

Saturday November 6, 2010

## Workshops

(L) - Lecture (A) - Activity

**Session One 8:30am-10:00am**

**Feature Presentation - Conscious Living: From Nutrition to Lifestyle Coaching (L)**

*Lawrence Biscontini*

Learn how to maximize your inner potential through food, movement, and thought processes in 3 easy steps. Do you need a Life Coach? We will explore what takes place in the first session with a Life Coach so you can maximize your inner potential with your outer goals. Leave this session, with a renewed sense of energy, vitality and hope.

**Session Two 10:30am-12:00pm**

**20! 20! 20!: The Complete Workout for Desperate House-Lives! (A)**

*Lawrence Biscontini*

Learn how to create a complete 60 minute experience - all aspects of complete fitness addressed in only one hour! With concentrated 20-minute segments of creative cardio routines, synchronized strength exercises and fluid flexibility this workout can be done in sections or all at once.

**WOW Them Warm-Ups (A) Lisa Kingston**

Energy, presentation style, connection with participants, moves and music are meant to prepare your participants for the upcoming workout. Explore theories on stretching vs. range of motion movements in warm-ups. Unbelievable new ideas on how to kick off your class with a bang.

**Maximum Metabolic Cost (A)**

*TWIST-Sarah Manson*

Everyone wants results – burn calories, build muscle, improve posture/balance, move well and be injury free. To maximize results, every exercise in a workout must be chosen to overload the human machine to improve form and function. Learn a combination of mechanics, overload concepts, and difficulty progressions that can be readily applied to your workout and your clients' workouts.

**DOWNdawg Yoga (A) Amy Chayko-Allen**

Who says you can't teach old dawgs new tricks? A ground breaking fusion of classic yoga practice and high energy, hip hop music. Your favourite yoga flow sequences get your heart rate pumping while rocking to electric beats all class long.

**Session Three 12:45pm-2:15pm**

**Show Some Spine: Extend Yourself! (L/A)**

*Lawrence Biscontini*

Learn new techniques backed by research for training the rectus abdominus, erector spinae/multifidus group, obliques, and quadratus lumborum as we search for "killer core" and "amazing abs."

**Pilates Infused Core (A) Lisa Kingston**

Pilates Infused Core is the next evolution in Pilates training. Learn how to combine the latest in core training, Pilates mat work and evolved Pilates exercises to enhance your core conditioning programs. For instructors & PT's.

**Advanced Small Group Training (A)**

*TWIST-Sarah Manson*

Blast through plateaus and expand your training repertoire to include exercises that integrate high tempo movement, dynamic balance and whole body strength. Packaged as an exceptional small group training program or dissected into powerful individual exercises, skills and drills.

**"I" Model (L) Donna Renaud**

*Include! Inform! Inspire!* These key strategies are the basis for the "I" model of how to create a positive member experience and have members thinking "I love...this class...this trainer...this gym!" Learn simple, effective ways you can positively impact member's perception to boost their success and yours.

*SFL/TFL Professional Development Credits*

**Session Four 2:30pm-4:00pm**

**Shake Your Buddha (A) Lawrence Biscontini**

A cardio workout from a mind-body perspective, fusing different disciplines and incorporating them into your traditional grapevines and step-touches. Playfully integrate stability and mobility, dance with your eyes closed and entertain your inner child.

**So You Think You Can Dance (A)**

*Lisa Kingston*

"I could dance all night" is what you will be saying after this Disco-flavoured low impact workout! Boogie shoes will be burning holes in the studio floor as participants do a little dance, get down and workout in a way they never thought possible.

**Active Recovery (A) TWIST-Sarah Manson**

Athletes of all ages play hard, break their body down and thrive on fatigue to build a stronger human machine. Learn secrets pro athletes use to be "game ready" for multiple competitions each week. Recovery programming delivers performance gains as intensity can be ramped up knowing whole body regeneration and tissue repair can be achieved. Regeneration methods can be applied to active aging clients who desire to maintain active lifestyles.

**Say It, Hear It: The Power of Effective Communication (L) Sherry LeBlanc**

Learn powerful techniques to be better speakers and listeners by discovering what it is we are really looking for when we communicate with others, what gets in the way and how to overcome this. What is essential in all communication transactions?

*SFL/TFL Professional Development Credits*

**Sunday November 7, 2010**

**Aquatic Workshops**

**Aquatic Personal Training Principles (L)**

8:30am-10:00am - *Lawrence Biscontini*

Take your training into an aquatic environment. Learn the components of an aquatic personal training session. Review the fundamental principles of aquatic fitness, and create samples of strength, cardiovascular, and flexibility protocols. For waterfit instructors and personal trainers.

**Get Wet and Shake Your Buddha (A)**

10:15am-11:45am - *Lawrence Biscontini*

A cardiovascular workout experience from a mind-body perspective, fusing different disciplines, and incorporating them into your traditional grapevines and step-touches in the water. Playfully integrate stability and mobility, dance with your eyes closed and entertain your inner child.

21st Annual



**ISLAND FITNESS**  
**CONFERENCE**

**Fitness 6 BCRPA Credits**

Saturday November 6, 2010

**Aquatic 3 BCRPA Credits**

Sunday November 7, 2010

Gordon Head Recreation Centre

4100 Lambrick Park Way

Victoria, BC

OPEN TO ALL FITNESS ENTHUSIASTS!

Featuring  
Lawrence Biscontini  
and TWIST Conditioning

Catered Lunch Provided

BONUS pre-conference  
Bootcamp session  
1 extra credit!



everyone. active. every day.™

islandfitnessassociation.com

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Bonus:** 7:00am-8:00am Extreme Fit Bootcamp. Check (✓) if attending.

Barcode: 408704

1 credit

**Fitness:** \$119.00 before October 20, 2010 or \$149.00 after October 20, 2010

Barcode: 396920

6 credits

### Session 1 8:30am-10:00am

Feature Presentation:  
Conscious Living

**Break 10:00am-10:30am Snack provided**

### Session 2 10:30am-12:00pm

20! 20! 20! 396922  
 WOW Warm-Ups 396923  
 Maximum Metabolic 396924  
 DOWNdawg Yoga 396925

**Break 12:00pm-12:45pm Lunch provided**

### Session 3 12:45pm-2:15pm

Show Some Spine 396926  
 Pilates Infused Core 396927  
 Advanced Small Group 396928  
 "I" Model 396929

**Break 2:15pm-2:30pm Draw Prizes**  
(must be present to win)

### Session 4 2:30pm-4:00pm

Shake Your Buddha 396930  
 So You Think You Can Dance 396931  
 Active Recovery 396932  
 "Say It, Hear It" 407254

**Aquatic:** \$59.00 before October 20, 2010 or \$79.00 after October 20, 2010

Barcode: 396904 Nov 7, 2010, 8:30am-11:45am

3 credits

**First Aid Re-Cert:** CPR 'A' \$30.00 delegates. \$40.00 non-delegates.

Barcode: 396921 Nov 7, 2010, 12:30pm-3:30pm

3 credits

### Registration Deadline November 3, 2010

- Register:
- 1) On-line @ Karelo.com (on-line registration DRAW PRIZE!)
  - 2) Fax to Cedar Hill Rec Centre 250-370-1190
  - 3) In person at Cedar Hill Rec Centre, 3220 Cedar Hill Road

Cardholder's Name: \_\_\_\_\_  Visa  MC

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_ / \_\_\_\_\_  
month/year

Signature: \_\_\_\_\_

HST will be added to all registration fees.

## Feature Presenter

### Lawrence Biscontini, MA

Lawrence Biscontini, MA is a world-renowned presenter, trainer, author and mindful movement specialist. He set fitness history by being the first presenter to win multiple Instructor of the Year awards from AC(2002), IDEA(2004), CanFit Pro Speciality (2004), and Best Mind-Body Presenter (2005).

## Presenters

### Heather Bailey, B.A. LSA

Heather Bailey, B.A. LSA, BCRPA Personal Trainer, Group Fitness Leader, Aquatic Fitness Leader, Third Age Leader, CrossFit Level 1 Coach and Fitness Programmer for Esquimalt. She has been instructing bootcamps since 2001 and is presently instructing bootcamp classes for the City of Victoria and coaching CrossFit for CrossFit Zone.

### Amy Chayko-Allen, BHK,BCRPA SFL

Amy Chayko-Allen, Kinesiologist and Lululemon Ambassador who has been involved in the fitness industry for over 12 years. She is passionate about teaching many group fitness formats including: TRX, spin, ball and yoga fusion to name a few. Amy delivers unique, educational and upbeat workshops with a combination of humour, knowledge and warmth.

### Lisa Kingston

Lisa Kingston is a master trainer for the Fusion-Fitness Training program, a mind body instructor training program based in Calgary, and is one of the favourites on Heavens International Training centre team for the past 14 years.

### Extreme Fit Bootcamp

Advanced Bootcamp experience including elements of the latest trend CrossFit. High intensity functional movements.

## Sherry LeBlanc

Sherry LeBlanc is the founder of Concept Coaching and has a Graduate Certificate in Executive Coaching from Royal Roads University. In addition to being an Assistant Faculty Member at Royal Roads, she works with public and private industry, specializing in leadership development and whole life balance. Her expertise is complemented by 20 years in fitness as an instructor and trainer.

### Sarah Manson, BHK, TSCC-Gold

Sarah Manson is a graduate of UBC in Health and Fitness and a member of the Twist Sport Conditioning Team, Sarah dedicates her time to coaching athletes and developing education programs in sport conditioning. A former varsity soccer player and CCAA All-Canadian, she brings a love of competition and intensity to her training, coaching a variety of athletes from team sports to individual pursuits.

### Donna Renaud, BCRPA TFL,

Donna manages the Provincial Employees Fitness Society and All About Fitness Ltd. Her 17 years in fitness includes the successful management of multiple facilities and work as an instructor, trainer and educator. Her background also includes work as a leader and staff coach for a national weight loss organization. Donna has a Certificate in Health and Fitness Studies from SFU.

### FITNESS EXPO! Conference Deals

Handouts available on-line at  
[www.islandfitnessassociation.com](http://www.islandfitnessassociation.com)  
username: island  
password: fitness

General Inquiries: Judy Roger 250-475-7128  
Volunteer Inquiries: Donna Renaud 250-387-8801