

**29<sup>TH</sup> ANNUAL**

# **ISLAND FITNESS CONFERENCE**

**WORLD CLASS CONFERENCE RIGHT HERE AT HOME**



**OCTOBER 27<sup>TH</sup>**

**PISE (Pacific Institute for Sport Excellence)**

**FEATURE PRESENTER**

**TONY WEBSTER**

**OCTOBER 28<sup>TH</sup>**

**Esquimalt Recreation Centre**

**FEATURE PRESENTER**

**LEN KRAVITZ**

**ISLAND FITNESS  
CONFERENCE**

**[WWW.ISLANDFITNESSCONFERENCE.COM](http://WWW.ISLANDFITNESSCONFERENCE.COM)**

# PRESENTERS



## Len Kravitz

Len Kravitz, Ph.D, is the program coordinator of exercise science and a researcher at the University of New Mexico in Albuquerque, where he recently won the Outstanding Teacher of the Year award. Len was also honored as the 2006

Fitness Educator of the Year by the American Council on Exercise. Dr. Kravitz's research interests include energy metabolism, exercise product evaluation, energy expenditure and exercise program measurement and assessment

## Bruce Pinel

Dr. Bruce Pinel is a mental performance consultant in Victoria, BC. Dr. Pinel provides mental skills training, support, and leadership through working collaboratively with athletes, coaches, and other sport science and health care practitioners. In



high performance sport, Dr. Pinel provides services tailored to meet individual and team needs at all levels. Dr. Pinel has been a member of the Canadian Team at multiple international events (Olympics, Paralympics, Commonwealth Games, Pan American Games, World Championships, World Cups), and has supported over 450 athletes who have received medals at major international competitions.

In health care, Dr. Pinel has been providing group and individual consults in the area of injury rehabilitation and health and has been part of the successful injury rehabilitation of over 3500 clients. His work focuses on using mental performance concepts and strategies to assist clients, optimize their health and wellness while striving to perform. Bruce obtained a Ph.D. in sport psychology from the University of Otago in New Zealand, a M.A. in sport psychology from the University of Alberta, and a B.A. Honours in Kinesiology from the University of Victoria. He is a professional member of the Canadian Sport Psychology Association (CSPA), a course conductor in the area of sport psychology/mental training with the National Coaching Institute (NCI) and is an Adjunct Professor in the School of Exercise Science, Health & Physical Education at the University of Victoria.



## Jenna Kurylo

Owner of Studio West Pilates & Fitness, Jenna first fell in love with Pilates in 2004 while overcoming a work related overuse injury as a RMT in Alberta. Having also been in the fitness industry for several years, she found the STOTT

PILATES® method of combining a mind/body connection with a very specific approach to core conditioning to be a perfect fit. Jenna has extensive knowledge of the STOTT PILATES® Mat and Equipment repertoire as well as being one of the few instructors nationally to hold both her STOTT PILATES® Golf Conditioning Specialist as well as the STOTT PILATES® Pre and Post Natal Specialist designations. Jenna is a Bender Ball Master Trainer, and a YWCA Encore after Breast Cancer Trainer. She has also trained many new instructors as a YMCA Trainer of Fitness Leaders, and a former Bellyfit Master Trainer.



## Matt Carlson with DJ Keoni

With over ten years' experience working in the fitness industry, Matt has coached several athletes, clients and fitness

professionals to success. Matt currently manages recreational programming and instructs group fitness classes at CFB Esquimalt. Matt possesses a Master of Education in Leadership Studies and is a CSEP Personal Trainer. Matt is also the 2018 Wounded Warriors Run BC Lead Runner Coordinator and is excited to return to the Island Fitness Conference as a Presenter once again!

## Tony Webster

Tony teaches within the Centre for Sport and Exercise Education at Camosun College specializing in exercise physiology and training for performance. Tony is NSCA- CSCS Certified and holds an undergraduate and Master's Degree from the University of Bristol (UK) and a Ph.D. from the University of Alberta. Tony's main passion is learning about movement, strength and Conditioning for Optimal health, function and longevity.



## Krista Lavoie

Krista Lavoie is employed at the Westhills YM/ YWCA as the Group Fitness Coordinator. In preparation for the centers opening in May 2016, she created the entire group fitness program including the development of many new and successful classes, which have been

incorporated throughout the Vancouver Island Y branches. In addition, she is a certified Fitness Leader through Y Canada, directly supervises, and mentors all of the group fitness staff and volunteer instructor team. This includes certifying and recertifying fitness instructors throughout the three Y branches in Greater Victoria. Her educational background includes a Child and Youth Care Counselling Diploma, a Teaching English to Speakers of other Languages Certificate, numerous fitness and coaching certificates, as well as 15 years of Leadership and trades qualifications as a Reservist in the Royal Canadian Navy. She values continuous education and will be completing a Degree in Professional Communication and Leadership Studies in July 2019.

## Corinne Dibert

Corinne Dibert M.A., is a personal trainer and fitness instructor who has been working in the health and fitness industry for the past 15 years. She has a special interest in the relationship between cognition and exercises, and is the creator of *Balance Booster*®, an innovative approach to maintaining or developing balance. Corinne actively works with local health organizations to lead workshops and classes to help individuals maintain independent lives.



# PRESENTERS



## Sarah Black

Sarah Black is a Certified Athletic Therapist as well as a Strength and Conditioning Specialist with the NSCA and an Exercise Physiologist with CSEP. After graduating from the Centre for Exercise Education at Camosun College, Sarah went on to support the National Men's Rowing

Team during the Rio Olympic Games as their Lead Therapist. She currently owns Athletic Therapy Plus and also works at The Athlete Centre and with Triathlon Canada with their Para team. Sarah has extensive experience with adapted sport, developing adapted S&C community programs, treating and training Paralympic athletes as well as in coaching and administrative roles. Sarah is a valued member and contributor in One Ability, a collective impact group of over 40 different organizations working to facilitate athletic and recreational opportunities for people across the age and disability spectrum.

## Kirsten Ho Chan

Kirsten was born and raised in Victoria, and developed Dancefix in 2008. Dancefix combines Kirsten's passion for creative movement and love of good music with her desire for fitness in a fun, community-driven environment. Kirsten has her BA, MA and is a PhD candidate. When she is not dancing, she is a mom to two young girls and owner of the Village Restaurants.



## Debbie Cheong

Provincial Coordinator for BC Women's Hospital & Health Centres, Osteofit, Master Trainer & Evaluator, BCRPA SFL, Joint Works/Water Works Instructor (The Arthritis Society), Bonfit certified (Osteoporosis Canada) and Fall Proof Balance and Mobility Specialist (California State University)

## Bryan Katz

Bryan is employed by the Canadian Sport Institute. He is currently the strength & conditioning(S&C) coach for triathlon Canada, golf Canada development team and assistant for swimming Canada. In the previous year's Bryan was the assistant S&C coach for the Canadian sport school while completing his degree at Camosun College in Bachelor of Sport & Fitness Leadership which specializes in exercise science. Bryan has been involved in a multitude of high level sports. Currently Bryan competes in Olympic weightlifting and has represented B.C. at the western Canadian Championships (2014,2016, 2017 & 2018) and aspires to compete at an international level.



## Jenn Joyce

Jennifer is the Canadian Sport School Lead at the Canadian Sport Institute Pacific, working as a strength & conditioning and speed Coach. She brings a unique skillset after competing for the Canadian National Team for nearly a decade

in the Hammer Throw. Jennifer is a Commonwealth Games Silver Medalist, former Canadian Record Holder and is currently completing her Masters of High Performance Coaching & Technical Leadership through UBC.

## Cordelia McFadyen

If you want to commiserate over your health issues while sipping a cup of lukewarm fennel tea, Cordelia McFadyen—Board Certified Nutritionist—ain't for you. But if you're ready to put your game face on, get your sh\*\* together (literally) and become the "Gutsy Goddess" you know you can be, read on ... Cordelia, who's the Dean at the most comprehensive nutritional institute in Canada, and who has battled and overcome debilitating health issues herself (a water bottle is an accessory, right?!), moves beyond Captain Obvious of drinking more water and nibbling greens. Get ready to not just change what's on your plate, but add movement and mental mastery to the menu! THIS is how you make new habits stick, improve your health and become the happiest, most energetic person you know. Cordelia—the type who started a swear club in elementary school, because f\*\*\*—will get you there. Start today. Plus Cordelia spent A LOT of time figuring out the digestive system. She's got you covered.



## Jill Amy

Has been part of the fitness industry for many years. BCRPA -SFL and Fitness Programmer for the Municipality of North Cowichan. 2010 Recipient of the "BCPRA Director of the Year". Represented Canada internationally as a synchronized swimmer, enjoys sharing her love for aquatics and fitness

## Chris Wright, BSc Hons

Physical Literacy Coordinator, PISE. Chris has been with PISE since 2012, working throughout Victoria to build and develop knowledge of physical literacy. Chris oversees 50 programs a week with children and youth of all ages, abilities and backgrounds. As part of his role, Chris shares his knowledge of games and play based activities to many different organisations and sectors, including coaches, recreation leaders, Early Childhood Educator's, inclusion services, health organisations, schools and parents. Chris has presented at national and international conferences on working with children and youth with a disability, as well as lending his expertise to many national and provincial projects on adapting games and activities in order to include all individuals.



# CONFERENCE SCHEDULE

Friday, October 26<sup>th</sup>

Gordon Head Recreation Centre

|                 |   |     |
|-----------------|---|-----|
| 5:30 to 9:00 PM | <b>Alert Emergency First Aid with CPR Level 'A' + AED Recertification</b> | (A) |
|-----------------|---|-----|

Saturday, October 27<sup>th</sup>

at PISE (Pacific Institute for Sport Excellence)  
4371 Interurban Road, Victoria

|                 |   |     |
|-----------------|---|-----|
| 7:00 to 8:00 AM | <b>Morning Workout</b><br><i>Eric Coppick</i> | (A) |
|-----------------|---|-----|

|                 |       |  |
|-----------------|-------|--|
| 8:00 to 8:30 PM | Break |  |
|-----------------|-------|--|

|                  |  |     |
|------------------|--|-----|
| 8:30 to 10:00 AM | <b>Movement Screening and Corrective Exercise: Helpful Or "Hype" Ful?</b><br><i>Tony Webster</i> | (L) |
|------------------|--|-----|

|  |  |     |
|--|--|-----|
|  | <b>An Algorithm for Youthful Aging</b><br><i>Debbie Cheong</i> | (A) |
|--|--|-----|

|                   |       |  |
|-------------------|-------|--|
| 10:00 to 10:30 PM | Break |  |
|-------------------|-------|--|

|                  |  |     |
|------------------|--|-----|
| 10:30 AM to NOON | <b>Integrating Speed Training into Practice</b><br><i>Jenn Joyce</i> | (A) |
|------------------|--|-----|

|  |  |     |
|--|--|-----|
|  | <b>Stand up! Walk!</b><br><i>Debbie Cheong</i> | (A) |
|--|--|-----|

|      |                                  |  |
|------|----------------------------------|--|
| NOON | Lunch Break (Lunch Not Provided) |  |
|------|----------------------------------|--|

|                 |   |     |
|-----------------|---|-----|
| 1:00 to 2:30 PM | <b>Injury Rehabilitation: Strategies for Performance, Recovery, &amp; Sleep from a Mental Performance Perspective</b><br><i>Bruce Pinel</i> | (L) |
|-----------------|---|-----|

|  |  |     |
|--|--|-----|
|  | <b>Games and Activities for Strength and Conditioning</b><br><i>Chris Wright</i> | (A) |
|--|--|-----|

|                 |       |  |
|-----------------|-------|--|
| 2:30 to 3:00 PM | Break |  |
|-----------------|-------|--|

|                 |  |     |
|-----------------|--|-----|
| 3:00 to 4:30 PM | <b>The Protein Paradox</b><br><i>Cordelia McFadyen</i> | (L) |
|-----------------|--|-----|

|  |  |     |
|--|--|-----|
|  | <b>Olympic Weightlifting: Coaching and Progressions</b><br><i>Bryan Katz</i> | (A) |
|--|--|-----|

Sunday, October 28<sup>th</sup>

Esquimalt Recreation Centre

|                 |  |     |
|-----------------|--|-----|
| 7:00 to 8:00 AM | <b>Morning Workout: More Than Just Core</b><br><i>Jenna Kurylo</i> | (A) |
|-----------------|--|-----|

|                 |       |  |
|-----------------|-------|--|
| 8:00 to 8:30 PM | Break |  |
|-----------------|-------|--|

|                  |   |     |
|------------------|---|-----|
| 8:30 to 10:00 AM | <b>KEYNOTE PRESENTATION: The 10 Key Rules for Longevity</b><br><i>Len Kravitz</i> | (L) |
|------------------|---|-----|

|                   |       |  |
|-------------------|-------|--|
| 10:00 to 10:30 AM | Break |  |
|-------------------|-------|--|

|  |  |     |
|--|--|-----|
|  | <b>Fat Frenzy: The Top Secret Life of a Fat Cell</b><br><i>Len Kravitz</i> | (L) |
|--|--|-----|

|                  |   |     |
|------------------|---|-----|
| 10:30 AM to NOON | <b>Core Reformed</b><br><i>Jenna Kurylo</i> | (A) |
|------------------|---|-----|

|  |  |     |
|--|--|-----|
|  | <b>Exploring Deep Water Cardio &amp; Aqua Spin</b><br><i>Jill Amy – Aquatics Session</i> | (A) |
|--|--|-----|

|  |   |       |
|--|---|-------|
|  | <b>Suspension Training</b><br><i>Corrine Dibert</i> | (AVL) |
|--|---|-------|

|      |                                  |  |
|------|----------------------------------|--|
| NOON | Lunch Break (Lunch Not Provided) |  |
|------|----------------------------------|--|

|  |   |     |
|--|---|-----|
|  | <b>Anaerobic Spectacular: Eight Best Circuit Programs</b><br><i>Len Kravitz</i> | (L) |
|--|---|-----|

|                 |  |     |
|-----------------|--|-----|
| 1:00 to 2:30 PM | <b>Vision Boarding with Clarity, Intention &amp; Power</b><br><i>Cordelia McFadyen</i> | (L) |
|-----------------|--|-----|

|  |   |       |
|--|---|-------|
|  | <b>Group Fitness and Music Mastery</b><br><i>Matt Carlson with DJ Keoni</i> | (AVL) |
|--|---|-------|

|  |  |       |
|--|--|-------|
|  | <b>Adapted Fitness 101 - Supporting Injuries and Disabilities in Fitness</b><br><i>Sarah Black</i> | (AVL) |
|--|--|-------|

|                 |       |  |
|-----------------|-------|--|
| 2:30 to 3:00 PM | Break |  |
|-----------------|-------|--|

|  |  |     |
|--|--|-----|
|  | <b>The Female Training Advantage</b><br><i>Len Kravitz</i> | (L) |
|--|--|-----|

|  |  |     |
|--|--|-----|
|  | <b>Dance Fix</b><br><i>Kirsten Ho Chan</i> | (A) |
|--|--|-----|

|                 |   |       |
|-----------------|---|-------|
| 3:00 to 4:30 PM | <b>Building Success for People Living with Cognitive and Physical Challenges</b><br><i>Corinne Dibert</i> | (AVL) |
|-----------------|---|-------|

|  |   |     |
|--|---|-----|
|  | <b>Aqua Bootcamp</b><br><i>Krista Lavoie – Aquatics Session</i> | (A) |
|--|---|-----|

# WORKSHOP SESSIONS Saturday, October 27<sup>th</sup>

FRIDAY

October 26<sup>th</sup>, 2018

PRE CONFERENCE

at Gordon Head Recreation Centre

5:30 – 9:00 PM

## Alert Emergency First-Aid with CPR Level “A” + AED Recertification Course

\$60.00 (limited spaces available)

SATURDAY

October 27<sup>th</sup>, 2018

at PISE (Pacific Institute for Sport Excellence)

7:00 – 8:00 AM

## Morning Workout

Eric Coppick

8:30 AM – 10:00 AM

## Movement Screening and Corrective Exercise: Helpful or “Hype” Ful?

Tony Webster

Movement screening has become widespread in the fitness industry. But what useful information can be gleaned from these tests? Can they predict likelihood of injury? How can personal trainers and group fitness instructors apply “corrective exercises” in a safe and time-efficient fashion? Tony will provide an evidence-based overview of the pros and cons of popular movement screening tests and techniques.

## An Algorithm for Youthful Aging

Debbie Cheong

An Algorithm for Youthful Aging. This session will explore strategies to maintain mobility, function and strength to effectively carry our active adults into their senior years.

10:30 AM – Noon

## Integrating Speed Training into Practice

Jen Joyce

From high performance athletes to youth and seniors, everyone can benefit from sprint training, but not everyone should implement it in the same way. Learn why this concept is an essential component of every training program and how to implement it safely and correctly into your practice for all populations of individuals. This session will focus on sprint mechanics, proper technique, as well as drills, progressions and exercises to adequately challenge your clients. We will combine a lecture with practical hands on opportunities to learn how to do and teach these important skills. Come prepared to move, learn and have fun

## Stand up! Walk!

Debbie Cheong

A look at the benefits of getting out of the chair to improve the effectiveness of our exercise programs for older adults to build strength, reduce falls risk, maintain their independence and improve quality of life.

1:30 – 2:30 PM

## Injury Rehabilitation: Strategies for Performance, Recovery, & Sleep from a Mental Performance Perspective

Bruce Pinel

This will be an interactive and discussion-based ‘lecture’ style workshop. This workshop will introduce participants to some mental performance concepts and strategies designed to optimize performance, recovery, and sleep within an injury rehabilitation framework.

## Games and Activities for Strength and Conditioning

Chris Wright

Learn new ways to engage your clients in fun warm-up activities and embed games in to your workouts.

3:00 – 4:30 PM

## The Protein Paradox

Cordelia McFadyen

Vegan, keto, low carb, oh my! Protein is an essential yet often misunderstood macronutrient that requires our attention. This session will focus on understanding ranges for adequate protein consumption, how to support the gut when it comes to optimal protein digestion and the protein-brain connection. Special emphasis shall be placed on protein sources for trending diets such as veganism and the ketogenic diet. Questions and interaction is encouraged.

## Olympic Weightlifting: Coaching and Progressions

Bryan Katz

Coach Katz will present on the basic of Olympic weight lifting. The focus will be on learning how to teach both yourself and your clients how to safely and effectively snatch and clean & jerk. We will start with basic mobility and proper physical preparation for the Olympic lifts. Followed by breaking down the technical components of each lift and how to progress through them. Leave feeling more confident with your weight lifting skills as both an athlete and as a trainer.



# WORKSHOP SESSIONS Sunday, October 28<sup>th</sup>

SUNDAY

October 27<sup>th</sup>, 2018

at Esquimalt Recreation Centre

## 7:00 – 8:00 AM Pre Workout

### Morning Workout: More Than Just Core

Jenna Kurylo

(A)

Flow your way through an hour of STOTT PILATES® Mat exercises, ZENGA® movements and a variety of Yoga poses to achieve total core awareness and improved postural alignment. You are guaranteed to sweat, your mind will be challenged, and your senses awakened - a great way to start the day!

## 8:30 AM – 10:00 AM

### KEYNOTE

### The 10 Key Rules for Longevity

Len Kravitz

(L)

In the last decade, the increasing life expectancy of humans has generated intense focus and research on the biological mechanisms of old age and longevity. In this research-driven presentation, Len Presents the 10 key rules to slow down aging, extend lifespan and live optimally. Len will also present exciting new research on those persons throughout the world who are living the longest. If you work with a mature population, this lecture will give you inspiring new interventions to share with these clients.

## WELLNESS MARKET

Sunday, October 29<sup>th</sup>

10:00 – 10:30 AM,

12:00 – 1:00 PM

and 2:30 – 3:00 PM

Featuring local products from vendors of the Esquimalt Farmers Market and returning fitness apparel favorites!

## 10:30 AM – Noon

### Fat Frenzy: The Top-Secret Life of a Fat Cell

Len Kravitz

(L)

This profoundly researched presentation will cover numerous recent topics including the purposes of fat in the human body, the role of fat for energy production, the role of fat in athletic performance, fat metabolism, and unique gender differences in fat metabolism, current health issues with fat and countless myths and misconceptions about fat. Each participant will leave with countless practical ideas to reduce fat and 8 fabulous calorie burning workouts.

### Core Reformed

Jenna Kurylo

(A)

This total body group class will take STOTT PILATES® Reformer inspired exercises and apply them to the floor. Bender Balls, Foam rollers, Glider discs and Flexbands will be incorporated to show you some creative ways to take your classes through some unique core strengthening choreography. We don't all have Reformers, but we all have access to small equipment right?!

### Exploring Deep Water Cardio & Aqua Spin

Jill Amy – Aquatics Session

(A)

Looking to change up your Aquatic Fitness Classes? Want to incorporate deep water workout into your class? More cardio, less impact...The demand for more deep water movement variations is the motivation behind this. From simple to advanced, you learn deep water combinations, choreographed and ready to use in your classes! Understand body positioning, effects of buoyancy and buoyancy equipment, format and intensity variables. Deep water with a positive outcome.

### Suspension training: Make it work

Corinne Dibert

(A/L)

Have you ever wonder how to integrate suspension trainers in your classes and make exercises challenging enough for all of your participants? This practical session will look at exercises in all planes of motion, and will discuss progression and regression to make them achievable and fun for all! You will leave with an understanding of exercises standards, and the tools to help your clients reach their fitness goals by using a suspension trainer.



(A) Active Session (L) Lecture (A/L) Active Lecture

## 1:00 – 2:30 PM

### Anaerobic Spectacular: Eight Best Circuit Programs

Len Kravitz

(L)

Based on a recent scientific studies by Dr. Len Kravitz and colleagues, all delegates will initially be guided through a multi-media journey on the physiology of anaerobic conditioning, explaining the unique responses and adaptations to various circuit training protocols. Then all attendees will then learn 8 original HIIT-Circuit, Cluster-HIIT-Circuit and Peripheral Heart Action circuit training programs, and learn the evidence-based research why they work so effectively. This lecture is a must-attend for all personal trainers seeking to optimize the workout experience for their clients.

### Vision Boarding with Clarity, Intention & Power

Cordelia McFadyen

(L)

Are you tired of looking at the same goals year after year? Did your enthusiasm for your 2018 goals disappear in February? If so, you're not alone. Vision Boarding is more than just pasting pretty pictures on poster paper (although that is fun too!), it's about creating a clear image of what you desire and setting checkpoints to gauge your progress. Join me as I walk you through the 5 strategies that you need to know to take your Vision Boarding to the next level. All supplies including magazines, paper, organic teas, fantastic music and work along sheets are supplied.

### Group Fitness and Music Mastery

Matt Carlson with DJ Keoni

(AVL)

Music not only motivates but also profoundly and positively effects your participants in a group fitness setting - Without a doubt, music is an essential component to leading Group Fitness success. Go deep into the music and explore new techniques and methods that will propel your teaching style and take your participant's experience and enjoyment to a whole new next level. Expect to groove out and have a ton of fun!

### Adapted Fitness 101 - Supporting Injuries and Disabilities in Fitness

Sarah Black

(AVL)

Are you interested in working with people with injuries and disabilities but not sure where to start? Have you come across clients who have limitations that you're not sure how to work around? This session will teach you how to accommodate individuals with both permanent and temporary disabilities into your fitness programs and give you strategies for adapting exercises and your programming to meet individuals' unique needs. Sarah will help you tailor your programs to help promote independence and improved quality of life for people of all abilities and fitness goals. You will learn how to communicate effectively with individuals with a disability, create a safe program, understand special considerations for exercise for different conditions and get hands-on experience creating adaptations in the fitness environment.

## 3:00 – 4:30 PM

### The Female Training Advantage

Len Kravitz

(L)

This state-of-the-art lecture summarizes recently published research and science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure and female physiology related to exercise will be discussed. Several highly effective and new resistance training and endurance workouts (from studies) will be introduced.

### Dance Fix

Kirsten Ho Chan

(A)

Spice up your fitness routine with a combination of cardiovascular training and muscle conditioning. This aerobic-style dance class will have you grooving through a fun, challenging workout. No dance experience necessary, but come prepared to get sweaty and silly!

### Functional Mobility: Focus On Older Adults

Corinne Dibert

(AVL)

For many mature adults, healthy, active, independent lives can be limited and complicated by physical challenges. Improving joint stability and mobility through exercises creates an environment for successful, independent daily living. Join Corinne in this intensive workshop, and learn exercises and strategies that transfer to real life needs and will enable your clients to succeed.

### Aqua Bootcamp

Krista Lavoie –  
Aquatics Session

(A)

The term "boot camp" is used in the fitness industry to describe group fitness classes that promotes fat loss, camaraderie, and team effort. The original land-based classes were designed to push people beyond what they believed was their physical and mental limits of endurance. They commence with dynamic stretching and light cardio, followed by a wide variety of interval training, including lifting, pulling, plyometric, and various types of intense explosive routines. Sessions finish with a full body stretch that often includes components of mindfulness.

In this Aqua Bootcamp course, you will learn how to translate the popular and successful techniques and drills used on land into the water. We will incorporate different resources and equipment found within community aquatic centers leaving you with new ideas and routines to integrate into your own personal Aqua training or teaching. I look forward to training with you.

# REGISTRATION FORM

Registration Opens August 1, 2018

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

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

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**EARLY** Aug 1 – 31, 2018  
1 Day \$129 / Weekend \$179

**REGULAR** Sep 1 – Oct 15, 2018  
1 Day \$149 / Weekend \$199

**LAST CHANCE** Oct 15 – 27, 2018  
1 Day \$169 / Weekend \$219

Corporate group discount – 15% off for 10 or more that register together. To register, contact Dan Atagi 250-475-7106 dan.atagi@saanich.ca

## FRIDAY October 26, 2018 – Gordon Head Recreation Centre

5:30-9:00 PM  **Alert Emergency First-Aid with CPR Level “A” +AED Recertification** \$60 +tax

## SATURDAY October 27, 2018 – PISE Pacific Institute for Sport Excellence

7:00-8:00 AM  **Morning Workout** Eric Coppick

8:30-10:00 AM  **Movement screening and corrective exercise: helpful or “hype”ful?** Tony Webster

**An Algorithm for Youthful Aging** Debbie Cheong

10:30 AM-Noon  **Integrating Speed Training into Practice** Jenn Joyce

**Stand up! Walk!** Debbie Cheong

1:00-2:30 PM  **Injury Rehabilitation: Strategies for Performance, Recovery, & Sleep from a Mental Performance Perspective** Bruce Pinel

**Games and Activities for Strength and Conditioning** Chris Wright

3:00-4:30 PM  **The Protein Paradox** Cordelia McFadyen

**Olympic Weightlifting Coaching and Progressions** Bryan Katz

## SUNDAY October 28, 2018 – Esquimalt Recreation Centre

7:00-8:00 AM  **Morning Workout: More Than Just Core** Jenna Kurylo

8:30-10:00 AM  **KEYNOTE PRESENTATION: The 10 Key Rules for Longevity** Len Kravitz

**Fat Frenzy: The Top Secret Life of a Fat Cell** Len Kravitz

10:30 AM-Noon  **Core Reformed** Jenna Kurylo

**Exploring Deep Water Cardio & Aqua Spin – Aquatics Session** Jill Amy

**Suspension training: Make it Work** Corinne Dibert

**Anaerobic Spectacular: Eight Best Circuit Programs** Len Kravitz

1:00-2:30 PM  **Vision Boarding with Clarity, Intention & Power** Cordelia McFadyen

**Group Fitness and Music Mastery** Matt Carlson

**Adapted Fitness 101 - Supporting Injuries and Disabilities in Fitness** Sarah Black

**The Female Training Advantage** Len Kravitz

3:00-4:30 PM  **Dance Fix** Kirsten Ho Chan

**Building Success for People Living with Cognitive and Physical Challenges** Corinne Dibert

**Aqua Bootcamp – Aquatics Session** Krista Lavoie

TO REGISTER

**Online at** [www.islandfitnessconference.com](http://www.islandfitnessconference.com) **Phone** 250-475-7100 **Fax** 250-475-1771

Session handouts available online. Please bring your own mat.



## History of the Vancouver Island Fitness Conference

The Island Fitness Conference began in 1989 as “Fit into the90’s”. The purpose of the Conference was to ensure that Vancouver Island fitness leaders had access to quality educational training on Vancouver Island. In 2000, “Fit into the 90’s” became “The Island Fitness Conference”. What started 25 years ago as a small group of volunteers has grown into a committee of programmers, instructors and fitness enthusiasts representing a good portion of Southern Vancouver Island.



### EARLY

Aug 1 - Aug 30, 2018

1 Day \$129 / 2 Days \$179

### REGULAR

Sep 1 – Oct 15, 2018

1 Day \$149 / 2 Days \$199

### LATE

Oct 15 – Oct 27, 2018

1 Day \$169 / 2 Days \$219

Groups of 10 or More receive 15% Off. • Single Aquatics Session \$45 / Session • Alert First Aid Session \$60/Recert

Credits Available from  
BCRPA, CSEP, BCAA, NSCA, CATA, ACSM, NFPT, \*ISSA and \*canfitpro™

\*EXTRA FEES APPLY

