



PROFESSIONAL DEVELOPMENT DAY
Journée de développement professionnel

"Spring into Action"

When:	Sunday April 25, 2021	Agenda	
How:	Virtual Zoom	9:30 am	Sign in, Welcome & Introductions
Times:	9:30 am to 11:40 am	9:35 am	Core Training Over 40
Cost:	\$46.00 (includes HST)	10:35 am	Break (5 min.)
Presenter:	Stephanie Knickle	10:40 am	Virtual or in-person...
Credits:	2 FNB CEC		Keeping your Warm-up Fresh!
Registration Deadline:	<i>April 22, 2021</i>	11:40 pm	Wrap up

Registration: Fill in the information below and send via:
email : membershipservices@fitnessnb.ca
fax: 1 (506) 453-1099
Mail: Fitness NB,
 A112A Lady Beaverbrook Gym, 2 Peter Kelly Drive
 University of New Brunswick, PO 4400, E3B 5A3

Name:		FNB		Other	
Full Address: Street					
City:		Prov.		PC:	
Email:	Phone #:				

Payment Information:

Payment Type	CC:	Visa:	MC:	Cheque:	e-transfer:
CC #:				Expiry:	3 Digit code:

Note: e-transfer to membershipservices@fitnessnb.ca
***** forward security answer to same email *****

Fitness!...For Fun!...For Life!... Forever!/Le conditionnement physique!... pour le plaisir!...pour la vie!...pour toujours!

Your Presenter: Stephanie Knickle



With an honour's degree in social psychology, a bachelor of education, 30+ years of group fitness/pilates instructional experience, and dozens of certifications to her name, there's not a more qualified trainer in Prince Edward Island than Stephanie Knickle.

She owns and operates her own pilates-based fitness studio, motion fitness MIND BODY CORE, founded in 2005. She, along with three dedicated and experienced trainers, provide over 20 weekly in-studio and online classes to hundreds of clients. She is also employed full-time at the University of Prince Edward Island

as Manager of Campus and Community Recreation, a role she's held since 2014.

She is a proud mom to two daughters, Casey (19) and Hallie (21) who are currently attending UPEI and are following in their mom's fitness footsteps!

Current and past certifications include:

- YMCA of Canada Certified Group Fitness Leader
- Island Fitness Council/Fitness New Brunswick Group Fitness Leader & Resistance and Strength Leader
- IFC/Fitness NB Group Fitness and Resistance Training Course Conductor
- Canadian Physical, Activity, Fitness and Lifestyle Appraiser
- Certified STOTT PILATES Matwork in Essential, Intermediate and Advanced levels
- Certified STOTT PILATES Reformer in Essential, Intermediate and Advanced levels
- Certified Pre- and Post-Natal Fitness Specialist (Can-Fit-Pro)
- Certified Group TRX Suspension Trainer
- Completed training – Personal Fitness Trainer – 2015 (Fitness NB)
- STRONG by Zumba certified (2018)

Session Descriptions

Core Training for Over 40

We all know we need core strength for many reasons but it becomes even more important as we age! Stephanie will take you through simple yet efficient pilates-based exercises which will focus on the stability of the spine and pelvis to build core strength BUT also review exercises to increase spinal mobility in all directions...a key ingredient for spinal health!

Virtual or in-person...Keeping your Warm-up Fresh!

A warm-up sets the tone for the workout...so it's important to make it a great one! Stephanie will take you through several of her favorite warm-up combinations for group classes and show you how to think outside the box a little to keep it fresh for your participants.