home a repertoire of safe and effective exercise for all stages of pregnancy

00019257

\$44 + tax



Cardio Choreography Success

Jodi Vousden | NDCC Pool

Choreography challenged? Feeling limited or frustrated trying to come up with new routines? Together we will explore variations on basic movements and ways to work body positions into your choreography. We will play with buoyancy, impact options and intensity and tie it all in to your cardio training goals. These focused cardio workouts that are fun and have flow will ensure cardio choreography success!

00019277

\$44 + tax

Saturday 11:00 am - 12:30 pm Oct 19



Let's Play

Lynn Johnson | NDCC Fitness Studio

Looking for ways to add exercise variety in your Circuit, Tabata or HIIT classes? This workshop will look at how PLAY can be used to create a challenging and enjoyable group fitness class.

00019273

\$44 + tax

Back to the Basics

Cathy Potkins | The Front Room

This workshop is about recognizing and working with common joint issues, how to modify exercises and ensure a safe training session or class. This will be a practical session, focusing on trying exercises and discussing proper techniques and modification options that could be appropriate in different situations. Ankles, knees, hips, midback, shoulders and necks will be discussed.

00019258

\$44 + tax

Cool Downs Revisited

Jodi Vousden | NDCC Pool

Water temperature, depth and space make cool downs in the pool challenging. Explore ways to use buoyancy, resistance and movement to improve joint mobility. Slow, controlled, dynamic movements create the foundation for these cool downs with functional core activation, balance, targeted static stretches and breathing worked in. The combination of stillness and movement will keep participants focused, warm and engaged during the restorative portion of your class.

00019278

\$44 + tax



LUNCH BREAK

12:45 - 1:30PM

00019259

\$15 + tax