

LEARN • CONNECT • DEVELOP

FIT

RendezVous **17**

Saturday, November 4, 2017
8am to 3pm

RA Centre, 2451 Riverside Drive, Ottawa ON



RA Centre, 2451 Riverside Drive, Ottawa, ON K1H 7X7
www.racentre.com/FITRendezVous (613) 733-5100





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Saturday, November 4, 2017 • 8am to 3pm
2451 Riverside Drive, Ottawa ON

CONFERENCE FEE:

Early Bird Fee – up to September 20: \$119 (plus HST)
Regular Fee – as of September 21: **\$139** (plus HST)

REGISTRATION: www.racentre.com/FITRendezVous

Conference fee includes: 3 educational workshops, continuing education credits, healthy Buddha Bowl lunch, post conference social, free parking.

Refund Policy: Refunds are not normally issued for fees paid for recreational activities. Exceptions are considered if the request is in writing and supported by a medical certificate. All refunds are subject to an administration fee of \$20. To request consideration of a refund, please send a letter of request to the following address: Member Services, RA Centre, 2451 Riverside Drive, Ottawa, Ontario K1H 7X7 or by e-mail: racentre@racentre.com.

Don't Forget...

Yoga Mat | Water bottle | Towel | Pen and Paper | Snacks | Change of clothes | Warm overclothes



Welcome Fitness Leaders

We are truly looking forward to welcoming volunteers, staff and community fitness leaders to the RA on November 4th to experience our **2017 FIT RendezVous Conference**.

It has been far too long since we organized a fitness leadership event of this magnitude and after many months of planning we are incredibly excited to introduce you to what we have planned. LifeFIT Canada, the RA's Fitness and Wellness division, has teamed up with fitness professional and conference organizer, Christine Eckhardt, to create a special day where the fitness community can come together to be inspired, to develop both personally and professionally or to simply recharge. We have no doubt that our handpicked lineup of respected and innovative presenters will empower everyone from the budding fitness professional to the seasoned veteran.

We sincerely hope that you will enjoy your experience and have lots of fun. See you all very soon.

Kelly Shaw-Swettenham
Director, Recreation, Sports & Fitness, RA

Brenda Hamm
Manager, LifeFIT Canada, RA



Conference Schedule

Saturday	Cycling <i>(active)</i>	Group Fitness <i>(active)</i>	Group Fitness <i>(active)</i>	Group Fitness <i>(active)</i>	Mind & Body <i>(active)</i>	Specialty <i>(workshop)</i>	Specialty <i>(workshop)</i>	Specialty <i>(workshop)</i>
9:00am to 10:30am	Power vs Rhythm Presenter: Jan Giblin	Explore your Core Presenter: Lisa Mastrachio	Functional Circuits for Active Aging Presenter: Jill Pomeroy	The Next STEP Presenter: Brenda Hamm	Yoga for Athletes Presenter: Julia Aimers	The Other Piece of the Puzzle Presenter: Rachel Cavan	Stop The Overwhelm and Continue With What You Love (Teaching!) Presenter: Amanda Degrace	Programming for Improving Movement - Focus on the "How" before "How Much". Presenter: John Zahab
11:00am to 12:30pm	Endurance Coaching on the Bike Presenter: Julia Aimers	Circuit Skills & Drills Presenter: Lisa Mastrachio	Cardio Dance Party Presenter: Nicole Houle		Pelvic Floor & Diastasis – Buzz Words or Something You REALLY Need To Know to lead your Yoga classes? Presenter: Amanda Degrace	Lower Limb Dysfunction Presenter: Dr. Aaron Lynn	Mobility & Stability for Active Aging Presenter: Margaret Marti	Menopause and Weight Gain Presenter: Rachel Cavan
12:40 pm to 1:20pm	Lunch Healthy Buddha Bowl							
1:20pm to 1:35pm	The Keys to Success for Fitness Leaders Keynote Speaker: Lisa Mastrachio							
1:45pm to 3:15pm	The Best Ride Ever Presenter: Jan Giblin	Bodyweight Blast Presenter: Lisa Mastrachio	Pilates HIIT Presenter: Kristy Kilcup	Love your LOW Presenter: Jill Pomeroy	Accessible Yoga Presenter: Michael Hutkins	Fundamentals of Sports Nutrition Presenter: Brittany Gordon	Functional Training for Active Aging Clients Presenter: Nick Haince	Boomers & Zoomers – How to accommodate multiple fitness levels and injuries in your class Presenter: Alanna George
	Post Conference Social							

Workshop Descriptions

9:00 to 10:30am

[Programming for Improving Movement - Focus on the “How” before “How Much”](#) with John Zahab

This lecture will expand on concepts for creating an environment for individuals to work towards improving their movement efficiency - prior to progressing them to loaded exercises. We will explore barriers to clean movement, including software and hardware concerns. The concepts are applicable to all - from individuals who are new to exercise, up to the level of high performance athletes.

[Explore your Core](#) with Lisa Mastrachio

The core is the centre of power.....the pillar of strength for the body. Mobility and stability are keys to unlocking its potential. Join Lisa's workshop to gain insight and training tips to target glutes, back, shoulders and abdominals. You'll leave this session with innovative exercises to ignite your core conditioning classes!

[Functional Circuits for Active Aging](#) with Jill Pomeroy

Circuit training is one of the most popular formats for group exercise. Learn how to incorporate this format for our active aging participants using body weight exercises and small equipment for functional strength, balance and cardio. Simple to follow and accessible to all.

[Yoga for Athletes](#) with Julia Aimers

Julia's life long career in sport encouraged her to realize that Yoga is an important part of the mix for injury prevention, proper alignment, core strength and the ever important breath work. In this session Julia will share the important postures athletes need, how to periodize Yoga classes and how the breath work relates to sport.

[Power vs Rhythm](#) with Jan Giblin

Maximizing musicality to inspire beat junkies and traditionalists. Using the music to inspire your class to push harder. Connect your playlist to output demands by finding the right tempo for mountains, sprints and HIIT. Ensure that you keep the ride authentic while focusing on safe and effective movements to build endurance, strength and speed. With the right approach, you can use your soundtrack to motivate participants and elevate class performance.

[The Other Piece of the Puzzle](#) with Rachel Cavan

Help your clients lose fat and build muscle with nutrition. We all know that fat loss needs to have both an exercise and nutrition component, and it's frustrating when your clients think they can “out exercise a bad diet” thereby hampering their progress... and all of your hard work! In this session, you will learn: Why weight loss is so much more than calories in – calories out!; how hormones affect fat loss and how what you eat is affecting your hormones; common “healthy” foods that are actually doing more harm than good; how your clients' supplements (or lack thereof) can be hindering their progress; how to make simple switches to your clients' diets to improve their success; and practical tips to implement these strategies into our busy daily lives!

[Stop The Overwhelm and Continue With What You Love \(Teaching!\)](#) with Amanda Degrace

More and more opportunities are available in the fitness field but are you really taking advantage of growing your business to it's full potential? With more facilities offering classes and workshops but hiring contractors and not employees fitness professionals are finding themselves running their own business. Do you feel confident running your own business, understanding how to raise your profile in the community, gain social media presence and continue to build your classes? Understand how to create multiple revenue streams in your business, work WITH your contract facilities to create solid partnerships and increase your income potential without feeling overwhelmed with more work. Continue feeling passionate about your involvement in the industry without experiencing burnout.

[The Next STEP](#) with Brenda Hamm

The boomer generation loves group fitness class, but remembers STEP as a class of detailed choreography. The Next STEP will help instructors simplify their choreography and educate participants on the benefits of a STEP class workout. You will learn strategies on giving permission, using progression while keeping participants safe, engaged and motivated to come back for more.

11:00am to 12:30pm

[Mobility & Stability for Active Aging](#) with Margaret Martin

The aim of the workshop is to provide you with the information you need to design a class/program that incorporates all the elements needed to ensure safe and appropriate mobility in the active aging adult. Drawing from 32 years of clinical practice and research data I will provide you with the knowledge to assist you in designing your classes/programs targeted at the aging adult. Objectives of the workshop will include; basic knowledge of the anatomical and physiological changes in the aging cardiovascular/pulmonary, musculoskeletal, and neuromuscular systems in relation to changes in physical function and performance; awareness of the predictors of successful aging; mobility and stability tests; exercises that are best included and why.

[Lower Limb Dysfunction](#) with Dr. Aaron Lynn

An in depth look at the most common low back, hip, knee, and foot problems caused by dysfunctional gait and movement patterns, core instability, muscle imbalances and fascial line connections.

We will also consider the role fascial connections play in transferring dysfunction from one area of the body to another.

[Circuit Skills & Drills](#) with Lisa Mastrachio

Circuit training is an effective and popular way to rain both heart and muscle but as a coach, creating this type of workout can be challenging. How many stations? What exercises are best? How ca I cater to all levels of fitness? How do I coach the entire group while motivating each separate team? Join Lisa's session and sharpen your coaching skills while learning new drills to create a dynamic yet challenging circuit training session. Don't miss Circuit Skill & Drills!

[Cardio Dance Party](#) with Nicole Houle

Join Nicole for a non-stop and easy-to-follow jammed dance workout class. You will walk away with fresh ideas guaranteed to fill your choreography repertoire and make your participants smile. Dance experience NOT required!

[Endurance Coaching on the Bike](#) with Julia Aimers

With over 20 years of experience teaching indoor cycling, Julia Aimers will share her popular teaching methods on how to coach a high energy, endurance class on the bike. Using training zones to gauge the intensity level of the ride, learn how to make endurance rides fun by building endurance over an 8 week training block, time trials, hill climbs, visualization and awesome music!! As a triathlon and cycling coach, Julia knows what it takes to get to the finish line of a long distance endurance event.

[Pelvic Floor & Diastasis, Buzz Words or Something You REALLY Need To Know to lead your Yoga classes?](#) with Amanda Degrace

Pelvic Floor Health and Diastasis are buzz words that are getting a lot more attention these days. So is it just a fad or is it here to stay?

The fact is that pelvic floor and core dysfunction doesn't just affect the pre/postnatal population.

Athletes, men, and even women who have not experienced pregnancy experience these dysfunctions. Gain confidence in leading your Yoga classes by understanding what you should be doing

to encourage pelvic floor and core health and what you need to be avoiding. This session will combine both theory and practical components

[Menopause and Weight Gain](#) with Rachel Cavan

As we age and our hormones change, it is more difficult to lose the weight compared to when we are younger. Although it may be slightly more difficult, it is still possible to lose weight in a healthy way and feel energetic and vibrant!

In this session, you will learn: Why weight loss is more difficult after Menopause. ; how hormones affect weight loss and muscle building; why you can't eat like a man!; top foods to help balance and detoxify hormones; the best supplements for menopause symptoms and weight loss; and what types of exercise work for women trying to lose weight, and which don't.



1:45 to 3:15pm

Functional Training for Active Aging Clients with Nick Haince

This workshop will cover the principles of strength training for the active aging client. Using a functional training approach, let's get this growing population off of the machines and training in ways that will help them make everyday life activities easier. We will discuss training priorities, program design, exercise selection as well as progressions and how to apply these tools to one-on-one and group scenarios. You will learn how to effectively train active aging clients around injuries without using machine and maximizing functional strength while using functional movements.

Bodyweight Blast with Lisa Mastrachio

Bodyweight training still trends strongly in the fitness world today as an effective and efficient way to train. The challenge however, is how to stay innovative and creative while using this popular training style. Experience Lisa's Bodyweight Blast and you'll find fresh ideas and new ways to explore this training format. Relieve boredom and recycling the "same old same old" by joining Bodyweight Blast. You'll leave with innovative ideas, inspiration and unique ways to train our best piece of equipment...our BODIES!

Boomers & Zoomers – How to accommodate multiple fitness levels and injuries in your class with Alanna George

Older adults are one of the largest demographics participating in group exercise programs. Most programs advertised as 55 plus are actually composed of two separate and distinct populations. Baby Boomer (55-70) and Zippy Zoomers (71+). This workshop will teach instructors and trainers how to effectively and safely accommodate both of these populations within a single program. By the end of the workshop, participants will understand the most common injuries and illnesses they are likely to encounter and how to cue and modify to accommodate multiple fitness levels within the Older Adult Program.

Pilates HIIT with Kristy Kilcup

Looking to ramp up the cardio for your clients? Want to try this Pilates style? Then come join the crazy and drop and give me twenty! This workout is intended to provide you with a workout profile that can lead to fresh, new and creative classes using movements you may already know. Where metabolic training is all the rage, learn how to effectively ignite your clients metabolisms with this faster paced, muscle fatiguing and calorie burning workout! This workshop will briefly speak to the theoretical aspects of the design of this workout leaving plenty of time for the practical application.

The Best Ride Ever with Jan Giblin

Content, connection and charisma. Creating a balanced workout for a class made up of a variety of participants. From first-timers to triathletes, find a way to connect to everyone. Make your class fun and challenging by learning when to push harder and when to encourage. Getting your participants to reach their potential by incorporating a challenging workout, proper body positioning and humour. Encourage the entry-level riders and pushing the pros!

Accessible Yoga with Michael Hutkins

Develop a deeper understanding of how to make your class more inclusive for different levels of participants. Learn how to deconstruct and build yoga poses and sequences from simple to complex without losing the pace. Michael will demonstrate how to incorporate yoga poses for those who require a chair, lying down or standing. Take away new methods to incorporate progression and regression to make your class accessible to all.

Fundamentals of Sports Nutrition with Brittany Gordon

Most fitness instructors and personal trainers avoid providing their clients with any type of information on nutrition because they feel they have a lack of knowledge and could cause greater harm in doing so, and well you are not wrong. However, our clients look to us to provide them with knowledge and keep them accountable to their health and fitness goals. In order to assist you, the trainer, and your clients Brittany Gordon of Caven Nutrition Group has developed a workshop on the "Basics of Exercise Nutrition". This workshop will cover: Macronutrients: what they are, why they are needed and why quality is more important than quantity. How to fuel: eating before, after and sometimes during a workout, and how to select the right food for the best energetic outcome. Supplementation: when is it needed and is it ever really worth it? Hydration: why it is so important to a balanced exercise nutrition plan.

Love the LOW with Jill Pomoroy

So many HIIT and bootcamp classes out there... how do we revitalize low impact classes so that they appeal to a new generation of exercisers? This workshop will teach you how you can play with choreography, pull basic moves from sports, create levels and layers to provide a workout for everybody!

Meet your Presenters

Julia Aimers

Julia Aimers earned the Gold Standard in fitness testing and personal training in 1990 as a Certified Exercise Physiologist with the Canadian Society for Exercise Physiology. She is the Owner and Head Coach of Team Triumph Triathlon Club, an NCCP Level 1 Triathlon Coach, Level 2 Cycling Coach and Johnny G, Reebok and Core Spinning Instructor Certified. She has done 300 hrs of Yoga Alliance Teacher Training and specializes in teaching Yoga for Athletes.

Rachel Caven

Rachel is Ottawa's Expert Weight Loss Nutritionist and the Owner and Clinic Director of Caven Nutrition Group. She specializes in healthy and sustainable weight loss, digestive issues, hormonal health and autoimmune conditions. Rachel is a sought after speaker for corporate, government and media events. She is a dynamic and passionate speaker, who uses science and facts mixed with humour and practical advice everyone can use. She appears regularly on Ottawa's CTV Morning Live and Roger's Daytime Ottawa and has written articles for Chatelaine Magazine, the Huffington Post, Ottawa Sun, Ottawa Citizen, Alive Magazine and Revive Magazine. Rachel is a 2017 recipient of the prestigious Forty Under 40 Awards.

Amanda Degrace

Amanda DeGrace, owner of Little Lotus Yoga, has been offering specialized yoga classes in Prenatal, Postnatal (Mom & Baby) and Childrens Yoga for over 16 years now! Amanda has also developed extensive Teacher Training programs in these specialties and offers Yoga Alliance Registered Prenatal Yoga Teacher Training and Yoga Alliance Registered Childrens Yoga Teacher Training in Ottawa, Montreal and other cities across Ontario and Quebec.

Alanna George

Alanna George is a professor at Algonquin College for the Faculty of Wellness Research and Innovation; and also the of Manager of Health and Wellness Programs at the Dovercourt Recreation Association in Ottawa, Canada. Alanna has spent fifteen years as an industry leader in the creation of exercise programming for injuries, special populations and older adults. Alanna has fostered partnerships with hospitals, clinics and non-for-profits to create and implement rehabilitation programs that bridge the space between clinical supervision and an active lifestyle.. She sits on the Advisory Boards for both the Ottawa Heart Institute's Heartwise Program, and Partners in Parkinson's Research (PIPR). Alanna is part of the network for Canadian Aquatic Rehabilitation Instructors (CARI).

Jan Giblin

Jan has been teaching group exercise for the past 15 years with certifications from Les Mills and Canfitpro. Her passion began with step and weight training classes and then Jan's love of outdoor cycling moved indoors. Jan's style merges authentic riding and form with great beats and fun. She has taught at several gyms in Montreal and currently also teaches at a Dawson College. While by night Jan may spend her time in dimly lit rooms filled with stationary bikes, loud music and sweaty riders, by day she works at Pratt & Whitney Canada managing parts to build airplane engines.

Brittany Gordon

Brittany is a Registered Holistic Nutritionists who specializes in Sports Nutrition, Allergy and Skin Health and overall digestive wellness. Brittany has been working in the field of Health and Wellness since 2012 starting her career off as a personal trainer and eventually traveling to Costa Rica to become a Registered Yoga Teacher. After working in the field of function movement and health for several years she realized that something was missing from her own life and from the lives of her clients. In order to help rid herself of a life filled with allergies, food sensitivities, eczema and weight struggles of her own Brittany pursued formal education in Nutrition. She has been able to reduce and eliminate her own eczema symptoms, found a healthy balance in life and is excited to share her knowledge with others. Since becoming a Nutritionist Brittany has joined the Caven Nutrition Group and has been able to watch as her clients have been able to rapidly achieve their goals and change their lives and maximize their energy.

Nick Haince

Nick has a Bachelor of Science in Human Kinetics and is a registered Kinesiologist. Nick has been in the industry for a decade, working with general population, rehabilitation patients and elite level athletes. Nick's career in personal training started out at the Ottawa U fitness centre in 2007 when he was a student studying Human Kinetics. He finished his program at Ottawa U doing an internship at the Ottawa Sport Performance Centre where he began training athletes. After 6 years of working in a high performance centre, using a functional approach with general public and competitive athletes, Nick decided to partner up, take the next step and open his own athletic training facility. Capital Strength Training Systems is a unique facility that is home to hundreds of local athletes and caters to general public with personal training, small group fitness and their popular adult fitness class "Capital Crew".

Brenda Hamm

Brenda is the Manager of LifeFIT Canada, where she is responsible for 11 fitness sites as well as all of health and wellness programming at the RA Centre. She has been in the fitness industry for 30+ years and is passionate about sharing her knowledge and experience and mentoring fitness professionals. Her specialty is group fitness, including step, core, strength, choreography, Yoga and Pilates. Leadership, membership service, personal training, performance measurement and genuine concern for the "members" experience are equally within her areas of expertise. In addition to being a Master Fitness Instructor, Brenda is also a trained facilitator and has created and developed numerous health/wellness workshops for corporate clients.

Nicole Houle

Nicole has been a leader in the fitness industry for over +25 years and has taught a variety of classes across the city and in the Caribbean. She has a deep passion for group fitness and a commitment to the success of those around her. She has the following certifications: CAN-FIT PRO FIS/PTS, Zumba, Zumba Gold, Zumba Step and has recently completed the Strong by Zumba course.

Michael Hutkins

Michael practices and teaches a traditional and holistic approach to yoga.

Training at several Sivananda ashrams in Canada and India, has allowed Michael to live with his teacher and be fully immersed in the yoga experience. His training covers a wide scope of yoga, from philosophy and Bhagavad Gita courses to chanting and devotion ceremonies to the physical postures, breathing exercises, and meditation. Michael is the owner of Michael Hutkins Yoga in Cantley Quebec, he teaches instructor training courses and workshops.

Michael believes yoga can be made accessible to everyone and teaches classes to children, seniors, and individuals of all skill and fitness levels.

Kristy Kilcup

Kristy Kilcup is a graduate from the University of Ottawa with an Honours Degree in Human Kinetics and an Education degree at the intermediate/senior division.

Currently, Kristy works as a group fitness instructor teaching Pilates, Kettlebells and Indoor Cycling, as a Master Educator for Stages® Indoor Cycling and consultant for SYMMETRY Fitness Consulting. Kristy is a CanFit Pro Presenter and IDEA presenter.

She holds certifications in Spinning® as a Star 3 instructor, an Advanced Matt Stott Pilates® Instructor, a CSEP Personal Trainer and Level 2 Agatsu Kettlebells Instructor.

Further interests include courses/certifications in sports conditioning and post-rehabilitative care.

Dr. Aaron Lynn

Dr. Lynn graduated from the Canadian Memorial Chiropractic College in 2015 and moved back to Ottawa to start his practice. He is from Westport, a small town located south of Perth, Ontario. Growing up, Dr. Lynn played competitive hockey and soccer that included 6 years of Junior level hockey and 5 years of varsity soccer. His passion for health and sports led him to pursue a career in chiropractic after completing his undergraduate and Masters Degree in Human Kinetics at the University of Ottawa.

Within his practice, Dr. Lynn provides and integrates a variety of chiropractic techniques to help his patients recover from injury or to optimize performance. Some of these techniques include acupuncture, ART, spinal adjustments and corrective exercises. Dr. Lynn also has the privilege of treating a variety of patients, from young patients to old patients, or from high performance athletes to the desk bound office worker. In his personal time, Dr. Lynn enjoys coaching within the Ottawa Stings Minor Hockey Association and giving talks to small groups on health related topics.

Margaret Martin

Margaret runs her Physiotherapy and Personal Training Studio, Function to Fitness, in Ottawa. Her diverse training also leads her to spending time teaching Yoga, Nordic Poling, TaiChi and overseeing her on-line company MelioGuide.com.

Since 2000 she has maintained her certification with the National Strength and Conditioning Association as a Strength and Conditioning Specialist.

Margaret is the author of three books, Strengthen Your Core, Exercise for Better Bones and Yoga for Better Bones. She is the recipient of the 2011 Award of Distinction from the College of Physiotherapist of Ontario.

Lisa Mastrachio

Lisa is a sought-after group fitness instructor with over 15 years' experience. She currently works at énergie Cardio in Québec as an instructor trainer and a Les Mills Canada assessor. Lisa also works at Goodlife Fitness clubs as a Newbody national trainer. She's traveled throughout the country and abroad, sharing her energy and passion for fitness. Lisa's goal is to motivate, inspire, and empower others to achieve their personal best.

Jill Pomeroy

Jill is passionate about sharing the joy of physical activity and movement with everyone. Jill began her journey with an undergrad degree in Physical Education from UBC. She took time off to have a family, moved to Ottawa and then became certified to lead group training through the YMCA. She has been working in the health and fitness industry for over 20 years, teaching everything from strength training to cycling to water running and cross country skiing. Jill loves running cycling, swimming, cross country skiing and snowshoeing.

John Zahab

John is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association and a Certified Personal Trainer (CSEP-CPT) through the Canadian Society for Exercise Physiology. He has worked full time in the fitness industry for over thirteen years developing and implementing exercise programs for individuals and teams with varying abilities and needs. John has had the opportunity to work with athletes from a broad spectrum of sports, including those competing and performing at the national and professional levels. In addition to his work with athletes, John has provided fitness services to a number of active individuals who seek to regain and maintain a healthy active lifestyle.