



Why wouldn't you...

*Saturday, March 31, 2012
Palais des Congrès, Gatineau, QC*

11th Annual
Connexion
Ottawa Fitness Conference

www.ymcaywca.ca



STRENGTHENING
the **HEART** of our
COMMUNITY

Why wouldn't you...

Dive in to waterfitness?

- 180 Degrees of Deep (*Session 1*)
- The Liquid ABS Program® (*Session 2*)

Energize and strengthen the body with a workout?

- BATUKA (*Session 1*)
- TABATA 20:10 (*Session 1*)
- Stability Ball: Function and Fun (*Session 1*)
- Cardio Core Circuit (*Session 2*)
- Strength and Stability: Dumbbells and Bands (*Session 2*)
- G.I. Geoff's NAKED Bootcamp (*Session 2*)
- Sgt. Woody's Bootcamp (*Session 3*)
- ATP (*Session 3*)
- Fletcher Pilates® - Evolved From the Source (*Session 3*)
- The Winning Combination: Mix Hi-Lo Choreography and Athletic Movements (*Session 3*)

Go for a ride with cycling?

- Cabot Trail Ride (*Session 1*)
- Interval Training in Cycling (*Session 2*)
- Rhythm Ride (*Session 3*)

Awaken the spirit with yoga?

- Vinyasa Power Yoga (*Session 1*)
- Yoga for Runners (*Session 2*)
- Get Fit Where You Sit: Chair Yoga and Beyond (*Session 3*)

Stimulate the mind with a lecture?

- ComplexCore (*Session 1*)
- Advanced Principles in Strength Training (*Session 1*)
- Nutrition and Supplementation for Optimal Health (*Session 2*)
- Fascia and Range of Motion (*Session 2*)
- Better Posture, Healthy Spine and Nervous System for Optimal Function (*Session 3*)

Earn continuing education credits?

- 6 YMCA-YWCA CECs

For workshop descriptions, please see pages 4 and 5.

REGISTRATION INFORMATION

Registration begins December 5th, 2011

Y MEMBER	\$85
NON-Y MEMBER	\$150
STUDENT (with current student ID)	\$95

Includes: admittance to three workshops, session handouts and a light lunch (vegetarian or meat option available). Parking is not included.

CONFERENCE AGENDA

CHECK-IN OPENS	8:00 AM
SESSION 1	9:15 AM – 10:45 AM
SESSION 2	11:05 AM – 12:35 PM
LUNCH	12:40 PM – 1:20 PM
SESSION 3	1:30 PM – 3:00 PM

**Please note that the water fitness sessions will take place at the Taggart Family Y (180 Argyle Ave.) and have different times. Session 1 is 9:00 am – 10:30 am and Session 2 is 10:45 am – 12:15 pm.*

LOCATION INFORMATION

All **Land workshops** will be at the Palais des Congrès in Gatineau, Quebec. Delegates are responsible for following parking regulations.



All **Water fitness** workshops will be at the Taggart Family Y in Downtown Ottawa. Delegates are responsible for following parking regulations.



HOW TO REGISTER

By phone or in person: any local Y listed below.

Carlingwood Y
200 Lockhart Ave
613.729.7131

Kanata Y
1000 Palladium Dr.
613.599.0280

Clarence-Rockland Y
1-1525 Du Parc Ave
613.446.7679

Nepean Y
1642 Merivale Rd
613.727.7070

Downtown Y
99 Bank St.
613.233.9331

Ruddy Family Y
265 Centrum Blvd
613.830.4199

Taggart Family Y
180 Argyle Ave
613.788.5000

By fax: Fill in the registration form included with this brochure (or download a copy at www.ymcaywca.ca and fax to 613.233.2239).

You will be asked to select your 3 workshops at the time of registration. Full payment is due at the time of registration. We encourage you to register early to avoid disappointment. **The deadline for registration is Thursday, March 29th at 12:00pm.**

CONFERENCE POLICIES

For the safety of all concerned, we ask that you do not bring children to the conference. Clients may withdraw until March 23rd, 2012 and are subject to a \$25 administrative charge. **We are unable to offer refunds for cancellations requested after March 23, 2012.**

FOR MORE INFORMATION

Please contact the Y's Fitness Education Centre at educationcentre@nationalcapitalregionymca-ywca.ca

CONFERENCE PLANNING COMMITTEE

Sarah Leslie
Coordinator, Fitness Education Centre

Marie Paul
Membership Coordinator, Downtown Y

Christine Eckhardt
Regional Director, Ruddy Family Y

Leia McIntyre
Group Fitness Coordinator,
Taggart Family Y

Jill Pomeroy
Regional Director,
Kanata Y and Carlingwood Y

Jamie Steeves
Group Fitness and ISC Coordinator,
Downtown Y

Melody Rochon
Group Fitness Coordinator
Nepean Y

Michelle O'Neill
Group Fitness Coordinator,
Ruddy Family Y

WORKSHOP SESSIONS



SESSION 1

9:15 am – 10:45 am

180 Degrees of Deep*

WF

Presenter: Jennie Queen – Heat up your deep aqua classes with sizzling movements down under. Learn the tips and techniques including utilizing full joint angles and action along with the 180 degrees of water to create a new and intensive workout! **(Activity)**

**This is an aquatics workshop at the Taggart Y (180 Argyle Ave). Session is 9:00am – 10:30am. Free transportation can be arranged between the Taggart Y and the Palais des Congrès. Delegates will be contacted 2 weeks prior to conference to discuss transportation needs.*

Stability Ball: Function and Fun

GF

Presenter: Sarah Zahab – Are you looking for new and interesting exercises to incorporate in your ball classes? Learn a variety of exercises that are unique, functional and fun from beginner to advanced levels. Help your clients and participants prevent injuries, perfect posture, improve performance and enhance functionality. Postural imbalances will be discussed along the way and discover how weak abdominal muscles can contribute to poor posture and low back pain. Learn how to train the core effectively and safely, all while having fun. The focus will be on all major muscles in this cardio free workshop. **(Activity)**

ComplexCore

ALL

Presenter: Patrick Beriault – ComplexCore: Core stabilization in training and therapy was developed by Patrick and Roman Jahoda to develop a specific assessment and training concept for core mobilization and stabilisation. It will allow you to maximize your expertise to understand your clients' functional needs and use core training as a concept to create exercise plans and follow ups that streamline client success and professional productivity. **(Lecture)**

Vinyasa Power Yoga

S

Presenter: Donna Davis – A practice to build strength, endurance, flexibility, increase lung capacity, detox the body, release stress, and nurture mental focus and breath awareness. The flow of this workshop is a continuous sequence of sun salutations, standing postures, back bends, hip-openers, twists, arm balancing postures, and inversions. Learn the basics of sequencing, alignment, verbal cues and gentle assists to create a balanced and effective class for all levels. **(Activity)**

TABATA 20:10

PT GF

Presenter: Geoff Bagshaw – Utilizing the TABATA protocol (20 seconds of work followed by 10 seconds of rest), Geoff will push you to the limit. With full body compound exercises, this workout gets results with intervals designed to increase athletic performance, develop VO2Max and decrease body fat. Don't miss it! **(Activity)**

Advanced Principles in Strength Training

PT

Presenter: Alexandre Paré – Building muscle is more than a question of reps, sets, and loading weight. The speed of contraction, the choice and order of exercises, rest time, and nutritional supplements are some of the topics that will be discussed. This workshop will take you well beyond traditional training principles. We'll discuss hypertrophy, plyometrics, super sets and more. **(Lecture)**

Cabot Trail Ride

GC

Presenter: Tracy Beardsley – The Cabot Trail was ranked one of the top 10 bike rides in the world! This ride will let participants sample what it would be like to ride one of the most challenging, and yet beautiful rides this country has to offer! Climbs on the trail are up to 5km in length with grades of 14-16%. Bring your climbing legs, mental toughness and buns of steel! You will leave this workshop, tired, inspired and ready to lead your participants through a Cabot Trail Journey! **(Activity)**

BATUKA

GF

Presenter: Carole Woodstock – Batuka Dance, a seamless integration of music and movement, brings new energy. Music created by multi-Grammy Award winner Kike Santander, Batuka's easy-to-follow combinations bridge the gap between pre-choreographed and freestyle. Come explore Batuka Dance. World moves to global grooves. **(Activity)**

SESSION 2

11:05 am – 12:35 pm

The Liquid ABS Program®

*(Deep-end Core Training)**

WF

Presenter: Dylan Harries – Discover the ultimate aqua abdominal and lower back workout, utilizing the physical properties of the water. Strengthen your body from the inside out. Find them; feel them through common sense exercises and captivating movements. **(Activity)**

**This is an aquatics workshop at the Taggart Y (180 Argyle Ave.). Session is 10:45 am – 12:15 pm. Free transportation can be arranged between the Taggart Y and the Palais des Congrès. Delegates will be contacted 2 weeks prior to conference to discuss transportation needs.*

Nutrition and Supplementation for Optimal Health

ALL

What to Eat to Be Well, Stay Well and Prevent Diseases

Presenter: Natalie Beauchamp – Do your clients really need vitamins? Are vitamins all created equal? Are your clients eating the right foods to maintain a healthy body homeostasis and reduce inflammation? Learn what foods and vitamins should be consumed and which foods should be avoided to be well, stay well and prevent diseases! **(Lecture)**

Strength and Stability: Dumbbells and Bands

PT GF

Presenter: Sarah Zahab – Whether you're training clients in their own homes with minimal equipment or instructing a large group fitness class, this workshop will provide you with unique and interesting exercises using dumbbells, bands and your bodyweight. Options will be provided

WORKSHOP SESSIONS

for various fitness levels, showing progressions and intensity variations for beginner to advanced participants and clients. Forego the fancy equipment and focus on form and technique. Fun, effective, functional and unique partner exercises will also be incorporated. Your clients and participants will gain strength, balance, improve posture and have fun! **(Activity)**

Interval Training in Cycling

GC

Presenter: Alexandre Paré – During this workshop, the emphasis is on intensity. Learn to create interval sequences balanced with adequate recovery, how to stimulate your participants to push for their limits and feel like top athletes. The response will be positive and your reputation will grow. Participants in this activity should have at least 6 months cycling experience and be prepared to work hard. **(Activity)**

G.I. Geoff's NAKED Bootcamp

PT GF

Presenter: Geoff Bagshaw – No, you're not working out in the buff! But we will be going au naturel with no equipment required. This workshop gives you the tools to deliver calorie-torching workouts that combine fat-blasting cardio intervals along with full-body dynamic strength conditioning. Prepare for battle! **(Activity)**

Yoga for Runners

S

Presenter: Donna Davis – Vinyasa-based class for runners & cyclists who want to prevent or reduce the occurrence of sport-related injuries, weekend warriors, any anyone wanting to re-balance tight muscles, this class is for you! We focus on building lung capacity, along with stretching & strengthening endurance athlete and run-specific muscles; such as hips, hamstrings, lower back and core muscles. **(Activity)**

Fascia and Range of Motion

ALL

Presenter: Chantal Laporte – An understanding of the role and properties of fascia allows you to improve performance and relieve aches and pains. In this lecture and workshop we will explain the link between fascia and flexibility, experience myofascial release and demonstrate how it can be incorporated in your toolbox. **(Lecture)**

Cardio Core Circuit

ALL

Presenter: Carole Woodstock – A core workout, circuit style with no equipment required. In this session, you will learn how to put together a great circuit class focused on cardio and core and a variety of fresh ideas to use with participants of almost any fitness levels. Learn a variety of exercises for the upper body, lower body and core using your own body weight as resistance. Simply fun! **(Activity)**

SESSION 3

1:30 pm – 3:00 pm

Better Posture, Healthy Spine and Nervous System for Optimal Function

ALL

Are Your Client's Posture Affecting Their Joints and Overall Health?

Presenter: Natalie Beauchamp – A healthy spine and nervous system are what keep human bodies functioning at their best. Learn how your clients' postures may be contributing to their joint pain and health problems and find out what you can do to help. **(Lecture)**

Rhythm Ride (Indoor Cycling)

GC

Presenter: Geoff Bagshaw – What is one of the factors that really determines the success of your indoor cycling class? Music! This workout takes full advantage of all that music can bring to your ride. Feel how you can use the beat and rhythm to energize your workout and give your participants the motivation to drive that much harder. **(Activity)**

Fletcher Pilates® - Evolved from the source

S

Presenter: Jacqueline Ethier – Learn some of the fundamentals of Fletcher Pilates® and experience why Pilates is still one of the best core workouts around! You will take away practical ideas to incorporate into your teaching so your participants can achieve a deeper connection to their core and achieve a higher level of overall strength and flexibility. Previous Pilates experience required. **(Activity)**

Get Fit Where you Sit – Chair Yoga and Beyond

S

Presenter: Jordan Ann Kevan de Haan – Chair yoga is suitable for people of all ages and abilities but is especially great for people who have physical challenges that exclude "mat" yoga and other traditional approaches to strength and movement training. Join Jordan Ann for this workshop to learn exercises that are physically and mentally challenging to improve strength and mobility in a safe setting. Learn about chair yoga, double chair yoga, pair chair yoga, and other related activities. **(Activity)**

ATP

ALL

Presenter: Alexandre Paré – Force and athletic movements are combined to have the most complete integrated training. Endurance, power, and agility are the orders of the day! This is an advanced workshop – not because of the complexity – but because participants must have a high level of endurance. Are you an athletic person looking to improve movement coordination or an aerobic fanatic looking for a challenge? This workshop is for you. Resistance training is performed using free weights, bands, and steps. **(Activity)**

Sgt. Woody's Bootcamp

GF

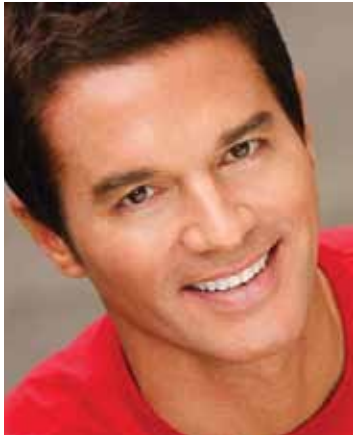
Presenter: Carole Woodstock – ATTENNNNNNTION! A multi-level military-style workout designed to challenge each individual at their own fitness level. Learn how to effectively combine speed bursts, power drills, pushups, sit-ups and jumping jacks into an upbeat program that will retain and motivate your members. Sergeant Woody will demonstrate that you don't need complex strategies or tactics to win the fitness "battle". Take your members back to basics and learn how to successfully "recruit" them into fun, focused and high-energy training! **(Activity)**

The Winning Combination: Mix Hi-Lo Choreography and Athletic Movements

GF

Presenter: Chantal Laporte – Tired of having to leave a session and not remembering or not being able to use any of the choreography? Not in this session. We will go back to basics with a mix of choreography and powerful athletic movements to challenge the brain and the body. Leave the session with 5 easy to teach combinations – combinations you can teach the very next day. **(Activity)**

FEATURED PRESENTERS



Geoff Bagshaw

Geoff Bagshaw, one of Canada's most energetic and inspirational fitness leaders, began his fitness career in Vancouver over 25 years ago. To date, Geoff has presented workshops and instructed classes in 16 countries around the world, reaching more than 500,000 people. He's been featured in over 10 fitness workout and training DVD's and regularly appears in the media as a fitness expert for local and national magazines and TV programs. Geoff was named "Canadian Fitness Presenter of the Year" in both 2004 and 2009 by Can-Fit-Pro, Canada's largest fitness association. Geoff currently resides in Miami where he works with EQUINOX as the Regional Group Fitness Manager for Florida.

Geoff will be presenting

TABATA 20:10

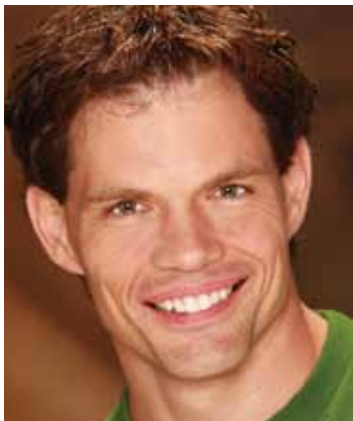
Session 1 – (9:15 am – 10:45 am)

G.I. Geoff's NAKED Bootcamp

Session 2 – (11:05 am – 12:35 pm)

Rhythm Ride (Indoor Cycling)

Session 3 – (1:30 pm – 3:00 pm)



Alexandre Paré

M.Sc. CSCS, EPC-SCPE, Kinesiologist

While Alexandre was previously an aerobics instructor for many years and, still to this day, a personal trainer, he currently focuses on his growing career as guest speaker and television consultant in kinesiology. He writes in the French magazine "Sensass", hosts different DVDs, has been a professor at Montreal and Laval University and regularly appears on TV as a fitness expert. Alexandre still finds time to run a private business, Ataraxia, specializing in personal trainer certification. Friendly, sincere and dynamic, this thought-provoking speaker will find ways to make difficult theoretical notions accessible to all types of audiences, thanks to his exceptional communication talent and witty capacity to create wonderfully, up-to-date, imaged presentations.

Alexandre will be presenting

Advanced Principles in Strength Training

Session 1 – (9:15 am – 10:45 am)

Interval Training in Cycling

Session 2 – (11:05 am – 12:35 pm)

ATP

Session 3 – (1:30 pm – 3:00 pm)



Carole Woodstock

Carole is an international presenter with nearly two decades of experience in the fitness industry. Driven by passion for hip-hop and community outreach, Carole was first connected through Culture Shock Canada, a dance troupe she has managed as National Director and was recognized in that role with the Ottawa Community Builder's Award. Carole maintains her commitment to fitness in her current role as the owner of Groove Ottawa, a Fitness Consulting Company and as a BATUKA Master Trainer and Choreographer. As the former host of Ottawa's "CARDIO HIP-HOP" TV show, Carole is perhaps best known for her contagious energy and unique teaching style. Today, Carole continues to live out her passion for fitness and coaching by teaching dance and bootcamp programs, leading instructor training workshops, and presenting at national and international conferences.

Carole will be presenting

BATUKA

Session 1 – (9:15 am – 10:45 am)

Cardio Core Circuit

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Sgt. Woody's Bootcamp

Session 3 – (1:30 pm – 3:00 pm)

PRESENTERS



Tracy J. Beardsley

Maddog (star 2), ACE PT

Tracy has been working in the fitness field for over 16 years. She has a passion for exercise and helping others adopt a healthy lifestyle. She has a keen interest in cycling and has been teaching spinning classes for over 10 years. Tracy runs Tj Fit (private fitness studio) which

offers personal training, spinning, and outdoor recreational cycling and guided cycling adventures. In her spare time, she loves spending time with her 3 children.



Dr. Nathalie Beauchamp

B.Sc., D.C.

Nathalie is an Ottawa based chiropractor, a certified personal fitness trainer, a professional natural figure/bodybuilder, a wellness consultant, lecturer and local TV personality. She is the co-author of the published book — Wellness On The Go: Take the Plunge — It's

Your Life! and the creator of the Roadmap to Wellness, an online coaching program, designed to teach clients how to live a wellness lifestyle. Dr. Nathalie is also passionate about teaching other Health Professionals on how to build a thriving practice/business with online tools and strategies. www.DrNathalieBeauchamp.com, www.BeauchampChiropractic.ca



Patrick Beriault

CEO KinMotion Consulting Inc

Patrick is a certified exercise physiologist and kinesiologist based in Ottawa. He has had the opportunity to be a part-time professor at the University of Ottawa (Human Kinetics) and has worked as the exercise physiology laboratory facilitator. He has worked with athletes from a variety of sports as well as professional experience in neuromuscular, cardiac, and diabetes rehabilitation programs.



Donna Davis

RYT 200, Founder Elation Centre

Donna has been involved in the health, wellness and fitness industry for most of her professional career, Donna is currently the producer and host of the popular show Yoga for Runners on Rogers TV, and Owner and President of Elation Centre Ltd., Ottawa's leading

Vinyasa Yoga and Lifestyle Studio, offering yoga, running and whole-foods nutritional programs. A teacher and yogini, athlete, marathon runner as well as self-taught vegan chef and coach whose passion for healthy living is contagious; Donna's dedication to educate and empower women to adopt a balanced approach to health continuously transforms lives.



Jacqueline Ethier

Qualified Fletcher Pilates® Teacher

Jacqueline is the owner and director of Pilates Space, opened in Ottawa in 2002. After extensive study with first generation teacher Ron Fletcher, she became a faculty member with The Ron Fletcher Program of Study® and has lead their internationally recognized

teacher training program in Canada since 2008. Jacqueline's experience as a professional dancer and her passion for teaching brings a level of precision to her class that keeps you feeling challenged and inspired.



Dylan Harries

B.Rec., B.Sc. HK, CAT

Dylan is an international presenter known for inspiring fitness leaders with passion, high energy, technique and creativity. With 18 years of fitness experience, Dylan is the Executive Director for Body Rock Fitness and the HFR Coordinator for the Nepean Sportsplex in Ottawa. In his

spare time, he is a renowned athletic trainer and performance coach for world level figure skaters.



Jordan Ann Kevan de Haan

YMCA GF, Yoga, Pre/Post Natal

Jordan Ann joins us from Cornwall where she is a yoga instructor for St. Lawrence College and Laurentian University and has been a fitness instructor for 10 years. She also has yoga certifications for prenatal clients and is certified in Lakshmi Voelker Chair Yoga.



Chantal Laporte

B.Sc., M.Sc., YMCA, CALA and CanFitProTrainer

Chantal manages the newly expanded Goulbourn Recreation Complex in Ottawa. With more than 20 years of experience as a fitness instructor and trainer she continues to lead classes and share her passion for fitness and physical activity. She teaches group fitness

instructor development courses and leads instructor workshops in both French and English across Canada.



Jennie Queen

CPFLA, CFC, Can-Fit, CALA

Jennie Queen is a Fitness and Lifestyle Consultant and Programming Specialist. She is a thirteen year veteran in the fitness industry. She holds numerous aquatic qualifications, a diploma in Fitness & Lifestyle Management and in Early Childhood Education. She is

currently responsible for coordinating the aqua fitness programming at the City of Ottawa South District Facilities.



Sarah Zahab

BSc, CK, CSEP-CEP

Sarah is a certified kinesiologist, exercise physiologist, personal trainer, group fitness instructor and former international fitness competitor with over 15 years of fitness industry experience. She works full time in the fitness industry and is the co-creator of the Elemental

Workout®. Sarah has released a Prenatal and Postnatal Strength Workout DVD.

2nd Annual National Capital Region YMCA-YWCA

FITNESS LEADER OF THE YEAR AWARD



**Do you know a
Y fitness leader
who is making
a difference?**

Are they:

- Motivational?
- Innovative?
- Passionate about teaching?
- Enthusiastic?
- Committed to Y core values?

Nominate them for the National
Capital Region Y Fitness Leader
of the Year Award!

One male and one female
recipient will be selected and
honoured at the
11th Annual Y Connexion Fitness
Conference on
March 31, 2012.

Pick up a nomination form
at the Membership Sales and
Service Desk during February.



 **dedicated**

Deadline for nominations: February 29, 2012



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