



Fitness!...For Fun!...For Life!...Forever!

25th Annual Personal Training & Fitness Summit

“Your Maritime Connections”

“You Make a difference by Sharing Your Passion”

November 1-2, 2019, Saint John, NB

Canada Games Aquatic Centre



REGISTRATION AND CONSENT



Title Sponsor



Your Love of Swimming Starts Here 

Venue Sponsor

Sessions at a GLANCE

FRIDAY November 1: 3:00 – 7:00 REGISTRATION		
4:00 – 7:00	Pre - Conference CPR Level C/AED update	
BREAK OUT SESSIONS		
7:15 – 8:30 pm Master Classes	1A Retro Step on the Vertical Lauren Rogers	1B (Pool Session) What' SUP Stand up Paddleboard Jason Hadland
8:45 – 10:00	Social: Hilton Hospitality Room (TBA) Sponsored by Sleeman	
SATURDAY November 2: 7:00 – 7:50 am REGISTRATION		
8:00 - 8:45 am	Coffee/Tea Welcome - Keynote: You make a difference. Doris Ward Sponsored by Simply For Life Rothesay Avenue Saint John	
8:55 -10:10 am Master Class	1P Adaptations for common joint disorders Ken Salmon	
10:15 - 10:35 am	NETWORKING and Nutrition Break Sponsored by Sobeys Saint John West	
BREAK OUT SESSIONS		
10:45 am - 12:00 pm Master Classes	2A Cardio Fusion Katie Kohler	2B Indoor Cycling Tap into your inner creative self Maureen O'Hara
12:15 - 1:45 pm	LUNCH and FNB AGM – Vito's at 2 Peel Plaza Street	
BREAK OUT SESSIONS		
1:45 - 3:00 pm Educational Talks	3A Social Media: Friend or Foe? Dr. Shelley Rinehart Sponsored by NB Power	3B The Perfect Diet? Aisha Khedheri
3:00 – 3:20 pm	NETWORKING	
3:20 - 4:20 pm	SUMMIT FINALE Sharing Your Passion: Maureen O'Hara	
4:20 – 4:30 pm	WRAP UP	

Master Class: Combination of Educational information with hands on practical application
 Educational Talk: Evidence based information delivered in a lecture format.

Summit REGISTRATION

Fitness NB 2019 Fitness & Personal Training Summit Registration

Please complete all Sections

1. Save to desktop. 2. Fill in form. 3. Email, Fax or print out for mail or in person.

LAST NAME:		FIRST NAME:	
FNB Member	Past FNB or CSEP Atlantic	*A CEC certificate will be emailed automatically	
Non Member	I require a CEC certificate	*If yes one will be emailed to you	
Student	(Institution):	Student #:	
Address:(Street)			
City:		Province:	Postal Code:
Ph (h):		Ph (cell):	Ph (w):
E-Mail:			

Please indicate below any special dietary restrictions below.
We will try our best to accommodate your needs.

FEES (Includes HST)							
Deadline Dates →	EARLY BIRD – On or Before October 18						AFTER October 18
Fee Categories →	Adult		60+		Student		All categories Add to the early bird fees
Descriptions ↓	FNB Member	Non Member	FNB Member	Non Member	FNB Member	Non Member	
Pre-Summit: CPR C Update	\$ 35.00	\$ 45.00	\$ 30.00	\$ 40.00	\$ 30.00	\$ 40.00	
Full Summit	\$ 150.00	\$ 170.00	\$ 130.00	\$ 150.00	\$ 115.00	\$ 135.00	Add \$20.00
Saturday	\$ 120.00	\$ 140.00	\$ 105.00	\$ 135.00	\$ 105.00	\$ 115.00	Add \$15.00
Per Session Lunch not included	\$ 40.00	\$ 45.00	\$ 35.00	\$ 40.00	\$ 25.00	\$ 30.00	Add \$ 5.00

FEES AND YOUR PAYMENT INFORMATION

PRE SUMMIT: CPR Level C Re-cert (AFTER October 18 Add \$10.00)	\$
SINGLE SESSIONS	# @ \$ Total = \$
LUNCH (Saturday single session purchasers)	# @ \$30.00 Total = \$
SATURDAY ONLY (Includes Saturday Lunch): (AFTER October 18 Add \$15.00)	\$
FULL SUMMIT (Includes Saturday Lunch): (AFTER October 18 Add \$20.00)	\$
TOTAL PAYABLE	

Payment (X)	e-transfer: membershipservices@fitnessnb.ca	Cheque	Money Order
	Cash (in person only)	CC	
Visa #	Master Card #		
Expiry date:	3 Digit Code on back:		
Signature:	Date:		
<p>A \$60.00 FEE IS CHARGED IF CANCELLATION IS ON OR PRIOR TO OCTOBER 25, 2019 FULL COST IS CHARGED IF CANCELLATION IS AFTER OCTOBER 25, 2019.</p>			

YOUR BREAKOUT SESSION CHOICES - REGISTER EARLY!!!! (You may not get your first choice) Please indicate your first second and/or third choices using the numbers (1, 2, or 3) beside the session

FRIDAY 7:15 pm - 8:30 pm		SATURDAY 8:55 – 10:10 10:45 -12:00				SATURDAY 1:45 – 3:00	
1A	1B	1P	2A	2B	3A	3B	

Informed CONSENT

Fitness NB 2019 Fitness & Personal Training Summit Informed Consent

Participant Name:

Emergency contact:

Ph.

E-Mail:

The officers, staff and volunteers of Fitness New Brunswick Inc., 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 2019 Fitness New Brunswick Personal Training and Fitness Summit.

This document is a release of claims against any member, or representative 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.
3. Assume the risk of 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, understood, and as an inducement to Fitness New Brunswick to allow me to participate in the programs and activities, agree to the foregoing.

Signature:

Date:

Electronic Signature is acceptable.

Please forward your completed Registration form, Payment and Informed consent by:

Email: membershipservices@fitnessnb.ca

Fax: (506) 453-1099

Thank you for your support and participation!