Fit Rendezvous 2017 Conference

Get ready to be inspired!

MAY 26 - 28, 2017
MOUNT ROYAL UNIVERSITY, CALGARY
## 2017 Schedule

Comprehensive, thought provoking and innovative. Be inspired by the exercise industry’s top leaders and learn what it takes to excel and be the best.

### PRE-CONFERENCE  Friday, May 26

<table>
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<th>Time</th>
<th>Event</th>
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| 9:00 am – 3:00 pm | AFLCA Functional Independence Training Program  
(This session serves as a full recertification course) – Lesley McEwan |
| 9:00 am – 5:00 pm | AFLCA Aquatic Tethered Training Course – Judy Cudrak                                         |
| 6:00 – 10:00 pm  | CPR (Level A)                                                                                  |

### 9:00 am – 3:00 pm

**Lesley McEwan – AFLCA Functional Independence Training Program**

Lesley will lead you through practical, safe and appropriate movements designed specifically for the entire older adult age range. This interactive session is targeted for leaders working with older adults within the community and seniors’ facilities.

Content for this hands-on session includes:
- General guidelines for practical, safe and appropriate movements
- Equipment recommendations
- Endurance, strengthening, flexibility, and balance activities
- Special conditions considerations
- NEW falls prevention supplement
- General safety considerations for Older Adult Physical Activity programs

**NB:** This session serves as a full recertification course

### 9:00 am – 5:00 pm

**Judy Cudrak – AFLCA Aquatic Tethered Training Course**

The Aquatic Tethered Training course is designed to complement the AFLCA Aquatic Exercise Specialty certification. Tethering is an aquatic program that allows participants to hitch onto a stable object, such as a lane rope, to create a form of dynamic resistance offering an environment where intensity meets simplicity. This course will be dedicated to all tethering formats, including both a general and a deep water running approach. Leaders will be introduced to tethering movements and concepts that will appeal to a variety of aquatic exercise groups. This training will educate, inspire and reveal an easy to follow formula that will leave your participants feeling challenged and invigorated (manual will be provided.)

### 6:00 – 10:00 pm

CPR (Level A)
| Block 1 | 7:30 – 8:45 am | * Post-Rehab Exercise for the Shoulder  
Scott Morris | * A Minute to Win It!  
Helen Vanderburg | * Punch and Crunch  
Krista Popowych | The Virtual Experience  
Suzette O’Byrne | Helping Your Older Clients Be Young:  
The Art & Science of Gerokinesiology  
Tish Doyle-Baker |
| Block 2 | 9:00 – 10:30 am | * Fascial Line Flexibility Flow  
Helen Vanderburg | Stayin’ Alive Step  
Lynne Skilton-Hayes | * Create Amazing HIIT Workouts with Little to No Equipment  
Mike Bracko | Will Focusing on Weight Lead to Better Health?  
Jaclyn Chute | All Hands on Deck  
Ashley Bishop |
| Block 3 | 11:00 am – 12:30 pm | * D’Fine  
Helen Vanderburg | | | | |
| | 11:15 am – 12:45 pm | Heart Rate Variability: The Science of Recovery-Based Training  
Mike Bracko | Put the Pedal to the Metal  
Lynne Skilton-Hayes | | Prenatal Aquatic Exercise (Part 1)  
Judy Cudrak |
| Block 4 | 1:30 – 3:00 pm | * Post-Rehab Exercise for the Hip  
Scott Morris | * Mindful Movements - Getting the Flow  
Jessica Power Cyr | | Prenatal Aquatic Exercise (Part 2)  
Judy Cukrak |
| | 1:45 – 3:15 pm | HIIT It with Your Best Shot  
Lynne Skilton-Hayes | | | Crazy Train  
Krista Popowych |
| Block 5 | 3:30 – 5:00 pm | * MoveBALL™ Drills  
Anita Parker | Welcome to the Jungle - Your Guide to LTS® Obstacle Course Training  
Robin O’Grady | * Corrective Exercises for Older Adults  
Suzette O’Byrne | Post-Rehab Exercise for the Knee  
Scott Morris | Cardio Combos (shallow water)  
Ashley Bishop |
| Block 5b | 5:15 – 6:30 pm | | | “Zone IN” to High Intensity Interval Training Deep Water Style  
Judy Cudrak |

* Delegates: please bring your own yoga mat
Block 1
7:30 – 8:45 am
Scott Morris - Post-Rehab Exercise for the Shoulder
There are several different types of injuries that can occur with the shoulder complex. While there are some general guidelines that cover the majority of shoulder issues, we need to discuss some of the specific guidelines for various common injury types. Learn about early, mid and late stages of activity for dislocations, separations, impingement and tendonitis, with ample opportunity allocated to try out many of these different movements. We will also go over various tests and observations that can be used to determine where the individual is in the healing level, and whether they are ready to progress.

Helen Vanderburg - A Minute to Win It!
A lot can happen in a minute. Join this workshop and find out how effective a minute of training can be when you use the “on the minute” HIIT training technique. This workshop builds in personal, partner and team challenges to energize your high intensity training workshops. Come away with fun new exercises to inspire your clients.

Krista Popowych - Punch and Crunch
Are you ready to add a whole lot of ‘punch’ and a little ‘crunch’ to your next workout? This cardio kickboxing session combines jabs, hooks, kicks, interval training, agility combinations, body weight training, core, and more. Join Krista and her contagious high energy as she leads you through this no-fluff, no excuses, idea-filled cardio kickboxing session. Get ready to kick and punch it up in a notch in a fun and effective way!

Suzette O’Byrne - The Virtual Experience
We’ve come a long way. Today’s indoor bikes are equipped with computers that show power, heart rate, cadence, energy expenditure and more. Add in virtual indoor cycling displays that simulate outdoor scenery and a rider’s real-time performance. But how should instructor’s best use these advancements? Learn how to utilize technology to add another element to your indoor cycling classes. Maximize benefits and keep your participants engaged and focused through the entire experience. Not only will you have a great class, you’d actually be missed if you weren’t there!

Tish Doyle-Baker - Helping Your Older Clients be Young: The Art and Science of Gerokinesiology
The Swiss army knife, like the human body, is capable of many things, but ideal for none of them. With this perspective in mind, ageing embodies a series of trade-offs such as, could do it but can’t do it now. This presentation will explore areas that are important for maintaining ‘movement for life’ aka gerokinesiology.

Block 2
9:00 – 10:30 am
Helen Vanderburg - Fascial Line Flexibility Flow
This full body flexibility session will take you through static, active and dynamic stretching sequences that target the fascial lines of the body. Gain understanding and practice fascial line movement patterns to enhance performance, decrease tension and increase mobility. This flexibility based session is suited for group fitness instructors, personal trainers, and Yoga and Pilates teachers.

Lynne Skilton-Hayes - Stayin’ Alive Step
Remember the days when step classes were packed? It’s still the great workout it always was so where did they go? Maybe we need to rethink our approach - not get so focused on the ‘finale’ because without a successful journey, the ‘finale’ doesn’t matter. Does it? This choreography workshop is designed to review the teaching techniques, smart progressions and learning curves paramount to teaching seamless choreography, reducing student frustration and driving the numbers back up in your step class.

Mike Bracko - Create Amazing HIIT Workouts with Little to No Equipment
New research, new workouts! In this heart pounding and informative workshop, Mike will take you through the latest and greatest HIIT & MIIT (Medium Intensity Interval Training) training protocols that the research has shown to provide maximum benefit for our clients. Burn fat – you got it with “Tremblay.” Improve V02 max with reduced training volume – you got it with “Bangsbo.” Reduce total body fat for women – you got it with “Trapp.” Come to this session for an awesome workshop and learn new HIIT and MIIT training protocols for your clients.

Jaclyn Chute - Will Focusing on Weight Lead to Better Health?
How do you define health? We often make assumptions about a person’s health based on their weight. Can you just look at a person and know if they are healthy? Dieting has become a “national pastime” for many people seeking health but, is this focus on weight and weight loss the answer? Join this interactive session to compare weight-centred vs. behaviour-centred approaches to health. Explore the principles of Health at Every Size® and Intuitive Eating as alternatives to the pervasive diet culture we live in. You will leave inspired to rethink the health messages you share with your clients.

(block 2 cont’d →)
Ashley Bishop - All Hands on Deck
No voice? Achy Body? No Problem! In this hands on workshop you will sharpen all your on deck teaching skills and learn how to utilize different cueing techniques to lead your participants through a motivating and effective workout. Fine tune your on deck demonstration skills by incorporating a variety of impact options that will save your body without sacrificing class content and presence.

Block 3
11:00 am – 12:30 pm

Helen Vanderburg - D'Fine
No weights...just hard core results. This bodyweight workout combines core conditioning and muscle defining exercises from Pilates, flexibility and mobility from Yoga, and fluidity of movement from fitness and Barre techniques to define, align and sculpt the body. Choreographed to inspired music, experience a new, innovative, and challenging bodyweight group class. You will leave this session with unique ideas to give your clients a total body workout, improved posture, and D'Fine the body!

Jessica Power Cyr - Muscle Up with All the Toys
Come have fun with portable equipment! Muscle Up with All the Toys is an equipment-based session with creative resistance training combinations to keep your participants moving while allowing their body to engage in active recovery. This means your participants can do more in a shorter period of time and see the results they want to achieve. This session will integrate multi-joint and multi-planar exercises within multi-set combos to challenge the body as a whole. We’ll be bringing out all the toys — BOSU balance trainers, ViPRs, tubing, gliding discs and fit balls. Get ready to be POWERED UP with Jess!

11:15 am – 12:45 pm

Mike Bracko - Heart Rate Variability: The Science of Recovery-Based Training
Heart Rate Variability Training (HRV) is based on the science of recovery, prevention of overtraining, and how stress affects our clients’ ability to train. It accounts for all kinds of stress and monitors the day-to-day fluctuations in heart rate and intensity. We’ll discuss the research behind HRV, the practical application of the training, the best apps to use, and put it to the test by performing a unique “HRV training program” using minimal equipment. See how you can use HRV training to gain maximum benefit from each workout.

Lynne Skilton-Hayes - Put the Pedal to the Metal
This ride is not for the faint of heart. The key to getting fitter is to let uncomfortable be your new comfortable. This HIIT (high intensity interval training) cycle class will teach you to do just that. Learn how to coach this type of class effectively in order to ensure you get the most out of your students. Empower your students to work harder than they thought they could.

Block 4
1:30 – 3:00 pm

Scott Morris - Post-Rehab Exercise for the Hip
It is almost impossible to separate hip conditions from lower back and pelvis problems. Consequently, there is a need to treat both at the same time, as dysfunction in one will almost always cause dysfunction in the other. In this session, we will go over a variety of testing and exercises that will ensure clients are working at an appropriate level for their condition. As well, we will discuss hip joint replacement, various muscle injuries including hip flexor and adductor strains, hip arthritis, labrum tears and some common pelvic dysfunction problems.

Jessica Power Cyr - Mindful Movements - Getting the Flow
Take your mind-body experience to the next level in this unique workshop infusing Pilates, Yoga, Thai Chi, Fusion and dance principles. Jessica will tantalize your senses in this seamless mindful movement experience with the assistance of chill out grooves and thoughtful sequencing patterns. She will provide you with the tools to design and deliver balanced, strong and fun programs that resonate with a large variety of participants. This workshop is perfect for both mind-body and fitness leaders alike. Let’s connect to our bodies with Mindful Movements that Flow!

Judy Cudrak - Prenatal Aquatic Exercise (Part 2)
Time to get your feet wet! Prenatal Aquatic Exercise (Part 2) takes the theory out of the classroom and into the pool. You will learn how to create fun and effective programs appropriate for this population in an aquatic exercise environment while considering their special needs.
1:45 – 3:15 pm

Lynne Skilton-Hayes - HIIT It with Your Best Shot

Blend heart-pounding metabolic boosting HIIT training, body weight strength/power exercises and traditional kickboxing combinations and drills for a workout that will empower your students to kick some serious a**. You’ll bring a workout formula back to your students guaranteed to build strength and stamina while improving dynamic flexibility and balance through all planes of motion. Show up and HIIT it with your best shot!

Krista Popowych - Crazy Train

Come on in, find a saddle and take a ride on the crazy train! In this energetic and idea-filled session, learn new drills and games to pepper into your rides or use on their own in themed classes. Learn how to combine safe and effective with fun and crazy. Time flies when you are having fun, and this indoor cycling class ride is no exception.

3:30 – 5:00 pm

Block 5

Anita Parker - MoveBALL™ Drills

MoveBALL™ Drills is a challenging whole-body workout for athletes and almost anyone, almost any age, in good physical condition. It integrates five important and effective athletic training concepts: movement, endurance, power, eccentric force generation, and agility. For athletes this workout provides sport-specific and cross-training benefits for optimum performance and injury prevention. Non-athletes benefit with head-to-toe neuromuscular training that is both functional and time effective.

Robin O’Grady - Welcome to the Jungle - Your Guide to LTS® Obstacle Course Training

With the massive worldwide popularity of Obstacle Courses/Adventure Runs many of our clients are now training for and competing in these fantastic events. From the inventor of the EQualizer® and Buddy System™ this session is a challenging way to explore and develop the movements and skills necessary for competing in Obstacle Courses/Adventure Runs! See how these portable and dynamic tools, exercise selection and programming will get your clients prepared and working towards this fun goal. We will be incorporating Lebert Fitness System’s latest invention, the New SRT (Spring Resistance Training) Barbell®. Tough Mudder, Spartan Race and other races...look out!

Suzette O’Byrne - Corrective Exercises for Older Adults

Older adults come to us with a variety of aches and pains that can be exacerbated by mobility issues. This workshop will focus on corrective exercises that can be done either sitting or standing for common conditions that can make recovery accessible to all.

Scott Morris - Post-Rehab Exercise for the Knee

From a stability viewpoint, few things are as poorly developed as the human knee. There are a wide variety of very common problems we see, including various ligament injuries to the ACL and MCL, meniscus tears, patella instability and arthritic buildup. In this session, we will discuss all these and the various surgeries that go along with them. Then we will break down various exercise and movement strategies to help people get moving and keep moving without breaking down again.
Ashley Bishop - Cardio Combos (Shallow Water)

Take the mystery out of aquatic choreography and gain a better understanding of Add-On, Pyramid and Pure Repetition choreography styles. These cardio combos are an effective way to add diversity, intensity, and FUN to your Aqua Classes! The focus will be primarily on shallow water formats with a hint of deep. No equipment, no problem! These cardio combos provide an effective full body workout without the use of aquatic equipment.

Block 5B
5:15 – 6:30 pm

Judy Cudrak - “Zone IN” to High Intensity Interval Training - Deep Water Style

How hard? What should this drill feel like? How do I get the benefits of high intensity interval training? In this workshop, we’ll explore the concept of intensity zones as they relate to perceived exertion, and how to apply this knowledge to create intense yet simple class plans that yield results.
## 2017 Schedule

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<td>* Bring Your Body With You... Batteries Not Included</td>
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* Delegates: please bring your own yoga mat
Suzette O’Byrne - Asymmetric Yoga for the Asymmetric

Whether we are born asymmetric or we develop imbalances left and right, asymmetric issues can cause pain, injury and fatigue. From structural and functional scoliosis to muscle imbalances to leg length differences, there is much we can do to help our clients reach the optimal balance in their bodies, Breath, and function. Learn how to utilize asymmetric yoga to access the pelvic floor, inner core, and create balance left to right, and top to bottom. Learn how to identify imbalances, modify poses and create balancing programs to help your clients find their true centre.

Amber Zenith and Emily Nelson - HIGH Fitness

Come get "HIGH" and check out the fitness craze that's getting everyone addicted to fitness! Amazing intensity + easy to follow choreography + extremely FUN = HIGH Fitness. Join Amber Zenith and Emily Nelson (co-owners and creators of HIGH Fitness) as they show you their secret formula for creating an AEROBIC interval training workout that appeals to the masses. HIGH Fitness is a carefully crafted hardcore, high energy fitness class that incorporates intervals of intense cardio peaks and powerful body-sculpting tracks. Combining fun (pop songs of old and new that everyone knows and loves) with intensity (intervals, plyometrics and cardio) along with consistency (each song has specific simple moves taught the same by all instructors), the HIGH Fitness format is the formula you need to deliver an amazing workout that will keep your participants coming back for more.

Mike Bracko - Functional Core Matrix for Performance and Prevention

Functional Core Matrix (FCMx) consists of training the core using 3D movements in the sagittal, transverse, and frontal planes. In sports, fitness, manual handling of materials in industry (MHM), and activities of daily living (ADL) our clients must be able to maintain balance, prevent injury, move efficiently, and have outstanding performances in athletics while moving in multiple planes of motion. This requires the core to stabilize, accelerate, decelerate, rotate, and aid in lifting. Nerves must innervate muscles to produce smooth coordinated movements and the fascia must move smoothly with muscles and joints. This session will explain causes of back injury, injury prevention, performance enhancement for sports, and improving the efficiency of the back and core. There will be implementation of movements relating to fitness, sports, MHM, ADL, and training the core in all planes of movement. Training will include stability on 1 foot and 2 feet, rotation and resisting rotation, acceleration-deceleration done horizontally and vertically.

Krista Popowych - Cycling Strong!

What makes a strong rider stronger, a powerful rider more powerful, and a fast rider faster? Learn the top indoor cycling techniques to enhance your students’ skills and make each and every ride stronger and more powerful. Create workouts that build strength and endurance through various cycling drills and formats. Think strong. Ride strong. Be strong!

Jessica Power Cyr - Bring Your Body With You...Batteries Not Included

Smart phones, text messaging, emails, instant news, social media, pre-packaged meals, health in a pill: we don’t really need to do much to survive in the 21st century. Do we? Life has really become effortless. With all the high tech gadgets at our finger tips, we've become so disconnected from our mind, body and soul; we’ve stopped trusting in our amazing bodies to do the heavy lifting in life! In this lecture, Jessica will provide insights along with tools that leaders can use to empower their participants to take back control of their bodies. She will discuss current research and theories that may be controversial. Ultimately, we need a paradigm shift and a re-focus of our energies on “What is the cause of health” instead of trying to find the cause of disease. It’s not about living longer, it’s about living with quality!

Fraser Quelch - Advanced Programming - Putting it all Together

This mind-blowing session integrates some of the most exciting thinking and evolving concepts from the world of high-level strength and conditioning with evidence-based research to redefine the way you program. Get a taste of this simple yet powerful and compelling model that will enable you to cut through the complexity of high-level programming to create world-class sessions that accelerate you and your clients toward their goals.

Krista Popowych - One Step, One Rep at a Time

Join Krista as she takes you through this workout one step and rep at a time. By putting together interesting step routines followed by resistance training, this full body workout will have your participants benefiting from both a heart and muscle pumping session. Super fun and effective, this step and rep session will not disappoint!

(block 7, cont’d →)
10:00 – 11:30 am

Robin O’Grady - Manage, Measure and Succeed - LTS® Bootcamp with a Purpose!
The adage “You can’t manage what you don’t measure” holds true for fitness goals as well. It’s one thing to train and it’s another thing to train with purpose and towards a goal. This bootcamp session teaches you a simple system to do just that - test your clients’/participants’ overall strength and stamina (designed for military and law enforcement) with the amazing portable EQualizer™ and Buddy System™ and then work towards improvement every time they do bootcamp! Your participants will not only get a great workout but feel like they are moving towards their goals.

Jessica Power Cyr - Metabolic Mapping
Re-ignite and re-boot the way you deliver your indoor cycling classes! Jess will provide you with the tools to map out metabolically efficient and effective class designs sure to deliver a kick ass class experience. We’ll review and define interval training, the essentials of exercise physiology such as energy system transfer and muscle fibre type. The result? Learn how to create a variety of unique interval based workouts that will challenge your participants to go beyond their physical and mental workout threshold. Get ready for a high powered indoor cycling experience!

Tish Doyle-Baker - Wile E. Coyote: The Living, Breathing Synonym for Cortisol
Cartoon characters aren’t simple and neither is cortisol, a competitive hormone that can change quickly depending on the time of day and the environment. This engaging presentation will address the short and long terms effects of cortisol from a healthy outcomes perspective.

Block 8
12:15 – 1:45 pm

Helen Vanderburg - Fluid Movement
The human body is designed to move with power and grace. To move without restriction requires a balance between mobility and stability to create ideal symmetry. In this session, you will learn a series of integrated and isolated movement patterns to free the body, feel better and gain optimal performance in life. This session will leave you feeling strong and revitalized!

Lynne Skilton-Hayes - BYOB Workout Express
I don’t have enough time to workout. Heard it before? We know with all the HIIT protocols today that you don’t have to spend hours in the gym in order to achieve results. This workshop is designed to give you four different 30 minute cardio and strength HIIT workouts using nothing but your own body weight. Not only is it efficient on time but you will maximize results by burning calories long after these workouts are done.

Ashley Bishop - Aqua Allegro
Allegro means “fast and lively.” In Aqua Allegro, the focus is on stamina and strength using movements similar to what can be found in an allegro section of a typical ballet class. Using choreography combinations to music, the body is challenged to perform familiar aqua fitness movements with a twist.

2:15 – 3:45 pm

Fraser Quelch - Continuum Training
Balancing the programming differences between what clients need and what they want is one of the most challenging elements of personal training. In this interactive and practical session, learn how to systematically assess where a client is, what they need and what programming will bring them to their peak fitness while addressing their movement compensations. This revolutionary model provides trainers with an easy-to-execute training model that guides what measure of corrective versus performance-based training methods should be used with each client and even leads them to the right exercises to use for peak results.

Jessica Power Cyr - Training Movement Patterns 2
Training Movement Patterns 2 will incorporate current/updated research plus use the vital information from muscle assessments to create more effective, efficient and beneficial programs for your participants. A healthy body is a strong body that can function without injury. The skills you learn in this session will ensure your exercise programs are building strength, improving function, and reducing injury risks. Learn how to apply your enhanced knowledge and skills in innovative and inspirational ways. Jess will review myofascial lines, planes of movement, mobility, motor control and functional patterning to provide you with tools to incorporate essential movement patterns in your program design.

12:30 – 2:00 pm

Krista Popowych - Fit Kit 20
With as few as one or as many as three pieces of fitness equipment, Fit Kit 20 will give you three separate workouts that can each be done in 20 minutes or less. With a little ingenuity and an overall plan, it is easy to create efficient, full body workouts. As a bonus, any combination of the 20 minute workouts are perfect for a quick personal training session or group fitness class. Are you ready to get Fit in 20?
Helen Vanderburg - Recovery - The Rest of the Story
With the popularity of HIIT Training the importance of recovery is more and more critical in the overall success and health of your clients. Training is an interesting paradox as the body needs to be stressed to stimulate physiological changes which causes temporary weakening of the body. Without the right amount and type of recovery the body stays in a state of allostasis longer than it should. In this workshop, learn and experience a variety of practical recovery techniques to incorporate into your clients overall training program.

Suzette O’Byrne - Restore Function
Over time our bodies develop compensations, habits and movement patterns that lead to pain, injury and fatigue. Discover strengths and weaknesses in your core and how they can translate into compensations throughout the body. Feel how strengthening the key stability muscles and releasing the tonic muscles allows your body to move more freely and can assist in pain or stress reduction. Explore the common connections and learn how to recognize them and help your students get back to the way they are supposed to move.

Judy Cudrak - Feel the Critical Power
In this workshop, we will explore the concept of critical power and determine our individual critical power wattages. Based on these numbers, we will experience a number of different drills, all tailored to your individual critical power figures. Be prepared to ride your own ride, all geared towards critical power and your unique wattages!

Andy Kitchen - Refresh and Renew - What’s Old is New
As instructors we all have a library of movements stored in our brains that we have done many times over. It’s time to shake up the old and make things new and more challenging again! In this workshop we will keep it simple and learn how to refresh and renew moves we know and our participants love. Get ready to be creative and crank up the intensity by modifying the technique and teaching style while layering movements together for something fresh and new.
Ashley Bishop is a certified Ballet teacher (RAD), Personal Trainer (ACE), and a Group Exercise Instructor (AFAA/ACE). She is a continuing education provider for ACE, AFAA and AEA, an Aquatic Training Specialist for the AEA, and a Zumba Jammer™ for Zumba Fitness®. Born and raised in British Columbia, Ashley spent the first ten years of her career working as a professional dancer in Vancouver, BC. Now living in Northern California, she is a fitness instructor by day, and a ballet instructor by night. Ashley absolutely adores teaching, learning and sharing knowledge with others. She is thrilled be joining the Fit Rendezvous presenter team and sharing her passion with her fellow Canadians!

Mike Bracko is a fitness educator, hockey skating coach, writer, strength and conditioning coach, and Trigger Point Master Trainer. He holds a doctorate degree in exercise science and is a Certified Strength and Conditioning Coach through NSCA. He works with hockey players, industrial workers, and fitness professionals to educate, improve performance, and prevent injury. He is the strength and conditioning coach for the USA Men’s Deaflympic hockey team. Mike is the author of 32 DVDs on fitness, hockey skating, and back injury prevention. He presents at fitness shows such as Asia Fitness Conference, China Sports Show and Fitness Conference, IDEA World and Personal Trainer Institute, canfitpro and NSCA Personal Trainer. He writes for PTontheNet.com, canfitpro Magazine, and IDEA Fitness Journal. Mike is a Fellow in the American College of Sports Medicine. He has served as Chair of the ACSM’s Health and Fitness Summit planning committee and IDEA Personal Trainer Committee.

Jaclyn Chute, B.Sc., RD, graduated from the University of Alberta with a Bachelor of Science in Nutrition and is a registered dietitian. As a nutrition educator at Alberta Milk she manages school nutrition programs, hosts teacher workshops, writes nutrition articles and blogs, and mentors interns. Jaclyn has also taught a nutrition course as a sessional instructor at MacEwan University.

Judy Cudrak, B.Sc., B.Mgmt., is an AFLCA Trainer of Leaders in Aquatic Exercise, Group Exercise, and Resistance Training. She is the YMCA representative on the AFLCA Board of Directors, and provides guidance and mentorship to YMCA Trainers through her YMCA Training Educator role. Judy is a Keiser National Trainer, a Stott Pilates instructor, a Fusion instructor, a certified Level 1 Ashtanga yoga instructor, and has been an innovative and energetic land and aquatic exercise leader for over 29 years. She has trained numerous exercise leaders and trainers through courses, workshops and presentations, and brings her passion and love for fitness to every class and course she teaches.

Tish Doyle-Baker is a graduate of the world renowned Loma Linda University in California, where she received her Doctor of Public Health degree in Health Education/Epidemiology. Prior to this she graduated from the University of Victoria in BC with her Masters of Exercise Physiology/Sport Science and a B.Sc. in Human Performance/Biochemistry. Tish has won many awards including the Dr. E. Bako award for outstanding achievement and leadership in exercise science and practice in 2014. She is passionate about translating basic science into value for human health and society and is a sought after speaker and writer because of her creative lens to knowledge translation.

Andy Kitchen, B.Sc.Kin, is a Certified Exercise Physiologist, Strength Conditioning Specialist and a Group Exercise Leader (Dryland and Aquatic). She has specific interests in movement mechanics, endurance sport and the “active for life” philosophy. Andy believes the power of exercise goes far beyond staying fit to enhancing quality of life. Currently, she works as a Recreation Program Specialist with The City of Calgary and enjoys the many opportunities to mentor the instructors and trainers she supervises as they grow and work to stay current in the ever-changing fitness market.
Lesley McEwan works at the University of Alberta, Provincial Fitness Unit as the AFLCA Project Coordinator. She also facilitates the AFLCA Fitness for the Older Adult and Functional Independence Training Program to leaders and practitioners. Lesley has worked in the older adult field for over 25 years as a Trainer, Consultant, Program Coordinator and Fitness Leader. Lesley possesses a true passion for not only supporting older adults in getting and staying active, but also in supporting practitioners through their educational pursuits necessary to lead and support older adults in safe and functional physical activity programs.

Scott Morris, CAT(C), Dip SIM, B.PE, has been working as the head athletic therapist at NAIT for the past six years. Scott has focused his clinic on dealing with athletes of all ages and skills, from children and youth to varsity athletes, masters level to professionals. Scott believes in making recovery from injury as active as possible and giving patients the tools they need to fix themselves.

Suzette O’Byrne is a sought after international instructor trainer who specializes in yoga therapy, indoor cycling and personal training. She is the Recreation Manager at The Glencoe Club in Calgary, Alberta and the author of Yoga for the Core: Finding Stability in an Unstable Environment. Suzette holds a B.Sc. in Kinesiology and a designation as trainer of fitness leaders from AFLCA. Certifications: ACE, E-RYT500, IAYT Certified Yoga Therapist.

Robin O’Grady owner of O’Grady Consulting, has been a dedicated and passionate group fitness instructor for over 14 years. She is a certified Mindset Coach, Master Trainer for Lebert Fitness and Assistant Trainer for the AFLCA. Robin is a regular presenter and educator at facilities and conferences across North America. When she is not busy inspiring people to embrace a physically active lifestyle and delivering educational workshops for her peers, she mentors new AFLCA instructors in her apprenticeship training program. With Robin’s positive energy and radiant smile you can’t help but walk away inspired!

Anita Parker, B.Sc, B.Ed, RYT 200, AFLCA Trainer, begins each day with a glass of water and a self-message of gratitude that fitness and wellness is actually her livelihood. Twenty years of passion for human movement and potential has brought Anita to inspiring leaders with certification courses and workshops, writing articles, hosting mountain yoga retreats, and now developing MoveBALL™ Fitness.

Krista Popowych, B.H.Kin, has been inspiring fitness leaders, trainers and managers for over two decades with her motivating and on-trend sessions. As the 2016 canfitpro Fitness Presenter of the Year Award recipient and the 2014 IDEA Fitness Instructor of the Year Award winner, Krista has shown an outstanding commitment to fitness education. A highly sought after instructor, trainer and educator, Krista is the Global Director of Group Education for Keiser. She is also a recognized TV personality, DVD creator and an Adidas 3-stripe team sponsored member. As a published author and professional speaker, Krista spreads her passion for fitness across the globe. Her goal has always been to inspire others through education and movement and she does just that with her creative sessions and real-life approach to fitness!

Jessica Power Cyr, M.Sc., B.Sc.Kin., CSEP-CEP, ACSM-CES, AFLCA Trainer, FMS Level 2, is a fitness and mind body guru, leading industry educator, programmer and public speaker. Jessica brings a wealth of information, charisma and personality to each session making them fun and easy to learn from. You’ll never walk away bored from one of her session but you WILL learn something new or change your perspective on something old. Jess is fortunate to be working closely with industry leaders at Mount Royal University, CSEP and the AFLCA to provide you with industry trends that are safe and effective. Get ready to “Get Powered Up!” in one of Jessica’s sessions!
Fraser Quelch, B.PE, is the director of training and development for Fitness Anywhere® and the creator of the TRX training program. An expert in functional training and endurance athletics, Fraser has presented at events worldwide and is featured in 19 fitness DVDs.

Lynne Skilton-Hayes is the fitness program supervisor at the University of Guelph where she is responsible for hundreds of programs for students, faculty, staff and the community. She holds a Bachelor’s degree in Science and brings over 22 years of education and experience to the fitness industry. Lynne is an international fitness presenter/educator, Matrix Master Trainer, a canfitpro ProTrainer and a Tonic Ambassador. In addition, she has done work for television, print and online DVD curriculum for IDEA.

Helen Vanderburg, B.PE, is owner of Heavens Elevated fitness, yoga, spin studio and Fusion Fitness Training™. With over 30 year of experience in teaching, training, club management, program development and motivational speaking she brings a wealth of experience to her presentations worldwide. She is the recipient of many industry awards, including the 2015 canfitpro Presenter of the Year, 2005 IDEA Instructor of the Year, and an elite athlete as a former World Champion synchronized swimmer and honoured member of the Sports Hall of Fame. Certifications include: AFLCA, CFP, ACE, Pilates, E-RYT Yoga certified.

Amber Zenith and Emily Nelson, co-owners and creators of HIGH Fitness have been involved in the fitness industry for over 10 years. Both Amber and Emily share a common deep passion for fitness, inspiring others, and being creative in doing so. Guided by passion and innovation, they created HIGH Fitness, a hardcore fun fitness class that incorporates cardio, toning and plyometric training set to simple easy to follow choreography and music people know and love. HIGH Fitness has been in business just over two years and is growing rapidly with classes offered in over 15 states in two countries, lead by over 500 licensed instructors.
Conference Fees:

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<th>ADVANCED REGISTRATION</th>
<th>REGULAR REGISTRATION</th>
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<td>(on or before April 28, 2017)</td>
<td>(after April 28, 2017)</td>
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<tr>
<td>AFLCA, NFLA &amp; Fit Directory registered member</td>
<td>$235.00 (plus GST)</td>
<td>$285.00 (plus GST)</td>
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<tr>
<td>Non AFLCA</td>
<td>$285.00 (plus GST)</td>
<td>$335.00 (plus GST)</td>
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**FRIDAY, MAY 26 PRE-CONFERENCE SESSION FEES**

- AFLCA Aquatic Tethered Training Course: $185.00 (plus GST)
- AFLCA Functional Independence Training for Older Adults: $140.00 (plus GST)
- CPR Level A: $65.00 (plus GST)

- Conference fees include: conference sessions, nutrition breaks and 2 lunches.
- NFLA members are requested to provide certification verification with registration to receive member pricing. NFLA Members: BCRPA, MFC, NSFA, OFC, FNB, and SPRA.

Complete credits for AFLCA recertification may be obtained by attending the full conference.

Cancellation Policy

- Cancellations received on or before May 1, 2017 will receive a refund, less a $30 processing fee.
- Cancellations received after May 1, 2017 will be charged an administration fee of $60.00.
- No refunds will be issued after May 15, 2017.

Photography, Video, and Audio Taping

Photography, video, and audio recording are **not permitted** in any of the pre-conference or conference sessions.

Children and Babies

To maintain the educational environment and for reasons pertaining to safety, children and babies are not permitted in the conference sessions.

Accommodation/Hotel Information:

Mount Royal University Residence - We look forward to you staying with us!

- We are located on site at Mount Royal University, a short 5 minute walk from conference venue.
- Guest or dormitory style rooms — single rooms with private washrooms.
- All units are fully furnished including a single bed, each in a private room, full kitchen and living room with cable television. Our residences also provide free WIFI with high speed wireless internet throughout.
- Rates starting from $54.50 (plus tax) per night.
- A limited number of rooms have been reserved for Fit Rendezvous participants. Book early!
- When booking rooms, mention that you will be attending the Fit Rendezvous 2017 conference to obtain the conference rate!

To book accommodation contact Residence Services directly:

- **Email**: residence@mtroyal.ca
- **Toll Free**: 1-866-264-7875
- **Phone**: (403) 440-6275

PLEASE NOTE: A number of units are held for this group, the cut off date for this block booking is May 1, 2017. After this cut-off date, any held, but unreserved rooms will be released to the general public and will be available on a first come, first served basis.

Fit Rendezvous 2017 – Waiver of Liability

In consideration of accepting this registration I, the undersigned, intend to be legally bound, for my heirs, my executors, administrators and myself, waive and release any and all rights and claims for damages I may have against the Provincial Fitness Unit/AFLCA, the facilities, and all promoters, sponsors and their representatives, successors and their assigns for any and all injuries suffered during the Fit Rendezvous 2017 Conference. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment and am not taking any medication that would cause me harm or limit my participation.

Photography Release Form

I hereby grant the Provincial Fitness Unit the irrevocable and unrestricted right to use and publish photographs of me, or of which I may be included, for publication, digital reproductions (web sites) and/or promotional materials or any other purpose and in any other manner or medium. In addition, I grant my permission to alter the same without restriction, and to copyright the same. I hereby release the photographer and the Provincial Fitness Unit from all claims and liability related to said photographs.