



FITNESS FRASER VALLEY 2014

A two-day event catered to bringing new concepts and fresh ideas!

Please mail registration form and payment to: 9484 266 Street, Maple Ridge, BC V2W 1K2

REGISTRATION DEADLINE:

GROUPS OF 5+ and COMBINATIONS – Fri December 27, 2013

INDIVIDUAL – Sun January 5, 2014

FIRST NAME: _____ LAST NAME: _____ PHONE: (____) _____

E-MAIL ADDRESS: _____ **BCRPA Fitness Leader #:** _____

ADDRESS: _____ CITY: _____ POSTAL: _____

EMERGENCY CONTACT NAME: _____ PHONE: (____) _____

I AM A (PLEASE CHECK ALL THAT APPLY):

FITNESS INSTRUCTOR () YOGA INSTRUCTOR () WEIGHT TRAINING INST. ()
PERSONAL TRAINER () CLUB MANAGER () GROUP FITNESS DIRECTOR ()
FITNESS ENTHUSIAST () AQUAFIT INSTRUCTOR () PILATES INSTRUCTOR ()

ALL WORKSHOPS ARE HELD AT **BODY BUSINESS**
REHABILITATION & FITNESS STUDIO LOCATED AT
8827 DRAPER ST. IN NATURESQUE MISSION, BC
For more information - <http://mybodybusiness.com/>

Saturday January 11, 2014

(PLEASE CHECK ALL WORKSHOPS THAT YOU ARE REGISTERING FOR):

8:00-11:45AM / **Boot Camp A to Z – Karen Harmon**

****OUTDOOR & INDOOR COMPONENTS; DRESS ACCORDINGLY ****

- Please bring a set of dumbbells and a yoga mat -
4.0 BCRPA & CFES CEC's

Individual - \$79.00 () | Groups of 5+ - \$69.00 ()

CONT'D Saturday January 11, 2014 sessions

(PLEASE CHECK ALL WORKSHOPS THAT YOU ARE REGISTERING FOR):

9:00-11:00AM / **Tabata for the Timid – Amy Allen**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

9:00-11:00AM / **Safely Implementing Plyometrics – Brian Justin**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

Lunch Required? (\$12.00 + tax) Yes () No ()

A group lunch will be organized if we have enough interest.

If you've checked "YES", please keep a watchful eye in your e-mail inbox for more details surrounding this.

12:00-1:00PM / **Define Your Moves (For Zumba) – Ricarda Faber**

1.0 BCRPA & CFES CEC's

Individual - \$29.00 () | Groups of 5+ - \$25.00 ()

1:15-4:00PM / **Training Clients for Obstacle Course / Adventure Races –**

Tania Symons

3.0 BCRPA & CFES CEC's

Individual - \$99.00 () | Groups of 5+ - \$89.00 ()

1:15-3:15PM / **Exercise Program Design for Seniors – Brian Justin**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

1:15-3:15PM / **The Principles of Progressive Teaching – Brenda Adams**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

4:15-6:15PM / **TRX Circuit – Amy Allen**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

4:15-6:15PM / **Yoga-Inspired Stretching – Jaimee Stokes Nelson**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

Sunday January 12, 2014

(PLEASE CHECK ALL WORKSHOPS THAT YOU ARE REGISTERING FOR):

9:15-11:15am / **Rehabilitation: Where Do I Start?** – **Tania Symons**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

9:30-11:30am / **NAKED WORKOUT** – **Amy Allen**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

12:15-2:15PM / **Stop Wasting Your Time!** – **Brenda Adams**

2.0 BCRPA & CFES CEC's

Individual - \$39.00 () | Groups of 5+ - \$35.00 ()

12:15-3:15PM / **Three M's To Your Fitness Business** – **Karen Harmon**

3.0 BCRPA & CFES CEC's

Individual - \$99.00 () | Groups of 5+ - \$89.00 ()

BEST DEAL! Combinations

Individual only - \$155

CRAZY COMBO – 10 BCRPA / CFES CEC's ()

Saturday

- 1.) 9:00-11:00AM / **Safely Implementing Plyometrics** – **Brian Justin**
- 2.) 1:15-3:15PM / **The Principles of Progressive Teaching** – **Brenda Adams**
- 3.) 4:15-6:15PM / **TRX Circuit** – **Amy Allen**

Sunday

- 4.) 9:30-11:30am / **NAKED WORKOUT** – **Amy Allen**
- 5.) 12:15-2:15PM / **Stop Wasting Your Time!** – **Brenda Adams**

CALM COMBO – 10 BCRPA / CFES CEC's ()

Saturday

- 1.) 9:00-11:00AM / **Tabata for the Timid** – **Amy Allen**
- 2.) 1:15-3:15PM / **Exercise Program Design for Seniors** – **Brian Justin**
- 3.) 4:15-6:15PM / **Yoga-Inspired Stretching** – **Jaimee Stokes Nelson**

Sunday

- 4.) 9:15-11:15am / **Rehabilitation: Where Do I Start?** – **Tania Symons**
- 5.) 12:15-2:15PM / **Stop Wasting Your Time!** – **Brenda Adams**

REGISTRATION PAYMENT / RELEASE & INDEMNITY

TOTAL WORKSHOP FEE: \$ _____ . _____ (add 5% GST)

THE ABOVE AMOUNT HAS BEEN ENCLOSED IN THE FORM OF **CHEQUE () OR MONEY ORDER ()** MADE OUT TO
JAIMEE STOKES FITNESS & YOGA

- HOW DID YOU HEAR ABOUT THIS EVENT? _____
 - WILL YOU NEED ACCOMODATION INFO? YES () NO ()
- HAVE YOU ATTENDED A WORKSHOP WITH US IN THE PAST? YES () NO ()

Release and Indemnity - Please Read Carefully

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless:

JAIMEE STOKES NELSON, JAIMEE STOKES FITNESS & YOGA, AND ITS SUB-CONTRACTORS AND FACILITIES

and their representatives and agents for any injury, loss, or damage to my person or property howsoever caused, arising out of or in connect with my taking part in Yoga and/or Fitness classes and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Instructor or their representative or agents.

I have read and understand this release.

_____ day of _____, 2013 / 2014 (please circle)

Signature of Participant

Participant Name (Please print)

Signature of Parent or Guardian
(if under 18 years old)

Signature of Witness

Witness Name (Please print)

THE FINE PRINT

CANCELLATION/REFUNDS: Jaimee Stokes Fitness & Yoga understands that circumstances arise which result in you not being able to attend the workshop conference. The cancellation policy states that all cancellations must be received in writing to Jaimee Stokes Fitness & Yoga (via e-mail/mail) within two (2) weeks prior to the event; in the case of Fitness Fraser Valley 2014, by no later than 8:00am on Saturday December 28, 2013. Your fee will be refunded less a \$25 administrative fee.

No refunds or credit given for no-shows, partially-used registrations, or on-site registrations.

MEDICAL/PREGNANCY: If you are experiencing a medical condition and/or limitation on the date of the workshop(s) you have registered for, please ensure that you bring written Physician's clearance and provide a copy to all of your workshop leaders prior to the workshop start times. If you are pregnant on the date(s) of the workshop(s) you have registered for, please ensure that a copy of your completed PAR-medX for Pregnancy is provided to all of your workshop leaders prior to the workshop start times.