

Registration Form

Name _____
Address _____
City _____ Postal Code _____
Phone (home) _____ (work) _____
E-Mail _____

Registration by mail, fax or online at:
www.recreation.saanich.ca/reonline
No phone registration
A confirmation/receipt will be mailed
Fax: (250) 370-1190

Permission granted to send emails in regard to the Island Fitness Conference: Yes No

Fitness: \$109.00 before Oct. 22, 2008 / \$139.00 after Oct. 22, 2008

Barcode: 268703 Nov. 8, 2008, 8am - 4pm Cedar Hill Rec. , 3220 Cedar Hill Rd, Victoria.

Check first and second choice (ie. and) for sessions 2, 3 and 4:

Session 1 8:30 - 10:00am

Feature Presentation - Paradoxes of Fitness

Session 2 10:30 - 12:00pm

- 268708 Hi-Lo, Fat Free
- 268709 Best of BOSU
- 268710 Extreme Tubing
- 274045 Outdoor Bootcamp: Basic Training

Session 3 12:45 - 2:15pm

- 268711 New Resistaball
- 268712 Inside-Out: Pilates for Fitness Leaders
- 268713 Ultimate Circuit Challenge

Session 4 2:30 - 4:00pm

- 268714 Buddha-Camp
- 268715 Fueling for Fitness
- 268716 G.I. Geoff's Bootcamp

Aquatic: \$59.00 before Oct. 22, 2008 / \$79.00 after Oct. 22, 2008

Barcode: 269256 Nov. 9, 2008, 8am - 12pm YMCA-YWCA, 851 Broughton St., Victoria.

First Aid Re-Cert: \$25.00 - conference participants only

Barcode: 268704 Nov. 9, 2008, 1 - 4pm YMCA-YWCA,
851 Broughton St., Victoria.

Registration Deadline November 5, 2008

Total Payment: _____ Payable to Cedar Hill Rec. Centre

Method of Payment: Cheque AmExpress Visa Mastercard

Card Holders Name: _____

Card #: ____ / ____ / ____ / ____ Expiry: ____ / ____
Month / Year

Signature: _____

Fax or mail registration:

Cedar Hill Rec Centre
3220 Cedar Hill Road
Victoria BC V8P 3Y3
Fax: 250 370-1190
250 475-7128

Inquiries:

Diane Andiel 250 475-5412

Volunteer Coordinator:

Donna Renaud
250 387-8801

BCRPA approved
renewal credits:
Fitness - 6 credits
Aquatic - 3 credits
EFA/CPR - 3 credits

Feature Presenter

Lawrence Biscontini

Lawrence Biscontini, M.A. set fitness history by being the first presenter to win multiple Instructor of the Year Awards from ACE (2002), IDEA (2004), Can Fit Pro (Specialty, 2004), and Best Mind-Body Presenter (ECA, 2005). Lawrence works as movement specialist and spa consultant for his company FG2000, Golden Door Spas, Reebok, AFAA, Resistaball®, and Gliding, and has created Yo-Chi®. He is also author of the book: Running the Show: Excellence in Service.

Presenters

Geoff Bagshaw

Geoff, CAN-FIT PRO's Canadian Presenter of the Year 2004, has earned a reputation as "one of Canada's most energetic and inspirational fitness leaders". With over 24 years of experience in the fitness industry, Geoff is in high demand as a workshop and masterclass presenter, group exercise instructor and personal trainer.

Amy Chayko, BHK, BCRPA SFL

Amy has been involved in the fitness industry for the past 10 years educating fitness leaders in the areas of motivation, biomechanics, physiology and various group exercise disciplines. She currently works as the Strength and Fitness Programmer at U Vic developing programs for students, faculty, staff and community members.

Kim McQueen, Bsc, ND

Kim has an active family practice in Naturopathic Medicine and co-owns Apple Health Clinic, in Victoria, BC. Kim has worked as a Naturopathic Physician with Collegiate, Recreational, National Team and Professional athletes from Canada, USA, Australia, England and New Zealand.

Melissa Wilson, BSc

As a BCRPA Trainer of Fitness Leaders, BOSU Master Trainer, Registered Kinesiologist, and Can Fit Pro Sport Specialist, Melissa has expertise in group fitness, athletic conditioning, personal training, exercise rehabilitation, and mind-body exercise. Over the last 10 years, she has worked on a provincial and national level presenting courses and workshops, and assisting with fitness leadership development.



19th ANNUAL



FITNESS & AQUATIC CONFERENCE 2008 VICTORIA, BC

SATURDAY NOVEMBER 8th

Cedar Hill Recreation Centre

SUNDAY NOVEMBER 9th

YMCA-YWCA of Greater Victoria

Register Early

**First 100 Registrants receive
LuluLemon Yoga Mat**

www.islandfitnessassociation.com

island_fitness@yahoo.ca

We are a dedicated group of volunteers committed to providing educational opportunities to fitness leaders.

Conference Schedule

Friday, November 7, 2008 PreConference ICE Workshops - Cedar Hill Recreation Centre

Separate registration through BCRPA 1-866-929-0965 www.bcrpa.bc.ca

5:30pm - 9:30pm BCRPA will host the Group / Pilates / Aquatic / Yoga / Osteofit ICE Workshop, and the Weight / Personal Training ICE Workshop

Saturday, November 8, 2008 Fitness Schedule - Cedar Hill Recreation Centre

8:00—8:30am Package pick-up

Time	Auditorium	Seniors Wing	Dance Studio	Weight Room
Session One 8:30 - 10:00am	Feature Presentation Lawrence Biscontini			
10:00 - 10:30am	Expo/Nutrition Break			
Session Two 10:30 - 12:00pm	Hi-Lo, Fat Free!	Best of BOSU	Extreme Tubing	Outdoor Bootcamp: Basic Training
12:00 - 12:45pm	Expo/ Nutrition Break			
Session Three 12:45 - 2:15pm	New Resistaball		Inside-Out: Pilates for Fitness Leaders	Ultimate Circuit Challenge
2:15 - 2:30pm	Break			
Session Four 2:30 - 4:00pm	Buddha Camp	Fueling for Fitness		G.I. Geoff's Bootcamp

Sunday, November 9, 2008 Aquatic/Emergency First Aid/CPR A Schedule - YMCA-YWCA

8:30 - 12:00pm Aquatic Conference

1:00 - 4:00pm Emergency First Aid/CPR A Re-Cert.

SATURDAY, NOV 8—FITNESS SESSIONS

SESSION ONE 8:30 - 10:00AM

Feature Presentation - “The LB Method” Fascinating Paradoxes of Fitness (L)

Lawrence Biscontini

Lawrence will share with you 6 easy ways to improve the quality of your life. Shrink down what all the fitness experts say into 6 words. We will explore amazingly true-- yet paradoxical-- facets of fitness that nevertheless oftentimes prove uncanny. This candid look at the industry will put together the state of affairs of fitness in the world in a way that is, in a word, fascinating!

SESSION TWO 10:30 - 12:00PM

Hi-Lo, Fat Free! (A) Lawrence Biscontini

Have your members lost their ability to move when you take away a step? Join Lawrence in his first-ever workshop dedicated entirely to hi-lo, celebrating free movement with no equipment, frills, or "fat," just movement skills with FLAIR. You will learn both new combinations and some winning moves that have traveled the globe with Lawrence, and practice breakdown techniques between the combinations.

(L) - Lecture (A) - Activity

Best of BOSU (A) Geoff Bagshaw

This workshop will provide you with the skills to use the versatile BOSU in a Group Exercise class or with your Personal Training clients. Cardiovascular exercises along with dynamic balance, strength and core conditioning will all be covered so you walk away with lots of ideas for a challenging, diverse and fun workout!

Extreme Tubing (A) Amy Chayko

Resistive Exercise Tubing can provide you with a quick and effective total body strengthening workout. This portable routine is great for work, travel and home workouts.

Outdoor Bootcamp: Basic Training (A)

Melissa Wilson

Bootcamp is a bare-bones workout that can be done inside, or in our great west coast surroundings. This outdoor workshop is jam-packed with games, drills, and combinations that will get people working independently and in teams. Learn to plan the ultimate workout, with minimal equipment. Rain or Shine

SESSION THREE 12:45 - 2:15PM

New Resistaball (A) Lawrence Biscontini

If you enjoy the benefits of trendy, group resistance "personal" training, then success with the first group Functional Integrative Resistance Strength Training is guaranteed. Experience the fusion of weight and stability ball training for the group setting and witness your participants' skills and bodies simultaneously react and functionally strengthen.

Inside-Out: Pilates for Fitness Leaders (A)

Melissa Wilson

If you've been teaching people how to work out, this workshop will teach you how to work in! Learn how to incorporate exercises inspired by Pilates into your classes and training sessions. Help your clients improve posture, prevent injury, enhance balance and strength. Teach clients to utilize their deep core muscles to give them the strong foundation from which to move. All this by working from the inside out!

Ultimate Circuit Challenge (A) Geoff Bagshaw

Learn how to design and implement a cardio and strength studio circuit using minimal equipment. Every muscle group will be pushed to the max in this demanding interval circuit training workout. It's bound to be one of the hardest workouts you've ever tried.

SESSION FOUR 2:30PM - 4:00PM

Buddha Camp (A) Lawrence Biscontini

If you know Lawrence, you know he's a lover and not a fighter, so “boot camp” isn't in his repertoire. Seen at Equinox clubs, this is his mindful answer to the boot-camp craze, with an aggressive fusion of effective and intense series that all flow from Yoga to Pilates to T'ai Chi. Most uniquely, the only equipment used is bodyweight and an open mind and heart!

Fueling for Fitness (L) Kim McQueen

This session will cover sports nutrition basics (and beyond) to support an active lifestyle and optimizing fitness and recovery. It will provide tangible information to help you make shifts in your own nutrition plan and those of your clients.

G.I. Geoff's Bootcamp (A) Geoff Bagshaw

Do you remember high school gym class? Well, it's been updated and it's now called G.I. Geoff's Boot Camp. Packed full of basic but challenging cardiovascular drills, plyometrics, muscular resistance training and much more, this class will test even the most die-hard participants. So, put on your fatigues and prepare for battle!

SUNDAY, NOV 9—AQUATIC SESSIONS

SESSION ONE 8:30 - 10:00AM

Aqua Cycle (Pool Activity) Lawrence Biscontini

Want to simulate an interval cycling experience in the pool? “Use your noodle” in this masterclass and create a cycling class in the hydro environment that will not only move your “cycle” around the pool, but also will incorporate upper-body muscles simultaneously, doing 'jumps,' 'hills,' 'climbs,' 'races,' and 'flats.' For programming ideas to create an aquatic cycle class based on both singles and pairs, this workshop is for you!

SESSION TWO 10:30 - 12:00PM

AOL: You've Got Male: Aquatic Outbreaks of Lawrence (Pool Activity) Lawrence Biscontini

Take your water training classes to the next level by combining both interval training and aquatic dance, incorporating the noodle at all times as both our resistance tool and choreography aid. This will give you water dance choreography, ideas for reaching anaerobic training interval OUTBREAK effects, and great partner possibilities. The theoretical segment explores maximizing aquatic interval training.