

PROVINCIAL FITNESS UNIT  
OF ALBERTA

presents

Fit  
Rendezvous  
2016

The largest fitness conference  
in Western Canada.

MAY 27 - 29, 2016 - UNIVERSITY OF ALBERTA, EDMONTON

supported by:



The Provincial Fitness Unit proudly presents,

# Fit Rendezvous 2016

AFLCA Exercise Professionals demand and expect the best when it comes to professional development. Fit Rendezvous 2016 raises the bar and unleashes a dynamic energetic program that is both physically and mentally challenging. **Get ready to be inspired!**

## Pre-Conference Sessions Friday May 27

TIME	Friday, May 27 Sessions
8:30 am – 5:00 pm	* Michol Dalcourt – Effective and Complete Program Design – The 4Q Model
9:00 am – 5:00 pm	* Lesley McEwan – AFLCA Functional Independence Training Program – Leading Older Adults Through Exercise
9:00 am – 5:00 pm	Gisele Tennant – AFLCA Aquatic Tethered Training Course
6:00 – 7:00 pm	* Danielle Smith and Barb Bouwman – Unleash the Warrior Within: Charity Workout ( Proceeds go to Win House Edmonton)
6:00 – 10:00 pm	CPR Level A

*\* Participants should bring their own Yoga mat*

### 8:30 am – 5:00 pm

#### Michol Dalcourt – Effective and Complete Program Design - The 4Q Model

Standard program design often seeks to map activities and periodization exclusively to the gym. Effective program design should seek to organize a 360 approach to training and recovery, intensity and rest, specificity and randomness, structure and variance in and out of the gym setting. This can be a challenging process, which is why Michol created the 4 quadrant (4Q) model for effective program design. Perhaps the most celebrated aspect to the 4Q model is that it gives the 'why' and 'when' behind exercise selection to make sure that fitness professionals are empowered to prescribe exercises. It also has been designed to simplify the various aspects of programming to ensure that all aspects are addressed. In this intensive workshop learn:

- the 4 quadrants of program design and the rationale for each of these quadrants in creating well-balanced programs
- exercises that comprise each of the quadrants
- systematic regressions and progressions
- how to put the 4 quadrant model into practice in your own training and that of your clients/athletes

- 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

#### Gisele Tennant – 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 (a manual is included with the course).

### 9:00 am – 5:00 pm

#### Lesley McEwan – AFLCA Functional Independence Training Program - Leading Older Adults Through Exercise

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, considering older adults
- Equipment recommendations
- Endurance, strengthening, flexibility, and balance activities

### 6 – 7 pm

#### Danielle Smith and Barb Bouwman – Unleash the Warrior Within - **Charity Workout**

Sweating has never be so much fun, something you'll experience with Obstacle Fit specialist Danielle Smith and Spartan Group Coach Barb Bouwman. They know there's a warrior in all of us just waiting to come out and play. Their mission? To help you unleash it! This special charity master class is design for ALL fitness levels. Get ready for some great fun, sweat, and tears (of laughter). Run, walk, crawl, rock and roll, we're doing it all. "Unleash the Warrior Within" is a mash up of latest and great H.I.I.T themes from Tabata, Bootcamp, interval training, and more! The perfect way to get you charged up for the weekend! **All proceed will go to WIN House Edmonton, a shelter supporting women in need.**



## Saturday Conference Sessions, May 28

	TIME	Saturday, May 28 Sessions					
1	7:30 – 8:45 am	Research Update: The Physiology of Elite Performance in Water Michol Dalcourt	Myths, Misconceptions, and Controversies in Exercise Len Kravitz	* Tabata Training ... Beyond the Structure Eve Fleck	* Yoga Therapy – Restoring Function Suzette O’Byrne	HIGH Fitness Amber Zenith and Emily Nelson	Creating a Killer Cycling Class in NO Time Jessica Zapata
	9:00 – 10:30 am	Creating Currents Monique Acton		* MoveBALL™ Super Class Anita Parker		Do I Look Good in These (Bike) Shorts? Krisa Popowych	
2	9:15 – 10:45 am	How Important is Weight and Dieting? Jaclyn Chute	Plyometrics – Moving with Great Leaps and Bounds Jessica Power Cyr		* LA Knockout - H.I.I.T. it Out of the Park Lana Asuchak		
	10:30 – 11:15 am	Energy Break and Trade Show Opens					
3	11:00 am – 12:30 pm	Wet Barre: Power Katina Brock	* Anti-Aging Program Design Michol Dalcourt	* Raise the Barre Marjorie O’Connor	The Competitive Team Ride Suzette O’Byrne		
	11:15 am – 12:45 pm	Step ‘N Sprint Lynne Skilton-Hayes			LTS®: Cool New Tools and Programming for Obstacle Course Training Marc Lebert		
	12:30 – 1:45 pm	Lunch					
4	1:30 – 3:00 pm	Women, Hormones, and Metabolism Part 2: Solutions to a Complex Conundrum Len Kravitz	Intensity Based Interval Training Krisa Popowych		Coaching the Interval Grind: H.I.I.T. Cycle Lynne Skilton-Hayes		
	1:45 – 3:15 pm	The Blended Water Workout Monique Acton	Step from Basic to Brilliant – One Layer at a Time Robin O’Grady		* H.I.I.T. Strength, Power and Agility Lana Asuchak		
	3:00 – 3:30 pm	Energy Break					
5	3:30 – 5:00 pm	Simply Hard Katina Brock	What the H.A.I.L. Marjorie O’Connor	* LTS®: The Best Workouts Start with a Buddy Marc Lebert	* Training Movement Patterns Jessica Power Cyr	* Loaded Lines Michelle Felzmann	The Power Journey Suzette O’Byrne

*\* Participants should bring their own Yoga mat*

# Saturday Session Descriptions (Blocks 1 - 5)

## Block 1

7:30 – 8:45 am

### Michol Dalcourt – Research Update: The Physiology of Elite Performance in Water

In this session, Michol focuses his lens on aquatic environments and what role they play on training and adaptation. By looking at elite athletes, we are able to glean secrets into the way in which the human body deals with its environment and how it functions and adapts. Learning about physiology takes on new life in this very engaging session.

### Len Kravitz – Myths, Misconceptions, and Controversies in Exercise

Join Len for this no-holds-barred lecture on current myths, misconceptions and major controversies in the fitness industry. Scientific studies will be presented answering controversial questions about fat burning, concurrent training, post exercise fat burning, muscle acidosis, metabolic stress, extreme conditioning, fatigue, H.I.T. vs continuous cardio exercise, ideal substrate utilization strategies, high fructose corn syrup and MORE.

### Eve Fleck – Tabata Training ... Beyond the Structure

Tabata is more than a workout structure. Tabata is a mindset ... a challenge ... an attitude. This template is unique in that it is versatile enough to use with everyone from the new exercisers to the competitive athletes. Everyone can work out together and no one falls behind! Each person is truly challenged and this is the basis for real change and results. Join Eve to learn how to use this phenomenal training method in the form of hard-core cardio and strength intervals.

### Suzette O'Byrne – Yoga Therapy - Restoring 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 and myofascial lines 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 to help your students restore their functionality.

### Amber Zenith and Emily Nelson – High Fitness

Come get "HIGH" and check out the fitness craze everyone's getting addicted to! 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 INTENSE 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 combined with 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'll keep your participants coming back for more!

### Jessica Zapata – Creating a Killer Cycling Class in NO Time

Are you spending hours creating the perfect indoor cycling class? This session will break down what drills you need to include in your classes, suggestions for music and will allow you to create a class in no-time flat! You'll walk away with a template that you can use to ensure you deliver high quality, effective, and fun classes without hours and hours of prep.

## Block 2

9:00 – 10:30 am

### Monique Acton – Creating Currents

Spice up your aquatic classes with some fresh ideas. Experience fun, and creative movements that utilize the resistance and properties of the water. Intersperse traveling patterns mixed with directional and lever changes. Pick up great ideas that can be implemented immediately to create currents in your next aquatic classes.

### Anita Parker – MoveBALL™ Super Class

Fill up your water bottle and get ready for plenty of new ideas to bring to your classes and clients! First, we'll challenge our cardiovascular endurance and anaerobic capacity with intervals and functional movement patterns. Then let's dig deep into head-to-toe muscle conditioning focusing on strategies of maximum benefit and appropriateness for each participant. We'll finish strong with a mind body inspired core segment, and aaaahhh, some delicious muscle lengthening.

### Krista Popowych – Do I Look Good in These (Bike) Shorts?

Many of your students come to group cycling because they know it's a calorie-torching class. Everyone wants to lose weight and decrease body fat. Learn how to apply the most current fat-burning research science to your indoor cycling classes to TRULY help your participants reach their goals. This workshop will help you create smokin' hot, fat-melting classes that blend science and motivation for the best cycling class on the schedule!

9:15 – 10:45 am

### Jaclyn Chute – How Important is Weight and Dieting?

Over the past decades, there have been growing national concern with increased body weight. Is this focus on weight and weight loss really the answer to better health? Learn about the Health at Every Size® (HAES®) approach, with a specific focus on diet and how this impacts fitness leaders.

### Jessica Power Cyr – Plyometrics – Moving with Great Leaps and Bounds

Plyometric training is the ability to react and generate force quickly with the use of explosive movements. Enhance your participants' performance in everyday activities and sport with plyometric training. Jessica will review the principles of plyometric training including the 3 major phases, provide you with evidence based research and give you the tools to design safe yet effective plyometric training programs. Are you ready to move with great leaps and bounds? Come get "POWERED UP" with Jess!

### Lana Asuchak – LA Knockout - H.I.I.T. it Out of the Park

Lana's back with the sequel to LA Boxing - LA Knockout with a H.I.I.T. Be part of an empowering cardio workout. It's cardio boxing and kickboxing to the 10th degree! Jab! Kick! Sweat! Jump! Bob and Weave! ... the H.I.I.T. way. Combine basic moves with interval training for a fierce cardio challenge. Sure to melt the calories away. It's basic, it's hard, and it's a whole lot of FUN. H.I.I.T. it out of the park and be ready to push beyond your limits.

## Block 3

11:00 am – 12:30 pm

### Katina Brock – Wet Barre: Power

Wet Barre: Power is an aquatic interval class that alternates plyometric exercises with small intense strength moves done at higher repetitions. Some moves will be brand new while others are a new twist on exercises you already know. Come ready to work—this class will leave you breathless and your muscles fatigued!

### Michol Dalcourt – Anti-Aging Program Design

Do you work with clients over 40? Would they be interested in slowing down the aging process or reversing the effects that getting older has had on their body? Strength and power training can help boost production of the hormones many consider to be the fountain of youth. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels. You'll explore specific principles, strategies and techniques for developing a program that creates an anabolic response to exercise, and in the process, you'll help your clients find their fountain of youth.

### Marjorie O'Connor – Raise the Barre

New to Barre classes? Or do you need to Raise the Barre in your existing classes? Come experience Marjorie O'Connor's full-body Barre flow workout, targeting the arms, abdominals, thighs, and glutes. The MOC method emphasizes technical execution working the muscles to fatigue to develop muscle stamina and endurance, while incorporating isometric holds and stretching to ensure you get a complete and well-balanced body workout for all levels. This session will also include an exercise breakdown in relation to building strength, stability, and stamina with specific MOC Barre method movements.

### Suzette O'Byrne – The Competitive Team Ride

This workshop is loaded with cycle training techniques that are taken straight off the road. Time trialing, pace lines, drafting—get your game face on! With a stronger understanding of the how-to application of cycling elements like, drafting, pedal stroke and more, this workshop will connect your indoor cycling to the world of outdoor riding. Get ready to ramp up your participant's competitive edge by taking their indoor cycling to a whole other level.

### Lynne Skilton-Hayes – Step 'N Sprint

This ain't no average step class. Bring the next level of step training to your participants. Blend complex tapless step choreography with explosive, athletic anaerobic intervals and you get one dynamic, energy packed, results driven workout. This is Lynne's signature class. It's one workout you won't want to miss! Got a passion for the Step? This session is for you!

### Marc Lebert – LTS®: Cool New Tools and Programming for 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 also be incorporating Lebert Fitness System's latest invention, the New SRT (Spring Resistance Training) Barbell®. Tough Mudder, Spartan Race and all other races ... look out!

## Block 4

1:30 – 3:00 pm

### Len Kravitz – Women, Hormones, and Metabolism Part 2: Solutions to a Complex Conundrum

This highly updated lecture summarizes recently published research and the latest science on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, muscle fiber characteristics, body composition, endocrinology, caloric expenditure and female physiology related to exercise is presented. Resistance and aerobic training program designs, specifically for women, are presented—all based from scientific studies. This ultramodern lecture is a 'must attend' for any personal trainer who trains female clients.

### Krista Popowych – Intensity Based Interval Training

In this no equipment, cardio based interval workout, experience six training durations and formats that will have you experiencing long to short intervals from three minutes to fifteen seconds. Mixing up the intensities, the intervals, the recovery, and the moves takes this interval training session to a higher level. Challenging and informative, you'll walk away with a toolbox of interval ideas.

## Saturday Session Descriptions (Blocks 1-5)

### Lynne Skilton-Hayes – Coaching the Interval Grind: H.I.I.T. Cycle

Make uncomfortable your new comfortable! That's what we tell our students they need to do if they want to reach their goals. So how do we ensure they do this when they come to our cycle classes? This H.I.I.T. workshop will teach you the intervals to do just that. As well, you will learn how to use your music to coach resistance and pace and how to coach around RPE or 'feel' in the moment in order to ensure your students find their "uncomfortable." You'll make purposeful connections with your students that empower them and make them realize they are stronger and capable of working harder than they think they can.

1:45 – 3:15 pm

### Monique Acton – The Blended Water Workout

Mix up your workout by blending moderate to high intensity training activities with segments of muscular conditioning. These easy to follow exercises allow you to focus more on the movement without having to think of performing intricate choreography.

### Robin O'Grady – Step from Basic to Brilliant – One Layer at a Time

Step into this amazing class full of energy and teachable choreography. This session will focus on the step layers and how to mix, match and create new choreography so your class is always fresh. In this session you will learn how the final product and the break down come together. After all the hard work you'll leave with five interchangeable combos and the opportunity to create your own new choreography with the group – brilliant!

### Lana Asuchak – H.I.I.T. Strength, Power and Agility

This workout challenges your legs, tones your arms providing you with a phenomenal workout. Utilize your body weight, and a few pieces of portable equipment, combine plyometrics, isometrics and speed to challenge your body. Burn calories, develop coordination and agility, and feel empowered. Non-stop, never boring pushing your body to the top of the charts to decrease body fat and increase metabolism. Feel the burn!

## Block 5

3:30 – 5:00 pm

### Katina Brock – Simply Hard

Old is new. Learn to create challenging aquatic workouts using "old" moves in new ways! Don't be fooled. While the foundational movements are basic, the variations are hard. By pairing common basic aquatic moves with less common arms and leg variations and adding directional changes, you can create challenging workouts without complex choreography or equipment.

### Marjorie O'Connor – What the H.A.I.L.

Marjorie will take you on a personal journey to venture deep into fitness leadership. Come chill and get inspired with her H.A.I.L. approach—Honesty, Authenticity, Integrity and Love. Be ready for a thought provoking, laughter fueled 90 minutes of interactive stories, group discussions and lessons learned from each other! Take time to re-fuel your passion!

### Marc Lebert –LTS®: The Best Workouts Start with a Buddy

A training partner brings accountability, encouragement and even some friendly competition to your workout and that is exactly what the BUDDY SYSTEM® is all about. From the inventor of the BUDDY SYSTEM®, this session introduces this quiet portable training tool for what it truly is ... a BEAST. Learn exercises that completely blur the lines between aerobic and anaerobic training, plus exercises only a cable machine could do (but much more portable). Use this new tool for athletic conditioning, special populations, unique class programming and more. Find out why this tool is a #gamechanger and something no trainer should be without.

### Jessica Power Cyr – Training Movement Patterns

Many people are able to perform a wide variety of activities, yet are unable to efficiently recruit essential muscle stabilizers and mobilizers, creating compensatory movement patterns that eventually can cause havoc in the body. This havoc can lead to poor movement biomechanics and injury. The goal of this session is to define fundamental movements and basic motor control within a pattern. Jess will review mobility, motor control and functional patterning and provide you with the tools to incorporate essential movement patterns in a group environment. Get ready to "POWER UP" with Jess!

### Michelle Felzmann – Loaded Lines

Let's get out of our group fitness box and try something new! Fascial training is the new direction in fitness and can be an effective strategy for strength, endurance, mobility and flexibility training. Learn new exercise sequences that are designed to train each of the fascial lines in the body. With minimal equipment, this workout will treat your body right and work it hard at the same time!

### Suzette O'Byrne – The Power Journey

Training with power can truly enhance your students' cycling experience. Power not only makes a cyclist's journey more interesting, it maximizes their riding potential. Haphazard training without objectives can often dilute the effectiveness of a ride and lead to substandard outcomes. Learn and gain confidence utilizing the watt reading on your computer to maximize results. This workshop will teach you the key components of power training and how to develop power zone profiles and power-based classes.



## Sunday Conference Sessions, May 29

	TIME	Sunday, May 29 Sessions					
6	7:45 – 9:15 am	Muscle Memory By Design Monique Acton	The New Rules for Nutrient Timing for Peak Performance Len Kravitz	* S.W.E.A.T. Eve Fleck	* Going Through the Side Door – Corrective Exercise from a New Direction Suzette O'Byrne	* For the Love of the Ball Michelle Felzmann	Bike and Barre Marjorie O'Connor
	9:15 – 9:45 am	Energy Break					
7	9:45 – 11:15 am	Fascial Fitness Research – Developments in Fibrous Connective Tissue Training Michol Dalcourt		* Don't Just Get Strong; Get Yoga Strong Anita Parker		Knuckle Up and Buckle Down Lynne Skilton-Hayes	
	10:00– 11:30 am	Deep Water Fluid Moves Monique Acton		* Short Circuits Eve Fleck		Road Race or Road Rage? Krista Popowych	
	11:15 am – 12:30 pm	Lunch					
8	12:15 – 1:45 pm	Dynamic Deep Design Monique Acton	The 12 Truths of Fat Loss Len Kravitz	* The 360 Mind Body Super Circuit Jessica Power Cyr		H.I.I.T. the Rhythm Ride Lynne Skilton-Hayes	
	12:30 – 2:00 pm	* 10 Ways to H.I.I.T. It Michelle Felzmann			* Metabolic Demands of Loaded Movement Training Michol Dalcourt		
	1:45 – 2:30 pm	Energy Break					
9	2:30 – 4:00 pm	Wet Barre: Control Katina Brock	20 Shades of Great: Building Your Personal Training Business Krista Popowych	* The Matrix Eve Fleck	* Rock and Roll Marjorie O'Connor	* Assisted Stretching: What Keeps Them Coming Back Jessica Zapata	Virtual Insanity – Indoor Cycling Jessica Power Cyr

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# Sunday Session Descriptions (Blocks 6 - 9)

## Block 6

7:45 – 9:15 am

### Monique Acton – Muscle Memory By Design

Awaken your core and learn how shallow water exercise wearing a belt can develop muscle memory for enhanced performance. Transfer newly acquired skills into the deep water for instantly improved posture and movement execution. Working in transitional depths, learn how to overcome performance errors and deliver quicker results to your clients.

### Len Kravitz – The New Rules for Nutrient Timing for Peak Performance

Join Len for this groundbreaking lecture that explains a revolutionary approach to enhance performance, promote recovery and improve muscle integrity through nutrient timing. This technologically advanced presentation will explain what nutrient timing is, the energy phase, the anabolic phase, the growth phase, the metabolic physiology, and how to apply this totally new concept in training for endurance exercise, resistance training and to prevent overtraining. This lecture is directed to personal trainers and fitness professionals seeking to add a new dimension to their training.

### Eve Fleck – S.W.E.A.T.

Six Ways Every Athlete Trains! Athletes need to be fit to perform at their best. They get there with a combination of aerobic conditioning, high-intensity interval training, plyometrics, strength, speed and power training. Now it's your turn. Experience one of Eve's signature innovative, athletic workouts using only body weight and minimal equipment. Wake up the athlete in you and get ready to SWEAT!

### Suzette O'Byrne – Going Through the Side Door - Corrective Exercise from a New Direction

Often when we work with clients we find areas that will not respond to the typical approach. The front door becomes locked, rigid, and impassable. Discover corrective exercises that take a different approach through this practical and exploratory workshop. Find new methods for dealing with chronic physical issues through the side door.

### Michelle Felzmann – For the Love of the Ball

The stability ball is one of the greatest tools to use for cardio, strength, endurance and flexibility training. It's time it made a come back! Experience some of the best exercises there are on the stability ball.

### Marjorie O'Connor – Bike and Barre

Get ready to integrate the bike and the barre for the ultimate spin and sculpt workout! The bike portion emphasizes technique, quality of execution and lots of anaerobic/aerobic drills, upbeat music and moderately intense cardio hills and thrills for all levels. Walk away with ideas that inspire a creative fun cycle experience with unique sequencing using the bike as a ballet barre. Another one of a kind workout developed by Marjorie.

## Block 7

9:45 – 11:15 am

### Michol Dalcourt – Fascial Fitness Research - Developments in Fibrous Connective Tissue Training

As more and more research sheds a light on the behaviors of tissue dynamics, we are becoming more clear on the role and behaviors of fascia (fibrous connective tissue matrix) and its importance in movement function. What is less clear, however, are guidelines around how to train and influence adaptation through this all important structure. This session is geared towards elucidating the research and clarifying the organization of program design around fascia, and then putting tangible exercises in place in a systematic way.

### Anita Parker – Don't Just Get Strong: Get Yoga Strong

There's strong and then there is yoga strong. Suited for both yoga and non-yoga instructors, come experience the ultimate in functional fitness and whole-body movement training with a hatha/vinyasa class. Maximize muscle strength and joint range valuable alignment and technical cues to traditional strength and cardio exercises.

### Lynne Skilton-Hayes – Knuckle Up and Buckle Down

In kickboxing classes technique is critical. However, mastering the technique takes time. So how do you create an action packed format that will keep the intensity pumping for your participants regardless of where they are with their technique learning curve? Blend heart pounding weight bearing power moves with traditional kickboxing drills and combinations. You'll review critical technique on punches and kicks and learn how to progress drills and combinations with guidelines for safe and effective program design in mind. This workshop is ideal for both a new instructor looking to teach kickbox or the seasoned instructor looking for new ideas for kickboxing or athletic classes. Buckle down and do some work in this intense workout designed to deliver results and keep them coming back for more.

10:00 – 11:30 am

### Monique Acton – Deep Water Fluid Moves

Bring new life to your deep water routines. These deep water moves will make use of the various ways to blend choreography making the movements flow smoothly from one to the next. Jump into the deep water to experience creative choreography that is fun, energizing and fluid!

### Eve Fleck – Short Circuits

Short circuits are simple combinations of exercises that target the upper body, lower body and cardio. Each circuit is a stand-alone workout involving between three and five exercises, each challenging the full body in a simple, straightforward and extremely challenging way. This workshop will provide you with at least five complete short circuit workouts that you can take home and use right away.



### Krista Popowych – Road Race or Road Rage?

What's the difference between smart road-cycling and 'just pedaling'? What skills and drills are needed out on the course that may be missed in an indoor class? How do you pedal smarter, not just faster? Why 'lifts' versus 'jumps'? Develop a class based on road skills versus crazy 'road rage' by gaining an understanding of real-road application and drills to increase your cycling efficiency and power, improve your class planning and cueing skills, and enhance your participants' experience. You don't need to own a road bike to appeal to both indoor and outdoor riders – come find out how to provide the best ride for ALL cyclists!

## Block 8

12:15 – 1:45 pm

### Monique Acton – Dynamic Deep Design

Experience an assortment of deep water cardio and muscular endurance exercises designed to challenge the power of water's resistance. Be ready to experiment with movements on an angle, levers, travel and a variety of teaching formats guaranteed to challenge the core. Push and pull with power as you experience creative multi-plane progressions in an innovative approach to total body conditioning.

### Len Kravitz – The 12 Truths of Fat Loss

Perhaps one of the most captivating and misunderstood topics for fitness professionals is what works and what doesn't work for successful fat (and weight) loss. The 12 truths of fat loss will explain the current understandings on fat loss, the essential components of metabolism and fat physiology, factors that positively affect fat loss, and the best exercise programs to enhance fat loss and prevent weight gain. Each attendee of this lecture will leave with 10 fabulous evidence-based workout plans for optimizing fat loss as well as 12 genuine truths on fat loss.

### Jessica Power Cyr – The 360 Mind Body Super Circuit

Circuit training uses the concept of movement through stations with brief rest intervals. Take the circuit experience to the next level in this unique workshop infusing Pilates, Yoga, and dance principles in one workout. Jessica will tantalize your senses in this mind body circuit experience with the assistance of chill out grooves and mindful sequencing. 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! Come get "POWERED UP" with Jess!

### Lynne Skilton-Hayes – H.I.I.T. the Rhythm Ride

Do your participants work as hard as they should be in a HIIT class? Many clubs still don't have computers on the bikes, so without the feedback right in front them, how do your participants know they are working as hard as they need to? Learn how to get the most out of your students by learning to use music as a tool rather than just having it play in the background. You'll work through H.I.I.T. drills and lots of different types of cueing/coaching designed to challenge your participants and thus, enhance the results they get from your cycle classes.

12:30 – 2:00 pm

### Michelle Felzmann – 10 Ways to H.I.I.T. It

H.I.I.T. can take so many different forms—the possibilities are endless! Refresh your boot camp and small-group training classes with the ideas generated in this nonstop workshop. Michelle will review the science behind this type of training, as well as deliver 10 creative ways to put together a no-nonsense H.I.I.T. workout. You'll have ideas for Monday mornings all year!

### Michol Dalcourt – Metabolic Demands of Loaded Movement Training

Loaded movement training (LMT), or task-based transitional movement-based resistance training, has come to the forefront in the health and fitness industry. Industry leaders and business organizations claim that LMT can lead to improved body composition, high caloric expenditure, increased EPOC, and improved cardiovascular capacity, muscular strength and movement function. Researchers from Canada have studied the metabolic effects of LMT both during and following a high-intensity exercise bout and found some powerful results. Explore the LMT research findings, how LMT compares with traditional training methods, what we don't know yet, and the future of functional exercise.

## Block 9

2:30 – 4:00 pm

### Katina Brock – Wet Barre: Control

This aquatic session is rooted in control through Pilates and extreme core work. By switching out the angles that your body is accustomed to working in, you will activate your muscles differently and develop better strength, posture, and muscle balance. Changes in movement tempo – slowing it down – will add new challenges and make your body work harder, making even old moves feel like new. Get ready to exercise some control!

### Krista Popowych – 20 Shades of Great: Building Your Personal Training Business

In this session we look at 20 different ways to take your training business to the next level. From inspiring meet and greets, comprehensive business plans, long term strategic planning, experience marketing and more! Walk away with great ideas that will take your personal training business to the forefront.

### Eve Fleck – The Matrix

A matrix is a pattern or an uncommon group of exercises that when combined can magnify the effects of any given exercise. In this workshop, Eve will show you how to choose exercises for a matrix and explain the benefits of structuring your workout that way. Come prepared to learn how to develop your own creative, effective and fun workout. Experience the power of the matrix!

## Sunday Session Descriptions (Block 9 cont'd)

### Marjorie O'Connor – Rock and Roll

Marjorie's unique blend of heart pounding, metabolic exercises will introduce you to her seven minute formula of program design! Let's ROCK - Using the Moveball, she will rock your world with fun, challenging exercises in seven minute blocks. NO rest (unless you need it). Let's ROLL - Marjorie will be utilizing fascia rolling and stretching with foam rollers and other interesting tools in seven minute sequences. All this AND Rock and Rolling to 80's music!

### Jessica Zapata – Assisted Stretching: What Keeps Them Coming Back

Anyone who has ever stretched their client at the end of a session is likely to have heard the comment, "Now that's what I am really paying for!" Although we know that's not the entire truth, it certainly

validates the importance of stretching your clients. This session will show you a variety of stretches you can easily assist your clients with keeping your programming fresh and new. Learn and practice different techniques that are proven to be effective AND make your client feel like a million bucks!

### Jessica Power Cyr – Virtual Insanity - Indoor Cycling

Take your indoor cycling class to the NEXT level in this Virtual Insanity experience. Jessica will take the idea of music in your classes to the next level and provide you a fun visual experience of your favourite cycling songs. The workshop will include virtual rides, music videos, cycling clips and specialized lighting! This workshop will review cycling guidelines, profiles and drills plus provide you with ideas on class design and delivery. Ready for some insanity? Get "POWERED UP" with Jess!

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## *Fit Rendezvous* 2016 Presenter Biographies

**Monique Acton** is president of the Personal Health Trac providing educational workshops and creating wellness workouts. She works alongside the medical community designing medical exercise programs. Monique is a CEC provider, writes for the AKWA Letter and serves on the AEA advisory board. Certifications include: AEA Aquatic Fitness Instructor and Trainer Specialist; ACE Group Fitness Instructor; Medical Exercise Training Institute Post Rehab Conditioning Specialist; Medical Exercise Specialist, and AFAA Personal Trainer.

**Lana Asuchak**, MA, BPE is a certified fitness trainer and speaker who has worked with industry and community influencers, including the University of Alberta, SAIT, World Health Club, and the Speakers Bureau of Alberta. She is a sessional instructor in the Physical Education Department at Mount Royal University, specializing in stress management, and health and fitness. Her family told her to get a "real" job. She did. Fitness! Lana is the founder of LA Interactive, a mobile fitness training business and The Energy Advantage: Energy for Success, Wellness, Change, a speaking and coaching business emphasizing customized stress and energy solutions. Lana brings energy to everything she does and inspires all audiences. Her energy is contagious ... so watch out!

**Katina Brock** has 24 years experience teaching aquatic fitness, and was an original trainer at The Biggest Loser Resort in Malibu, CA. She is the creator of Wet Barre™, a CEC provider for AEA and AFAA, and a master trainer for FXP Hula Hoop®. Her certifications and training includes: NASM-Corrective Exercise Specialist, TRX, BarWorks, Mat Pilates, Yoga and Aqua Stretch™. She is currently in training as an AEA Aquatic Training Specialist.

**Jaclyn Chute**, BSc, 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.

**Michol Dalcourt** is an internationally recognized industry leading expert in human movement and performance. He is the founder and CEO of the Institute of Motion, inventor of the ViPR, and co-founder of PTA Global. Michol has given hundreds of international lectures and been a feature speaker at many of the world's top fitness conferences, fitness clubs, and colleges and universities. He has contributed to programs and training delivered to general clientele as well as athletes of all levels such as, college level pitchers, NHL hockey players, NLL Lacrosse players, and Olympic gold medal athletes. In his spare time, Michol surfs with his wife, daughter, and black Labrador in Solana Beach, California.

**Eve Fleck** holds a master's degree in exercise physiology and lectures at California State University, Northridge. She is the owner of Gym Without Walls, an outdoor fitness program in Los Angeles, California. Eve uses creative class structures to train multiple fitness levels in the same session and encourages parents to let their kids in on the fun. Eve also specializes in the practical application of scientific concepts through lectures, workshops, articles, and "real world" classes. Eve has been active in the fitness industry as a researcher, author, presenter, university lecturer, instructor, and Reebok Master trainer for almost 20 years. She is co-author of "Growth and Development Across the Lifespan."

## 2016 Presenter Biographies cont'd

**Michelle Felzmann** has over 20 years of fitness experience, and in that time has acquired a broad range of knowledge and expertise with a major focus on core training, instructor training and choreography work. Michelle is an AFLCA certified fitness instructor, Bender Ball master trainer, TRX master instructor and has 10 years of experience in fitness programming and presenting. With experience in fitness competitions, television and exercise videos, Michelle is the total package!

**Len Kravitz**, PhD, CSCS, is the Program Coordinator of Exercise Science and Researcher at the University of New Mexico where he won the "Outstanding Teacher of the Year" award. Len was honored with the 2011 Distinguished Alumni Award from San Jose State University, the 2009 Canadian Fitness Professional "Specialty Presenter of the Year" award and was chosen as the American Council on Exercise 2006 "Fitness Educator of the Year." He also has received the prestigious Canadian Fitness Professional "Lifetime Achievement Award" and the "Global Award" from the Aquatic Exercise Association.

**Marc Lebert** is the owner of Lebert Fitness, a global leader in developing innovative fitness tools. He is a fitness club owner, Black Belt, Certified NLP Practitioner, Reebok ONE Expert Contributor, International Presenter and board advisor of the Mindset Performance Institute. Marc was the Silver Lining Entrepreneur of the Year 2010, named Top 100 Fitness Entrepreneurs in the Industry 2011, a finalist for CanFitPro Fitness Professional of the Year 2012, and winner of the 2015 NEOS International Personal Trainer of the Year.

**Lesley McEwan** is the University of Alberta, Provincial Fitness Unit AFLCA Project Coordinator. Lesley also facilitates the AFLCA Fitness for the Older Adult and Functional Independence Training and Ever Active Kids programs. Lesley has worked in the older adult field for over 25 years as a Trainer, Consultant, Program Coordinator and Fitness Leader. Lesley is an accomplished athlete with World level championships in bodybuilding and a World Senior Women's Curling Championship (2013). She possesses a true passion for supporting older adults to be active, but also for educating practitioners to lead and support older adults in safe and functional physical activity programs. Lesley is also SHAPE Alberta provincial coordinator, and the Executive Director of the Physical Culture Association of Alberta. Lesley was inducted into the Spruce Grove Hall of Fame for her accomplishments in athletics in 2015.

**Suzette O'Byrne** has been active in the fitness industry since 1984. Some of her credentials include: BSc Kinesiology, AFLCA Trainer of Fitness Leaders, Keiser Master Trainer, Certified Hatha Yoga Instructor, Yoga therapist and the author of Yoga for the Core: Finding Stability in an Unstable Environment. In addition to teaching at conferences, workshops and teacher training programs throughout North America, Suzette is a faculty member with Mount Royal University's Yoga Therapy Program in Calgary, Alberta, Canada.

**Robin O'Grady** owns the Mindset Performance Center in Alberta. She is a passionate group fitness instructor and has been dedicated to teaching health and fitness for more than a decade. Robin runs an annual apprenticeship program, where she mentors new instructors for the AFLCA. She is also a regular presenter and educator at facilities and conferences across North America and is proud to be a certified mindset coach, master trainer for Lebert Fitness and Bender Ball and assistant trainer for the AFLCA. A dedicated educator, Robin is known for consistently delivering workshops that are uplifting and inspiring!

**Krista Popowych**, BHKin, has been inspiring fitness leaders, trainers and managers for over two decades with her motivating and practical sessions. As the 2014 IDEA Fitness Instructor of the Year award winner and a two-time CanFitPro Canadian Fitness Presenter of the Year, Krista has shown an outstanding commitment to fitness and truly walks the talk. As an international trainer and education consultant for Keiser® and JumpSport®, TV personality, DVD creator and talent, past program director, published author, professional speaker and Adidas 3-stripe team member, Krista spreads her passion for fitness around the globe. Her goal has always been to inspire others through education and movement. She does just that through her creative sessions and real-life approach to fitness.

**Jessica Power Cyr**, MSc, BScKin, 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 sessions 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!

**Marjorie O'Connor**, BEd, PE, ACSM, AFLCA Trainer, CanFitPro, Stott Pilates and Nike Athlete, is the owner of Fit International and MOC Fitness Systems. A respected international fitness presenter, keynote speaker and fitness champion, Marjorie has been honoured as a "Woman of Vision," the "Women of Distinction," the recipient of the Canadian "Mall Peepre" memorial award and the "Celebration of Women in Fitness". Marjorie is an ambassador for Active Edmonton and is the fitness expert with the CAAWS/Nike Girls @ Play program. As a local television celebrity, Marjorie has been featured in Shape, American Fitness, Chatelaine and was recently inducted into the Alberta Sports Hall of Fame.

## 2016 Presenter Biographies cont'd

**Anita Parker**, BSc, BEd, 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.

**Lynne Skilton-Hayes** is the Fitness Program Supervisor at the University of Guelph where she is responsible for the programming of hundreds of programs for students, faculty, staff and community. She is a Canfitpro and ACE certified group fitness instructor and master personal trainer. In 2004 she was awarded 'PTS ProTrainer of the year'. Lynne holds a BSc degree and brings over 18 years of education and experience to the fitness industry. She is an International Fitness Presenter/Educator, Bender Ball Master Trainer, and TRX Trainer.

**Gisèle Tennant**, BSc, MSc, PhD, is a certified exercise physiologist with a PhD in health psychology. She is President of the AFLCA, an AFLCA Trainer of leaders and a Certified Fitness Trainer Examiner who brings a wealth of knowledge and passion to her work. She has authored several fitness certification manuals for the YMCA and

co-authored a deep water tethering manual for the AFLCA. Dr. Tennant has published numerous academic peer-reviewed papers and has been interviewed both for television and print. She has presented at international academic conferences and is a faculty member with Mount Royal University's Personal Training Diploma program. Her Calgary consulting firm is dedicated to improving the quality of life of her clients.

**Jessica Zapata** is co-owner of Infinite Fitness Personal Training in Edmonton, Alberta. She received her BSc in Kinesiology from the University of Alberta and went on to become a Certified Strength and Conditioning Specialist with the NSCA, STOTT Pilates instructor and Keiser Indoor Cycling teacher. She has been in the fitness industry for over a decade and has had the good fortune of being involved in many different roles. Her passion and energy for the fitness industry is contagious and as a fitness presenter, her goal is for you to leave feeling inspired and re-energized!

**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 1 year and is growing rapidly with classes offered in over 15 provinces and states, lead by over 160 licensed instructors.

# Fit Rendezvous

May 27 - 29, 2016

**REGISTER ONLINE**

## Fees:

ADVANCED REGISTRATION  
(on or before April 29, 2016)

\$235.00 (plus GST)  
AFLCA, NFLA and Fit Directory registered member

\$285.00 (plus GST)  
Non AFLCA or unregistered

REGULAR REGISTRATION  
(after April 29, 2016)

\$285.00 (plus GST)  
AFLCA, NFLA and Fit Directory.ca registered member

\$335.00 (plus GST)  
Non AFLCA, NFLA or unregistered

## FRIDAY, MAY 27 PRE-CONFERENCE SESSION FEES

Effective and Complete Program Design - The 4Q Model	\$140.00 (plus GST)
AFLCA Aquatic Tethered Training Course	\$140.00 (plus GST)
AFLCA Functional Independence Training for Older Adults	\$140.00 (plus GST)
Unleash the Warrior Within - CHARITY WORKOUT	\$10.00
CPR Level A	\$50.00 (plus GST)

- Visa or MasterCard accepted.
- 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.

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

## Cancellation Policy

- Cancellations received prior to **May 6, 2016** will receive a refund, less a \$30 processing fee.
- Cancellations received after **May 6** will be charged an administration fee of \$60.00.
- No refunds will be issued after **May 19, 2016**.

## Accommodation/Hotel Information:

### Lister Centre Accommodation

- Located on the University of Alberta campus, within 30 minutes of all major city and tourist attractions.
- Guest or dormitory style rooms - single or twin rooms with shared or private washrooms.
- Rates range from \$49.00 to \$69.00 per night.
- A limited number of rooms have been reserved for Fit Rendezvous participants. Book early.
- When booking rooms, mention that you are with Fit Rendezvous.

### Contact Information

- Email: [guest.services@ualberta.ca](mailto:guest.services@ualberta.ca)
- Phone: (780) 492-6056

### Campus Towers Suite Hotel .

- Located at 11145-87 Avenue and is only a 5 minute walk from the Conference site.
- Single and double occupancy rooms available for Fit Rendezvous guests from \$143. (add 12o/o tax) per night.
- A limited number of rooms have been reserved for Fit Rendezvous 2016.
- Please mention that you are with Fit Rendezvous or use the code ACT-GFC1886 when making your booking.

### Contact Information:

- Phone: 1-800-716-6199