



# Vancouver 2008 Group Fitness and Mind-Body Conference and Trade Show CEC Listing

Can-Fit-Pro listed  
 STOTT listed  
 ACE approved; approval number CEP13059. Maximum CEC amount for the entire event excluding Friday sessions is 1.0. See accreditation details below.  
 AFLCA listed  
 BCRPA approved; BCRPA will grant anywhere from 2 to 18.5 credits depending on the amount of sessions attended. The specified max amount of credits reflects two full days of attendance (Sat and Sun).

Session Date & Time	Session #	Session Name	Presenter Name(s)	FIS	PDS	PTS	NWS	OAS	PFS	MBS	ACE	STOTT	AFLCA
<b>Friday, October 31</b>													
12:00 p.m.- 4 p.m.	101	STOTT PILATES® Pilates with Props, Level 1 & 2	Della Pia, Stefania	2		2	2			2	0	0.4	4
5 p.m. - 7 p.m.	102	Can-Fit-Pro CPR Level A Recertification	Elliott, Barbara								0		
<b>Saturday, November 1</b>													
8:30 a.m. - 10:00 a.m.	211	Triple Training 2008 (W/S)	Popowych, Krista	1		1					0.1		1.5
	212	Accelerate your Results with KBell Training (W/O)	Bernard, Ajamu			1					0		1.5
	213	Athletic Step (W/S)	Mann, Sharon	1							0		1.5
	214	STOTT PILATES® Intermediate Matwork (W/S)	Della Pia, Stefania	1		1	1			1	0.1	0.2	1.5
	215	The Functional Shoulder (L)	Smith, Dean	1		1		1			0.1		1.5
	216	Exercise and Ageing (L)	Anderson, Gregory	1		1		1			0.1		1.5
	217	It's What You Don't Say that Counts (L)	Fable, Shannon	1	1	1	1	1	1	1	0.1		1.5
	218	Every Step Counts with Pedometers (L)	Blahnik, Jay	1	1	1					0.1		1.5
10:30 a.m. - 11:30 a.m.	220	General Session: Extraordinary Living for Ordinary People (L)	Blahnik, Jay	1	1	1	1	1	1	1	0.1		1
12:30 p.m.- 2:00 p.m.	231	AfroLatin Jam (W/S)	Vanderburg, Helen	1							0.1		1.5
	232	Resist-A-Ball® Boot Camp (W/S)	Popowych, Krista	1		1					0.1		1.5
	233	Step Smarts (W/S)	Bagshaw, Geoff	1							0		1.5
	234	Yoga Foundation: Friends don't let friends do yoga without first having this knowledge (W/S)	Finn, Eoin	1		1	1			1	0		1.5
	235	The Unbalanced Knee (L)	Smith, Dean	1		1		1			0.1		1.5
	236	Choosing You (L)	Harvey, Cliff	1	1	1	1	1	1	1	0		1.5
	237	What is Your Emotional Relationship with Food? (L)	Gibson, Jennifer				1				0.1		1.5
	238	Postpartum Clients: It's Not Just About the "Baby Fat" (L)	Vogel, Amanda	1		1				1	0.1		1.5
2:45 p.m. - 4:45 p.m.	241	Circuit Training Partner Challenge (W/S)	Blahnik, Jay	1		1					0.2		2
	242	Accelerate your Results with KBell Training (W/O)	Bernard, Ajamu			1					0		2
	243	Yoga Tribal Groove (W/S)	Vanderburg, Helen	1			1			1	0.2		2
	244	STOTT PILATES® Fitness Circle® Flow (W/S)	Della Pia, Stefania	1		1	1			1	0.2	0.2	2
	245	The Optimal Back (L)	Smith, Dean	1		1		1			0.2		2
	246	Two Be Fit (L)	Popowych, Krista	1		1				1	0.2		2
	247	Nutrition for Weight Loss (L)	Gibson, Jennifer				1				0.2		2
	248	"But I Want It"—How to Make the Most out of a Limited Group Fitness Budget (L)	Fable, Shannon	1	1	1					0.2		2

Session Date & Time	Session #	Session Name	Presenter Name(s)	FIS	PDS	PTS	NWS	OAS	PFS	MBS	ACE	STOTT	AFLCA
5:15 p.m. - 6:30 p.m.	251	No Equipment Necessary (W/S)	Fable, Shannon	1		1					0.1		1.25
	252	Unbeliev-A-Ball (W/S)	Popowych, Krista	1		1					0.1		1.25
	253	Halloween House Dance Party (W/O)	Lacombe, Nathalie	1							0		1.25
	254	Answering the Call: Adapting Yoga to our Modern Era (W/S)	Finn, Eoin	1		1	1			1	0		1.25
	255	Presentation Plus (L)	Bagshaw, Geoff	1							0		1.25
	256	Saving Obese Kids (L)	Anderson, Gregory	1	1	1	1				0.1		1.25
	257	The Power of a Group (L)	Vanderburg, Helen	1	1	1					0.1		1.25
	258	Heart Rate Monitor Performance Training (L)	Blahnik, Jay	1	1	1					0.1		1.25
<b>Sunday, November 2</b>													
8:30 a.m. - 10:00 a.m.	311	15th Anniversary Group Workout (W/O)	Hagan, Maureen and Presenter Team	1							0		1.5
	312	Dynamic Warm Ups: An Evidenced Based Approach (L)	Anderson, Gregory	1		1					0.1		1.5
	313	Be Unforgettable (L)	Lacombe, Nathalie	1	1						0.1		1.5
10:45 a.m. - 12:15 p.m.	321	Fool-Proof, Full-Body Flexibility Formula (W/S)	Blahnik, Jay	1		1	1			1	0.1		1.5
	322	Abs and Back—A Resist-A-Ball Balancing® Act (W/S)	Vanderburg, Helen	1		1					0.1		1.5
	323	iStep (W/S)	Bagshaw, Geoff	1							0		1.5
	324	STOTT PILATES® Post-Natal Pilates (W/S)	Della Pia, Stefania	1		1	1		1		0.1	0.2	1.5
	325	Back to Basics: A Safe and Fun Way to Approach Fitness for the Teenaged Athlete (L)	Beveridge, Nathan	1	1	1					0		1.5
	326	The Business of Group Exercise: Beyond the Numbers (L)	Fable, Shannon	1	1						0.1		1.5
	327	Physical Activity—for the Health of It! (L)	Anderson, Gregory	1	1	1	1	1			0.1		1.5
	328	Fuelling and Re-fuelling—Optimizing the Pre-, During and Post-workout Meals (L)	Harvey, Cliff	1		1	1				0		1.5
1:00 p.m. - 3:00 p.m.	331	Boot Camp Blowout! (W/S)	Blahnik, Jay	1		1					0.2		2
	332	Resist-A-Ball Rhythmic Strength and Stretch (W/S)	Popowych, Krista	1		1					0.2		2
	333	Bring It On! (W/S)	Fable, Shannon	1							0.2		2
	334	Super Flow Yoga (W/S)	Finn, Eoin	1		1	1			1	0		2
	336	Nutritional FAQ's (L)	Gibson, Jennifer				1				0.2		2
	337	Functional Fitness at 50 and Over (L)	Hagan, Maureen	1		1		1			0.2		2
	338	If Only I Knew Then What I Know Now! (L)	Vanderburg, Helen	1	1	1		1	1	1	0.2		2
<b>November 1-2</b>													
8:30 a.m. - 5:30 p.m.	201	Fast-Track Yoga Teacher Training	Rae, Maureen	4		4	4			4	0		8