

PERSONAL EXPRESSIONS

Workshops for Personal Trainers



Featuring: International Presenter **Connie Jasinkas**

Sessions Include:

Personal Training: What you Need to Succeed 10:30 - 12:00

Pump Up Your Presentations 12:15 pm - 1:15 pm

The Science of Stretch 2:00 pm- 4:00 pm

Date: Saturday Feb 28th at the Roundhouse Community Centre
10:30 am - 4:00 pm, Registration starts 10:15 am

Recognized for 4.5 BCRPA renewal credits

Fee: Early registration \$105, Prior to Feb 15, 2009,
After Feb 15: \$125

To Register: In person at the Vancouver Aquatic Centre, by
phone at 604 665-3421, or on-line www.vancouver.ca.

follow links to Pools: Vancouver Aquatic Centre: Lessons:
Adult programs

For Info: contact Sandra Starrett at 604 988-4223 or
sandra@physicalexpressions.com

Workshop Sessions



Agenda

Registration: 10:15 am

Personal Training: What You Need To Succeed 10:30 - 12:00

Personal Trainers working in fitness and aqua fitness need to consider factors necessary to maintain and grow a successful business. We will discuss target markets, professional alliances, client satisfaction, marketing strategies, and best business practices. We will consider where you are at, and excellent ways to grow your personal training business.

BREAK 12:00 - 12:15

Pump Up Your Presentations: 12:15 - 1:15

Presentation Strategies and Techniques for Trainers

This session will help you maximize your ability to educate adults. We will explore ways to expand your access to markets and grow your income potential by developing your presentation skills. Learn to overcome jitters, organize, prepare and present like a pro.

LUNCH 1:15 - 2:15

The Science of Stretch 2:00 - 4:00

What happens to your muscles when you stretch? Why are some popular “stretches”, actually muscular work? Is stretching really necessary and where does it fit best in the workout? What are the best techniques to ensure safe, effective stretching? This workshop will clarify muscle physiology as it pertains to stretching, and highlight current research regarding the need for optimal flexibility. Participants will have the opportunity to see, discuss, and try various effective stretch techniques.

International Presenter: Connie Jasinkas

Speaker Bio: Connie brings 25 years of experience, passion and humour to her work as an international fitness author and educator. Through her company: ***For the Love of Fit***, Connie has worked with aqua and fitness leaders in England, Europe, South Africa, Australia, USA, and across Canada. As a cancer survivor-thriver, Connie understands and shares the benefits of a positive outlook on life. You will appreciate her enthusiastic approach to active learning, and all the great ideas you can put to use.