

Saturday January 11

Boot Camp A to Z (Karen Harmon) | 8:00-11:45AM
This workshop will cover indoor and outdoor class set up, progression, safety, determining a location (outdoors only), hands-on routines, and job placement strategies.

Tabata for the Timid (Amy Allen) | 9:00-11:00AM
Discover high-intensity interval training and its application to both fitness and sport! A variety of short, plug-n-play high-intensity interval sequences realistic for both high-level athletes and mere mortals - guaranteed to raise your HR *and* your FUN factor.

Safely Implementing Plyometrics (Brian Justin) | 9:00-11:00AM -- Designed for Personal Trainers who are working with recreational (or elite) athletes and advanced fitness-goers. Program design and plyometric readiness screening will be covered but the majority of the workshop will cover the process of safely implementing plyometrics.

Define Your Moves (Ricarda Faber) | 12:00-1:00PM
Are you bored with the same tired choreography? Come get inspired to add style and excitement to your moves. Leave with a toolbox of ideas and a choreographed song to include in your next class!

Training Clients for Obstacle Course / Adventure Races (Tania Symons) | 1:15-4:00PM -- Experience BC's *only* outdoor obstacle training facility! Challenge your physical and mental limits on both large and small obstacles while gaining insight and tips on how to successfully prepare your clients for Tough Mudder, Spartan and Warrior Dash.

Exercise Program Design for Seniors (Brian Justin) | 1:15-3:15PM -- Designed for Personal Trainers looking to build strong, resilient, and powerful seniors! In an entirely participatory process, this workshop will go over a continuum of exercises used to progress seniors from frail to advanced fitness enthusiasts. Leave with a host of exercise ideas and progressions that you can implement first thing Monday morning!

The Principle of Progressive Teaching (Brenda Adams) | 1:15-3:15PM -- Teaching to multiple levels of participants is easy! Learn how to design your Group Fitness resistance training classes and your Personal Training programs to maximize the benefits for your participants while minimizing your design time.

LUNCH MENU – Sat Jan 11 only
\$12.00 per person includes:

- *Selection of sandwiches
- *Selection of soups
- *Selection of fruits and vegetables
- *Choice of bottled water or juice

Please note that we strive to provide locally-grown, locally-made, ethical food at all events.

Saturday January 11 – CONT'D

TRX Circuit (Amy Allen) | 4:15-6:15PM – Calling all fitness levels! Need a nudge? How about a push? Join in on this circuit style workshop using a variety of TRX® strength exercises fused with cardio intervals, and finished with all-body TRX® stretches using the Suspension Trainer.

Yoga-Inspired Stretching (Jaimee Stokes Nelson) | 4:15-6:15PM -- Interested in incorporating Yoga-inspired stretches into your Group Fitness class or Personal Training session? Learn a variety of functional, non-pretzel-like poses that also offer a great stretch.

Sunday January 12

Rehabilitation: Where Do I Start? (Tania Symons) | 9:15-11:15AM – We've all heard the clichés: "proper form", "good alignment", but what does that actually look like? Better yet, how can we *finally* get our clients to comply and essentially keep them injury-free? Learn to provide some quirky cues that will stick with your clients long after their session is over!

NAKED WORKOUT (Amy Allen) | 9:30-11:30AM
Now that I've got your attention... introducing a workout that requires NO EQUIPMENT - no balls, BOSU's, steps, or bands, just good ol' school exercises with a modern twist. And yes, you will twist!

SPONSORED POWER SNACK | 11:30-12:00PM

Stop Wasting Your Time! (Brenda Adams) | 12:15-2:15PM -- How well did your teacher teach you about biomechanics? Here's the thing, you don't know what you don't know. In this session you will learn a straightforward tool that you can use immediately to assess the effectiveness of ANY exercise.

Three M's To Your Fitness Business (Karen Harmon) | 12:15-3:15PM -- Thinking of starting your own business or already have? Don't let the stress of running it catch up with you. Karen Harmon, co-founder of Cardio Core Boot Camp, presents this *must attend* workshop providing you with ammunition to be successful and creativity to continually change with the times.

Fitness Education doesn't only exist in Vancouver...

Jaimee Stokes Fitness & Yoga

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www.jaimeestokes.ca

4th Annual Fitness Fraser Valley 2014



January 11 & 12, 2014

*Presented by Jaimee Stokes
Fitness & Yoga*



*Hosted by Body Business in
naturesque Mission, BC*



Your 2014 Presenters



Brenda Adams, M.Ed., BSc. (Kines)

Brenda is not only a Kinesiologist, but she is also a Certified Professional Co-Active Coach (aka Life Coach). Her skills and experience have allowed her to assist thousands of individuals in identifying and achieving their purpose(s) in the Fitness Industry. Her incredible ability to *teach for understanding* is arguably one of her strongest attributes.

Ricarda Faber, Ricarda has enjoyed performing and competing in the art of dance for the past 30 years. Her passion led her to pursue a career in teaching dance fitness and becoming a certified fitness instructor. As co-owner of Body Business, a Rehabilitation and Fitness Studio located in Mission, BC, Ricarda is using her passion of dance to change lives and help women enjoy their journey of fitness and health. *"When you're dancing, you forget you're working out!"*

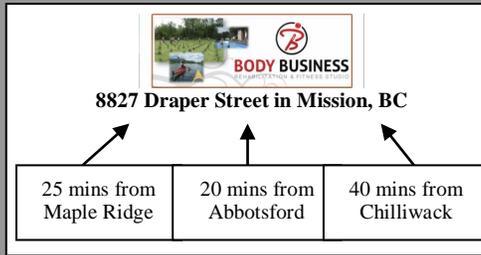


Karen Harmon, Co-founder, Cardio Core Boot Camp

Karen began her fitness career in 1979 when flashy sweat bands and colourful leg warmers were all the rage. In 2004, Karen was involved in one of the latest trends in fitness, as co-founder and co-creator of Cardio Core Boot Camp. Cardio Core grew to become the largest, most successful Boot Camp franchise in British Columbia.

Jaimee Stokes Nelson,

Dip. Sport Science, RYT-200. Jaimee has had an extremely dynamic career in the fitness industry, recently receiving BCRPA's 2013 Program Director/Manager of the Year award. Currently completing her Bachelor's degree in Recreation Management, Jaimee enjoys and promotes the quest of ongoing education. She is pleased to share her knowledge and experience with others, and finds no bigger honour than to bring education to the Fraser Valley, by some of BC's finest, each and every year.



Brian Justin, MHK, CEP. Brian has worked as a Kinesiologist for 14 years and as a fitness trainer for over 20 years. His areas of specialty are in low back pain exercise prescription, combatant sport conditioning, orthopedic post-rehabilitation, and functional training of the elderly. Brian has also presented at many conferences on topics such as stability ball training, core conditioning, health issues and exercise, and functional training concepts.



Amy Allen, BHK. Amy is a registered Kinesiologist, 250-hour Ashtanga teacher, a Victoria lululemon ambassador and BCRPA SFL who has been involved in the health and fitness industry for over 16 years. She delivers unique, educational and upbeat workshops that are action-packed and cutting edge.

She brings a combination of humour, knowledge and warmth to each class creating an inclusive environment for all her students.

Tania Symons, B.Kin. Tania has been a fitness enthusiast for over 20 years. In her varied experience in group fitness and sport, she discovered that attention to form and technique is the key to injury prevention and rehabilitation. Tania became a Kinesiologist to equip herself to safely and effectively help others to exceed their health and fitness goals. She would like to invite you to come and experience BC's only outdoor obstacle training course designed with the adult athlete in mind. All you Tough Mudder's, Spartan's and Warriors prepare for a challenge!



REGISTRATION
For a registration form,
please visit
www.jaimeestokes.ca and
click on
"BCRPA Workshops"

Investment

Individual (register by Sun Jan 5)

\$29* (Define Your Moves)
\$39* per 2-hour workshop
\$79* (Boot Camp A to Z)
\$99* (Three M's To Your Fitness Business) & (Training Clients for Obstacle Course / Adventure Races)

Groups of 5+ (register by Dec 27)

\$25* (Define Your Moves)
\$35* per 2-hour workshop
\$69* (Boot Camp A to Z)
\$89* (Three M's To Your Fitness Business) & (Training Clients for Obstacle Course / Adventure Races)

Combinations (register by Dec 27)

Individual only - save 20% - \$155*

CRAZY COMBO

- ^ Safely Implementing Plyometrics
- ^ The Principles of Progressive Teaching
- ^ TRX Circuit
- ^ **Sunday:** Naked Workout
- ^ **Sunday:** Stop Wasting Your Time!

CALM COMBO

- ^ Tabata for the Timid
- ^ Exercise Program Design for Seniors
- ^ Yoga-Inspired Stretching
- ^ **Sunday:** Rehabilitation: Where Do I Start?
- ^ **Sunday:** Stop Wasting Your Time!

*That's **10 CEC's** in ONE weekend!*

*excludes GST

It's going to be an incredible weekend. We hope you can make it!