



Fitness New Brunswick

www.fitnessnb.ca

Personal Training and Fitness Summit 2010

Healthy Living

Aqua Fitness

Bootcamps

Cycling

Yoga

Youth Fitness

Group Fitness

Resistance Training

November 12th & 13th, 2010

Crowne Plaza Hotel
Fredericton, New Brunswick

President's Message



Welcome to the 2010 Fitness New Brunswick Personal Training and Fitness Summit! For our 16th annual event, the conference committee has worked hard to provide a tremendous mix of topics to choose from including new and exciting innovations in the fitness and health industry.

A special thank you to the conference organizing committee: Pam Stilwell-Boon, Lorraine Peters, Darcy Vaughan and Chris Mulholland. Their time and suggestions for sessions, along with your feedback from last year's event has been invaluable.

We will be holding our Annual General Meeting early Saturday morning and encourage all members to attend. We need your comments and suggestions to help us grow and serve you better. The new Board of Directors will also be appointed during this time. As well we will be accepting nominations from the floor for available Board positions. We will also be presenting the first annual Simpson Leadership Award!

We hope you will enjoy all the events that have been organized for the weekend and, of course, the company of your fellow delegates. We also hope you network with fellow leaders, learn new ideas and take home wonderful memories.

Enjoy the conference!

Steve Childs
President



Keynote Speaker

Gabriela Tymowski

Gabriela Tymowski is an associate professor in the Faculty of Kinesiology at the University of New Brunswick. She has undergraduate degrees in kinesiology and education, and a master's degree in kinesiology (University of Western Ontario), and a Ph.D. in applied ethics (University of Gloucestershire, UK). Gabriela was the founding director of LEAP! (Learning Eating Activity Programme), an interdisciplinary pediatric weight management clinic in the faculty of Kinesiology (2003-2008). The major focus of her research has dealt with the ethical issues affecting children, from one end of the activity spectrum where they are over-involved in competitive and high-performance sport to the other end where they are under-involved in physical activity and sport, and overly sedentary. The problem of childhood obesity has been a focus of late, with an attempt to unravel this complex issue through social commitment and policy change to investing in children's health and futures. She is concerned with children's rights, particularly the child's right to an open future. She is also interested in high-risk sport, and the ethical concerns surrounding personal autonomy and the demands injured athletes make on the health care system. Other projects have included a study with the RCMP on the attitudes and behaviours of New Brunswick students regarding the use of performance-enhancing substances in sport, and BOOST, a community outreach activity for kinesiology students working with elementary school children at St. Mary's First Nation.



Dr. Gabriela
Tymowski



In North America, the three principal professional associations offering certifications are: the **Canadian Society for Exercise Physiology (CSEP)**, the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). All three of these associations have a research branch and an affiliated fitness practitioner branch.

The certifications provided by these professional associations meet stringent requirements in each of the following areas:

- post-secondary accredited academic prerequisites area of physical activity and exercise sciences;
- training opportunities;
- performance competencies to be met;
- certification specific scope of practice ;
- certification specific theory plus practical examinations;
- ongoing professional development requirements.

Fitness New Brunswick (FNB) administers the CSEP Health & Fitness Programs in all four Atlantic Provinces under the name CSEP Atlantic. Certifications include:

- CSEP Certified Exercise Physiologist® (CSEP-CEP)
- CSEP Certified Personal Trainer® (CSEP-CPT)

Contact FNB today for more information on CSEP certifications!

Featured Presenter

Diane Bellefontaine

Diane Bellefontaine has been a fitness studio owner, a fitness facility director, the executive director of a provincial fitness association and a die-hard fitness instructor.

With over 30 years of experience in her fitness career, not only did Diane host her own TV fitness show, she also wrote weekly fitness columns in the local newspaper. Additionally, Diane provided fitness tips on the radio and she was also featured in two different issues of Shape Magazine.

From the days of “leg warmers” and “albums” to yoga toe socks and iPods, Diane has seen the many changes in the fitness industry over the last three decades.

Diane has received certifications with Aerobic Fitness Association of America, International Dance Exercise Association and Canadian Aquatics Leadership Association. Diane holds various certifications with the Nova Scotia Fitness Association. She is a certified FIS with Can Fit Pro, a Zumba & Zumba Gold instructor and a certified Yoga instructor. Diane has completed the Gliding Total Body Master Training and the Bender Ball foundation.

Diane presents at various conferences, workshops, and in-services. She also teaches a variety of fitness classes at fitness clubs, facilities and corporate workplaces.

Diane’s favourite quote is “Do what you love. Love what you do!”



Did You Know...

Fitness New Brunswick is a Member of the NFLA!

The National Fitness Leadership Alliance (NFLA) is a Canadian partnership of provincial not-for-profit organizations dedicated to developing, promoting and implementing national standards for training and certification of fitness leaders in Canada.

By becoming Fitness NB certified, you will join over 10,000 leaders across Canada certified with provincial certification associations! Certification with Fitness NB means you have joined an elite group of individuals who are confident in knowing they have met national standards for exercise leadership. Your certification is **NATIONAL** in scope. It extends across Canada – from coast to coast, and your certification is transferable from one provincial certification organization to the next. If you move your certification moves with you!

As part of a fast growing group of organizations, NFLA members include:

- British Columbia/Yukon - British Columbia Recreation and Parks Association
- Alberta/North West Territories - Alberta Fitness Leadership Certification Association
- Saskatchewan - Saskatchewan Parks and Recreation Association
- Manitoba/Nunavut - Manitoba Fitness Council
- Ontario - Ontario Fitness Council
- New Brunswick - Fitness New Brunswick
- Prince Edward Island - Island Fitness Council
- Nova Scotia - Nova Scotia Fitness Association
- Newfoundland and Labrador - Fitness New Brunswick



Sessions at a Glance

Friday, November 12th, 2010

Time	Group Fitness	Strength & Conditioning	Holistic Health & Active Living	Other
4:45-6:00 pm	Tracy Cipryk (1A) Maritime Fitness Kitchen Party	Frances Michaelson (1B) BYOBand	Jason Rudy (1C) Freedom of Movement	Jon Tracy (1D) Long Term Athlete Development
6:15-7:00 pm	Keynote Address with Gabriela Tymowski Where to go from here: Trends in Youth Health and Fitness			
7:15-8:30 pm	Diane Bellefontaine (2A) Step it Up	Jason Rudy (2B) V02 Max	Lorraine Peters (2C) Wheatgrass 101	Tracy Cipryk (2D) Body Vibe

Saturday, November 13th, 2010

Time	Group Fitness	Strength & Conditioning	Holistic Health & Active Living	Other
7:15-8:00 am	FNB Annual General Meeting			
8:15-9:30 am	Diane Bellefontaine (3A) Two in One	Frances Michaelson (3B) Metabolic Mania	Lorraine Peters (3C) Menopause: A Holistic Approach	Wendy Hamelin (3D) Go with the Flow
9:45-11:00 am	Lisa Paulin (4A) Zumba Toning	Tracy Cipryk (4B) Rock this Cardio Party	Jason Rudy (4C) Move to Heal	Thom Lamb (4D) Personal Training Business
11:15-12:15 pm	Sabina Marco (5A) Body Sculpt	Wendy Hamelin (5B) Take Your Medicine!	Frances Michaelson (5C) What is Naturopathy?	Lise Bourgeois (5D) Yoga Bootcamp
12:15-1:30 pm	Lunch Break			
1:30-2:45 pm	Diane Bellefontaine (6A) Gliding Discs and Bender Balls	Joel Melanson (6B) Kettlebell Basics	Lise Bourgeois (6C) Rev-Up Your Metabolism	Sabina Marco (6D) Body Bootcamp
3:00-4:15 pm	Jeanette Pearson (7A) Bellyfit	Tracy Cipryk (7B) Resist-a-Ball Bootcamp	Holly Hertz (7C) Nutrition for the Active Person	Marilynn Georgas (7D) Aqua Zumba (Off Site)

Session Descriptions

Friday, November 12th, 2010

4:45 – 6:00 pm

(1A) The Maritime Fitness Kitchen Party with Tracy Cipryk

You can't miss out on this party, it rocks like George Street on a Saturday night, like the capers at a hometown barn dance and like you just got off a tall ship in Historic Properties.

(1B) Bring Your Own Band with Frances Michaelson

Enjoy an action packed workshop with the Muscle-Up mini band. This "DO ANYWHERE" workout requires little space and can be applied to any fitness level. Walk away with a new workout for your clients and feel your glutes for days!!

(1C) Freedom of Movement with Jason Rudy

Foam Rollers are the poor man's massage therapist. These tools are crucial for anyone who wants to move freely and perform better. This practical class will show you how to perform progressions on a foam roller and how to accomplish targeted self-myofascial release with a tennis ball.

(1D) Long Term Athlete Development with Jon Tracy

This session will discuss the specifics of planning a training season for people who want more than just general fitness and addresses the training differences between youth and adults. This discussion focuses on athletes or people who want to become athletes who have specific performance goals and need guidance to help them achieve their goals. Topics include planning (weekly, monthly, yearly), periodization (microcycles & macrocycles), peaking and tapering, SMART goals, training phases (base, endurance, strength, power, etc), volume, intensity, training differences (youth, adults, age group athlete and elite athlete). The training plans examples used will be based on endurance sports.



6:15 – 7:00 pm

Keynote Address: Where to go from here: Trends in youth health and fitness with Gabriela Tymowski

Recent trends in youth fitness and health lead many to despair about the future of today's children and adolescents. Many young people have neither been exposed to, nor have adopted healthy and active lifestyles thus far in their lives. A significant number are already suffering from the short-term consequences of physical inactivity and poor nutrition, which may be manifested through the prevalence of obesity with its health-impacting sequelae. Research indicates that early physical activity and nutritional habits and experiences generally persist over a lifetime; therefore, action needs to be taken early on to help young people avoid the severe long-term consequences of unhealthy practices. This presentation will examine up-to-date research to identify the current state of affairs of young people's health and fitness status, and will focus on realistic strategies for reversing the trend through facilitating the development of healthy and active living habits for a lifetime.

Session Descriptions

7:15 – 8:30 pm

(2A) Step it Up with Diane Bellefontaine

Are you in need of some new choreography for your step classes? Then this workshop is for you. You will learn lots of fun, challenging moves to take back home to your participants.

(2B) VO₂ Max with Jason Rudy

Are you looking to get the optimal results from your training? No time or movement will be wasted in this workout! Join us and with the use high performance sports conditioning exercises we will advance your cardiovascular and muscular endurance to their maximum limits.

(2C) Wheatgrass 101 with Lorraine Peters

Wheatgrass is a super food! Learn about the amazing health and nutrition benefit, how to grow it and how to use it!

(2D) Body Vibe with Tracy Cipryk

Let's go back, back to the days when dance was free and you danced to the beat of your own drum. Body Vibe will bring you back to Woodstock, to disco and to letting loose and getting down. Come and join the Party!!



Notice of Annual General Meeting

Fitness New Brunswick is holding its Annual General Meeting (AGM) on Saturday, November 13th, 2010 at 7:15 am in conjunction with the 2010 Personal Training and Fitness Summit at the Crowne Plaza Hotel, Fredericton, New Brunswick. The AGM is open to Fitness NB members and all are encouraged to attend the meeting. The election of board members will take place as well as voting on proposed changes to the Fitness NB constitution. The first annual Simpson Leadership Award will also be presented at that time.

The Fitness NB Personal Training and Fitness Summit, the premiere fitness professional development conference in Atlantic Canada, runs from November 12th- 13th and features many local presenters as well as fitness and health experts from across Canada.

For further information regarding the AGM, contact the Fitness New Brunswick office at (506) 672-1993 or executivedirector@fitnessnb.ca.

Session Descriptions

Saturday, November 13th, 2010

7:15 – 8:15 am

Fitness New Brunswick - Annual General Meeting (All FNB Members Welcome!)

8:15 – 9:30 am

(3A) Two in One with Diane Bellefontaine

Join this fun session for both workouts back-to-back and experience a true cardio blast. Learn lots of great choreography for your step and hi-lo classes!

(3B) Metabolic Mania with Frances Michaelson

Let's face it: our clients and students are always looking for the answer to burning the most calories in the shortest time. In this session you will discover safe, yet hard core circuits that can be applied to small group training or fitness classes. In this session you will use your own body weight and a variety of tools that will maximize results not risks!

(3C) Menopause: A Holistic Approach with Lorraine Peters

This session will be a discussion regarding the holistic approach to recognizing the early signs of menopause and how to alleviate symptoms naturally.

(3D) Go with the Flow with Wendy Hamelin

Experience a Vinyasa Flow Yoga session! The Vinyasa style integrates breath with movement in flowing sequence of yoga poses. A beautiful intermix of Yoga Asanas & Creative Movements! Get inspired and move your body in all directions!

9:45 – 11:00 am

(4A) Zumba Toning with Lisa Paulin

This demonstration will show you how Zumba Toning blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones!

(4B) Rock this Cardio Party with Tracy Cipryk

This workshop will show how to utilize the Gymstick to create resistance, core work and cardio all in one for a rocking full body cardio workout plus. Learn how to put cardio combinations together that challenge your heart, muscles and mind!

(4C) Move to Heal with Jason Rudy

What is joint mobility? Joint Mobility is the active pursuit of joint health through movement. It is generally accepted that as we age, the cartilage in our joints degrades, as does our ability to move them in full range of motion with ease. Age is not the enemy. We are! Learn how to take care of your joints through joint mobility drills.

(4D) Personal Training Business with Thom Lamb

This session will focus on small business models as applied to personal training and life coaching. As a small business owner, trainer and coach, Thom will relate his experiences making the transition from large corporation commercial fitness to a small business and how this provide an alternative to trainers and clients looking for a more private, holistic solution to the fitness dilemma currently facing the North American population.

Session Descriptions

11:15 am – 12:15 pm

(5A) Body Sculpt with Sabina Marco

This session features a full body workout, which will work all of your major muscle groups. While focusing on resistance training to strengthen and tone muscles, this class is designed to increase muscle strength and metabolism for quicker weight loss. You may not sweat hard in this class, but you will still feel your muscles working as Sabina takes you to your personal limit!

(5B) Take Your Medicine! with Wendy Hamelin

The medicine ball – the most versatile piece of fitness equipment! Learn new drills and skills to keep your clients motivated and your group pumped! Bring it!

(5C) What is Naturopathy? with Frances Michaelson

Simply put, naturopathy is one of the greatest sciences as it is the study and practice of nature. Treatment focuses on identifying the causes of disease, then removing the underlying causes of illness, rather than suppressing symptoms. In this lecture, you will learn how our bodies are incredible machines that if given the chance have the ability to heal themselves.

(5D) Yoga Bootcamp with Lise Bourgeois

Welcome to Power Yoga Boot Camp style, an all-level introduction to this abundant discipline that is yoga. From the most novice beginner to the seasoned fitness guru, expect to sweat it out all while strengthening, toning, and increasing your flexibility.

12:15 – 1:30 pm

Lunch Break - Included With Your Conference Registration

1:30 – 2:45 pm

(6A) Glider Discs and Bender Ball with Diane Bellefontaine

Using toys such as the Gliding Discs and Bender Balls, you will combine two great fitness products to make one fantastic total body sculpting workout. Come experience the fun!

(6B) Kettlebell Basics with Joel Melanson

The kettlebell is a great fitness tool for athletes, or anyone who wants to be in the best shape of their lives. The implications for developing phenomenal fitness are undeniable. In this session, you will learn basic techniques, endurance drills and presses that will train the entire body.

(6C) Rev-Up your Metabolism with Lise Bourgeois

People will spend hundreds of dollars to train with a personal trainer with no results: others will venture from one diet to the next to finish off with more weight around the belt than when they originally began. What most people don't seem to fully understand is what experts are saying: an athletic body is not only built with weight resistance training but also through proper nutrition. Discover how to rev-up your metabolism with clean eating principles!

(6D) Body Bootcamp with Sabina Marco

This is a high energy class which makes for a fantastic workout! Focusing on cardiovascular strength, endurance, muscle toning, as well as abdominal and core strength you will feel every muscle the next day. This class will have you hopping, jumping and skiing your way through the cardio!

Session Descriptions

3:00 – 4:15 pm

(7A) Bellyfit with Jeanette Pearson

Bellyfit is the fusion fitness experience for women. It is designed to connect you to the deep, primal feminine within, while helping you find the strength to deal with modern day stress. This session will introduce you to a class that offers a full body, full spirit, extraordinary exercise experience, offered in a safe effective group fitness format.

(7B) Resist-A-Ball Bootcamp with Tracy Cipryk

Is it tough? You bet! Is it a dance class? No way! This all ball drill class puts a new spin on traditional calisthenics. Learn fun and functional exercises to toughen up your participants with a total body ball formula that delivers power, core strength, balance and a whole lotta sweat!

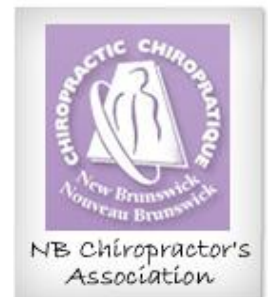
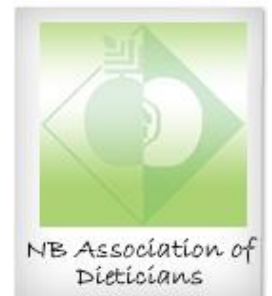
(7C) Nutrition for an Active Lifestyle with Holly Hertz

In this session find out how to eat to fuel an active lifestyle to meet nutrition requirements and goals. There will be a discussion on carbohydrate and protein needs, popular diets, supplements, therapeutic needs, preventative nutrition and what advice to give your clients.

(7D) Aqua Zumba with Marilyn Georgas

Come and join this "Pool Party" workout. Aqua Zumba is a challenging class that features interval training where fast and slow rhythms are combined with easy to follow moves to tone and sculpt your body while burning fat! You are guaranteed to have an exhilarating, body energizing, exciting hour of fun!

Shop for educational materials, fitness equipment, clothing and a variety of other products and services at the Summit 2010 Trade Show!



Presenter Biographies

Lise Bourgeois

Lise Bourgeois, an Environmental Scholar and Holistic Health Practitioner, has explored the many facets of yoga, ranging from Yin Yoga, Power Yoga, Hot Yoga, Sivananda, Vinyasa, Ashtanga, Bikram and Kundalini Yoga. In the past years she's trained with seasoned teachers and acquired several teacher-training certifications. Her specialties include Family Yoga, Yoga for Kids, and Yoga for Runners, as well as corporate wellness programming.

Tracy Cipryk

Tracy has spent the last 25 years working as a fitness entrepreneur creating, developing and presenting a wide variety of topics in health, fitness and wellness. She has owned a fitness franchise; was a business partner with Nubody's Fitness Centre for 19 years, and has represented the Canadian Fitness Professionals Organization as a PRO Trainer CEC provider and presenter for the past 12 years. Tracy is well known for blending her fitness expertise, dance experience and yoga training into unique programs and presentations that are mindful, physically challenging and soul freeing for fitness professionals and enthusiasts.

Marilynn Georgas

Marilynn has been part of the fitness and health industry for the past 30 years and in that time has experienced many different aspects such as teaching classes, presenting at conferences and conducting courses for future instructors. She is currently the Director of Fitness, Health and Wellness at the Fredericton YMCA and is also a fitness and personal training course conductor for YMCA Canada and Fitness New Brunswick. She was the 2001 recipient of the YMCA Women of Distinction award for Fitness and Sport in Saskatoon. Marilynn has been teaching Aqua Fitness for over 20 years and is excited to bring Aqua Zumba to this year's conference. She hopes this new and vibrant program will give the participants energy never before experienced in the water and that they will go away with a happy heart and a renewed inspiration for exercising in the water.

Wendy Hamelin

Over the past 17 years, Wendy Hamelin has inspired many people in fitness and wellness! She is the owner of *Living Fit – Fitness & Wellness Solutions*, which specializes in offering Personal Fitness Training, Fit Camp and Yoga/Pilates Classes. Wendy's philosophy is simple: "Your health is your true wealth!"

Holly Heartz

Holly Heartz, a registered dietitian, has specialized in sports nutrition for the past 12 years. Through her business, Sports & Fitness Nutrition (www.HollyHeartz.ca) and the Canadian Sports Centre, she has worked with various levels of active individuals from recreational to Olympic athletes. Holly has holds a BSc degree (biology) from the University of New Brunswick, a BSc degree in Foods and Nutrition from the University of Western Ontario and has completed her Dietetic Internship at the Queen Elizabeth Hospital in Charlottetown, PEI. She is currently working on her Master's of Science in Exercise Sports and Science.

Thom Lamb

As the Owner/Operator of Elite Experience in Fredericton, Thom brings a wealth of knowledge and experience to the conference. Thom spent 9 years as an Army Combat Engineering Officer before completing his Master's in Cognitive Science from Queen's University. Over the past 9 years, Thom has been a Professional Strongman, managed a chain of nutrition stores and ran a gym. His passion is working with individuals to help them reach their fitness goals.

Sabina Marco

Sabina has been teaching classes for over 11 years. She first got certified in group fitness 7 years ago. Sabina has taught HI/LO, Circuit, Step, Boot camps and Older Adult classes for the YMCA, UNB and STU in Fredericton. Her personal philosophy is to "survive any way possible while riding the insanely crazy roller coaster of being a single mom with three boys, and trying to keep my own sanity in the process. Some may say it's too late, I'm already a bit nuts, but what helps me is teaching fitness classes and working with wonderful people on a daily basis!"

Presenter Biographies

Joel Melanson

The world of health and fitness is dynamic with constant innovations and changes. With over 10 years of Personal Training experience, Joel understands the need to stay current with new strategies and concepts. He is always pursuing additional certifications in strength and conditioning methods and he continues to research and develop the newest and best methods to help clients reach their fitness goals.

Frances Michaelson N.D.

Frances Michaelson is the owner of MuscleUp Personal Training centre and MuscleUp exercise product distribution company with headquarters in the west island of Montréal. Having a strong passion for always being on the cutting edge of training protocols, she recently started hosting her own events in Montréal for furthering the growth of personal trainers and lifestyle coaches. Frances is presently in her third year of naturopathy and encourages everyone to follow the organic and green path as much as possible.

Lisa Paulin

Lisa grew up in Fredericton and was not always interested in fitness but encountered some life altering changes. Two years later, she had walked off (with some healthy eating habits also) 62 lbs and came to the realization that maybe she would "join a gym". At that time she joined the Goodlife Fitness Club in Fredericton and met a couple of very motivating instructors who felt that she would make a great transition into an instructor. After some thought and pushing Lisa took the plunge and has never looked back since. She also came to realize that fitness and being fit are not about being "skinny or thin" but rather about lifestyle choices, feeling great and being happy at any size or age. Her goals are many but most of all she hopes to set a good example for all the people that mean the most to her by continuing to promote a healthy and active lifestyle.

Jeanette Pearson

Jeanette is passionate about helping women find strength and confidence through exercise. A motivating leader in women's fitness, she encourages students to lift weights, run, jump, stretch and dance. Her teaching emphasizes a balanced exploration of human movement in all these areas, in order to maximize results and improve body awareness.

Lorraine Peters

Lorraine Peters has 17 years experience in the natural health and fitness industry. She is a CSEP Certified Personal Trainer®, herbalist and lifestyle coach. Lorraine's philosophy for achieving long term health and longevity is rooted in natural nutrition, modest exercise and her belief in the connection between physical health and emotional & spiritual health.

Jason Rudy

Jason is the wellness director at the Fredericton YMCA. He has been training clients for 5 years and his passion is powerlifting and rehabilitation techniques. He is a CSEP Certified Personal Trainer® and conducts Canadian Forces and RCMP fitness tests. He also is a group fitness instructor, holding bootcamps and stretching/joint mobility classes.

Jon Tracy

Jon has a Kinesiology and a Masters degree focused on Exercise Physiology. Jon's interests lie in training the physical, mental and emotional aspects of the athletic training. During his time in university, he became certified with the Canadian Society of Exercise Physiology. Jon has years of high performance testing experience, and has coached others, as well as training and racing himself. Jon is a NCCP level Triathlon Coach and currently Triathlon New Brunswick's Provincial Coach/Junior Development Coordinator, along with the Canada Games Coach (Triathlon) and Saint John's Fundy Extreme Triathlon Club coach.

How To Register

Registration Deadline

Registrations will be accepted in the Fitness NB office until Friday, November 5th. After this date, you may register on-site at the Conference Registration Desk. Visa, MasterCard, Personal Cheques and **EXACT** Cash will be accepted at the Registration Desk. Please allow 20 minutes for registration.

By Mail

Mail the enclosed registration form and informed consent form along with payment to: Fitness New Brunswick, 1216 Sand Cove Road, Unit 2, Saint John, NB, E2M 5V8. Payment **MUST** be included with registration form. Visa, MasterCard, Personal Cheque, Money Order and Cash accepted.

By Phone

Call toll free 1-888-790-1411 or (506) 672-1993. Our office is open Monday-Friday 8:30 am-5:00 pm. Only Visa and MasterCard payments are accepted via phone. Please have your card number ready.

By Fax

You can fax your registration form and informed consent form 24 hours a day to (506) 672-8762. Only Visa and MasterCard payments are accepted via fax. Please include credit card number, expiry date and 3-digit security code. If you would like confirmation of receipt of your fax, please indicate this on your fax cover sheet.

By E-mail

You can e-mail your registration form and informed consent form to membershipservices@fitnessnb.ca. Only Visa and MasterCard payments are accepted via e-mail. Please include credit card number, expiry date and 3-digit security code.

Cancellation Policy

All cancellations must be received in the Fitness NB office prior to November 5th. A refund will be issued minus a cancellation fee of \$25.00. For conference no-shows and cancellations received after November 5th, **NO REFUNDS** will be issued.

Confirmation of Registration

Since many of our sessions have maximum numbers, you will receive confirmation of your registration via mail or e-mail within one week of the Fitness NB office receiving your registration. Please note that registrations received after November 6th will **NOT** receive a confirmation notice.

Tax Deduction

Your conference registration fees may be tax deductible. You will receive an official receipt via e-mail from Fitness NB. Consult a tax advisor for more information.

Why not become a Fitness NB member?

If you are already certified by another organization, consider becoming a member of Fitness NB. Membership includes: Affiliation with a National organization (National Fitness Leadership Alliance), E-mail updates with job postings, articles, recipes, membership reminders and more; discounts to Fitness NB events; and discounts from various companies across Canada. Contact the Fitness NB office for more information.

Don't Forget to Register Early!
Some Sessions Have Maximum Numbers and Fill Up Quickly.

Registration Form

Please complete all sections

Name:		
Address:		
City:	Province:	Postal Code:
Phone #: ()	Fax: ()	
E-Mail:	Membership #:	
<input type="checkbox"/> Visa #:	Exp (mm/yy):	
<input type="checkbox"/> MasterCard #:	Exp (mm/yy):	
<input type="checkbox"/> 3 Digit Security Code (Found on Back of Card):		
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order	Signature:

The Workshops

When choosing your workshop(s) be sure to indicate your first and second choices.
 Note: Some sessions have maximum numbers. Admittance will be based on pre-registration.

Fri. 4:45 pm	Fri. 7:15 pm	Sat. 8:15 am	Sat. 9:45 am
1A _____	2A _____	3A _____	4A _____
1B _____	2B _____	3B _____	4B _____
1C _____	2C _____	3C _____	4C _____
1D _____	2D _____	3D _____	4D _____
Sat. 11:15 am	Sat. 1:30 pm	Sat. 3:00 pm	
5A _____	6A _____	7A _____	
5B _____	6B _____	7B _____	
5C _____	6C _____	7C _____	
5D _____	6D _____	7D _____	
		Early Fees (Before Oct. 12 th)	Late Fees (After Oct. 12 th)
Full Conference Fee (FNB Members)		\$ 140 + HST	\$ 160 + HST
Full Conference Fee (Non-Members)		\$ 170 + HST	\$ 190 + HST
Saturday Fee (FNB Members)		\$ 120 + HST	\$ 140 + HST
Saturday Fee (Non Members)		\$ 150 + HST	\$ 170 + HST
Per Session Fee (FNB Members)		\$ 50 + HST	\$ 55 + HST
Per Session Fee (Non-Members)		\$ 55 + HST	\$ 60 + HST

Seniors (60+) and Full-time College or University Students receive a 10% discount.
 However, member and non-members rates still apply.
 Students: Provide the name of your school and your student ID#

Cancellation Policy: Prior to November 5th, there will be a cancellation fee of \$25. After November 5th, NO REFUNDS will be issued.

Please Note: All members of NFLA partners (i.e. IFC and NSFA) can register at the Fitness NB Member Price.

Mail: Fitness New Brunswick, 1216 Sand Cove Road, Unit 2, Saint John, NB, E2M 5V8

Phone: (506) 672-1993 Toll Free: 1-888-790-1411

Fax: (506) 672-8762 E-mail: membershipservices@fitnessnb.ca

Informed Consent

The following form must be completed and forwarded with your registration to the Fitness NB office.

Name:

Address:

Family Doctor:

Tel #: ()

The officers, staff and volunteers of Fitness New Brunswick, advise that if you are currently taking medications, have any physical ailment or you are otherwise not in physical condition suitable for activity, it could be injurious to you. You should seek medical advice regarding these matters before participating in the programs and activities at the Fitness New Brunswick Personal Training and Fitness Summit.

This document is a release of claims against any member, or representatives of Fitness New Brunswick and by signing it you:

1. Acknowledge that when performing exercise routines or engaging in similarly strenuous activity, you may suffer injury.
2. Represent to Fitness New Brunswick that you are in good health and physical condition and are not disabled, taking medication or suffering from a condition that would prevent you from engaging in such activities or make it potentially dangerous or harmful for you to engage in such activities.
3. Assume the risk of and release and hold Fitness New Brunswick harmless from any liability for any physical or other injury of harm suffered by you during or performing such routines or engaging in such other strenuous physical activity, and agree that Fitness New Brunswick shall not have any liability or responsibility for any such injury of harm.

I have carefully read, understand, and as an inducement to FITNESS NEW BRUNSWICK to allow me to participate in the programs and activities, agree to the foregoing.

Signature:

Date:

Travel and Accommodations



Host Hotel

Crowne Plaza Fredericton
659 Queen Street

Fredericton, NB E3B 5A6

www.cpfredericton.com

Phone: (506) 455-3371

Fax: (506) 455-1441

Toll-free Reservations: 1-866-444-1946

Room Rates

Please use [this link](#) when booking your room. If you reserve your room over the phone, please tell the agent that you are registering for the Fitness NB Conference to receive the conference rate.

Conference rate is \$109.00 + HST—Single or Double. Check in is 3:00 pm. Check out is 11:00 am.

**Please make your room reservations on or before
Wednesday, October 12th, 2010.**

Availability of rooms and rate cannot be guaranteed after this date.

Traveling from Nova Scotia/PEI/Moncton

If traveling west bound (from Moncton, Nova Scotia or PEI) on the Trans Canada Highway #2, take exit 294 to NB highway #7 to Fredericton near the Lincoln Big Stop. Take the exit for Highway #8 (Fredericton Bypass) and follow until Forest Hill Road exit. Turn right onto Forest Hill Road and continue until you reach the intersection for Waterloo Row. Proceed right and continue on Waterloo Row. The hotel will be on the right just past the Beaverbrook Art Gallery.

Traveling from Saint John

If traveling north bound (from Saint John area) on the NB Highway #1, take exit 114 for Highway #7 toward Fredericton. Continue on Highway #7 and follow the ramp to lead you to the Trans Canada Highway (#2). Take exit 294 to NB highway #7 to Fredericton near the Lincoln Big Stop. Take the exit for Highway #8 (Fredericton Bypass) and follow until Forest Hill Road exit. Turn right onto Forest Hill Road and continue until you reach the intersection for Waterloo Row. Proceed right and continue on Waterloo Row. The hotel will be on the right just past the Beaverbrook Art Gallery.

Welcome to Fredericton!

City of Fredericton www.fredericton.ca

Tourism Fredericton www.tourismfredericton.ca

Fredericton In Motion

<http://www.fredericton.ca/en/recreation/InMotion.asp>



About Fitness NB



Top professionals are certified with Fitness New Brunswick for the following reasons:

1. Fitness NB is a not-for-profit organization recognized as **THE** provincial certifying agency for fitness professionals in New Brunswick.
2. As a not-for-profit organization, Fitness NB is an unbiased source of fitness education and certification.
3. A Fitness NB certification is recognized **nationally** and transferable to any province/territory in Canada.
4. A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (NFLA) have been met.
5. Fitness NB promotes professionalism in the fitness industry.
6. Fitness NB certifications reduce liability risk for the leader and facility.
7. Fitness NB training provides standardization and consistency of leadership.
8. Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

Fitness New Brunswick

1216 Sand Cove Road, Unit 2

Saint John, NB

E2M 5V8

(506) 672-1993

www.fitnessnb.ca



Register Soon!

Early Bird Registration Prices Are in Effect Until October 12th, 2010!