



YMCA Fitness Leadership Conference

November 16-17, 2024

Brookfield Residential YMCA at Seton



Sponsored by **PRECOR**

It Is Time To Elevate Your Teaching!

Join us at Brookfield Residential YMCA at Seton for our annual YMCA Fitness Leadership Conference. This will be a fun-filled, energetic weekend designed to develop and champion YOU, our incredible fitness instructors. Don't miss the opportunity to grow your network, bounce ideas off your peers, and learn from experts in the health & fitness industry.

Registration Fees

Registration includes up to 10 YMCA & Fitness Alberta CEC's with access to 6 conference sessions, 1 Keynote Presentation, 2 catered lunches, conference package, draw prizes and the spirit of camaraderie within an unbeatable fitness community – PRICELESS!

YMCA Calgary Staff & Volunteers: **FREE***

Regional YMCA Staff & Volunteers: **\$100****

External Fitness Instructors & Personal Trainers: **\$300**

*Must have a valid YMCA Calgary Staff or Volunteer Membership to register at this rate.

**Please check with your supervisor to have your name included on the Regional YMCA rate list.

***Catered lunches and swag are available for full conference participants only.

***Limited gluten free and dairy free options are available. Please specify at registration if you require a gluten or dairy free option.

Media Advisory: Please note that photographic & videographic images will be captured throughout the conference for YMCA promotional purposes. By participating in this conference you agree to have your photo taken.

What to bring

- Water Bottle
- Notebook
- Running shoes & layered activewear
- Swimsuit & Towels (pool sessions only)
- Yoga Mat (optional)

Registration Dates

October 7th — Registration Opens for participants with valid YMCA Calgary Staff & Volunteer Memberships

October 14th — Registration Opens for Regional YMCA Staff & Volunteers

October 21st — Registration Opens for External Participants

November 3rd — Registration closes at 11:59pm

Register by 11:59pm November 3rd, 2024!

Registration is by phone only. Please call [403-351-5262](tel:403-351-5262) between the following times to speak with our registration team:

Monday–Thursday — 11:30am–7:30pm

Friday — 11:00am–7:30pm

Saturday/Sunday/STAT — 9:00am–5:00pm

Please make sure to have your preferred sessions on hand including first, second and third choices for each timeslot. Spaces will be allotted on a first come first basis.

New At The Conference This Year

Saturday

Fitness Instructor Connect

You asked and we answered! Teaching fitness is great for building community with class participants, but what about with other instructors? Based on popular request we created some dedicated time for you to meet and get to know your fellow instructors inside and outside of the YMCA. Through fun, interactive games and quick get-to-know-ya activities this is your opportunity to build connections, find commonality, create some collective team spirit and enhance your network within the Fitness Instructor Community. You won't want to miss it!

Sunday

YMCA Fitness Leadership Awards Ceremony

Fitness professionals have profound impact on the health and wellness of our communities that extends far beyond what we see everyday in our facilities. This year we are proud to introduce the YMCA Fitness Leadership Awards to acknowledge and elevate the extraordinary efforts of YMCA volunteers and staff who Shine extra brightly, inspiring us all and illuminating the path for others as they guide them on their fitness journey. Award nominations will take place in October and be presented to selected individuals at the YMCA Fitness Leadership Awards Ceremony on Sunday, November 17th after lunch and before our conference finale.



Brookfield Residential YMCA at Seton

Join us at the
world's largest YMCA!

Welcome to the biggest YMCA facility on earth! Brookfield Residential YMCA at Seton, located in Calgary's deep south, provides many and varied opportunities for recreation, leisure and learning.

Members enjoy a competitive aquatics centre, leisure pool, fitness campus and sports facilities. Our program areas include the Evan Hazell Theatre, multipurpose areas, a licensed child care facility, and a full service Calgary Public Library.



Saturday Schedule

	Studio A	Studio B	Gym	MP1	MP2	Pool
8:00 - 8:45am	Conference Check-in and Package Pick-up 📍 Evan Hazell Theatre					
Session 1 9:00 - 10:30am	STRENGTH Glute Function for Performance, Health & Longevity Hayley Hollander	OLDER ADULT Enhance mobility and flexibility for active aging Gisèle Tennant	STRENGTH Strength & Alignment - Unlock Your Full Potential! Robin O'Grady	YOGA Mindfulness for Stress Reduction Michelle Wagner	LECTURE The Fitness Instructor as a Role Model Andy Kitchen	AQUA Resistance is NOT Futile (Shallow) Judi Balderson
Keynote 10:45 - 11:45am	The WOW Factor: Edu-tainment with Helen Vanderburg 📍 Evan Hazell Theatre					
12:00 - 12:45pm	Lunch 📍 Evan Hazell Theatre					
12:45 - 1:30pm	Fitness Instructor Connect 📍 Evan Hazell Theatre					
Session 2 1:45 - 3:15pm	CARDIO Choreo 101 Robin O'Grady	CYCLE Ride by Color Shane Kups	STRENGTH Core Off The Floor Helen Vanderburg	YOGA Multi-Level Yoga for Everybody Rahmi Diomande	OLDER ADULT The Gentle Side of Older Adult Fitness Andy Kitchen	AQUA Deep Water Interval Training Michelle Green
Session 3 3:30 - 5:00pm	STRENGTH TRX Rahmi Diomande	CYCLE Power Ignite Shane Kups	STRENGTH The Movement Triaid: mobility, stability, and strength Helen Vanderburg	YOGA Die Every Day - Letting go with Savasana Paul Larmer	PERSONAL TRAINING Understand, Connect, Transform Gisèle Tennant	AQUA Deep Water Choreography Karen Smith & Lorelei Waters

Saturday Workshops

Session 1 | 9:00 - 10:30am

Studio A	Studio B	Gym	MP1	MP2	Pool
<p>STRENGTH</p> <p>Glute Function for Performance, Health & Longevity Hayley Hollander</p> <p>The glutes are a powerhouse muscle group in our body, and glute training is one of the most popular trends in strength training. With so much noise in social media about glute training strategies and aesthetics, it can be challenging to determine myth from reality. Join Precor Master Coach Hayley Hollander for an interactive session about how to optimize glute function for your clients, and how to go beyond hypertrophy training to also meet your clients' performance, health and longevity goals.</p>	<p>OLDER ADULT</p> <p>Enhance mobility and flexibility for active aging Gisèle Tennant</p> <p>In this dynamic workshop, we will briefly discuss the three aging curves while focusing on the connective tissues and their effects on mobility, flexibility and overall well-being. Through interactive demonstrations, we'll discuss practical range of motion exercises and techniques tailored specifically for older adults. Discover how incorporating targeted range of motion and stretches into your fitness classes and programs can mitigate the effects of aging, promote independence and empower individuals to live life to the fullest. Get ready to inspire your clients to age gracefully!</p>	<p>STRENGTH</p> <p>Strength & Alignment - Unlock Your Full Potential! Robin O'Grady</p> <p>Get ready to unleash your strength and mobility using minimal equipment! Join us for an empowering session where you're discover innovative and creative ways to achieve a full-body workout like never before. Experience a unique blend of strength training, metabolic conditioning, martial arts and yoga in this exhilarating session. Dive deep into movement patterns that span all three planes, challenging your body in new and exciting ways.</p>	<p>YOGA</p> <p>Mindfulness for Stress Reduction Michelle Wagner</p> <p>As wellness professionals we know the benefits of mindfulness: stress reduction, improved sleep, and enhanced physical performance. In this session, Michelle will host a brief mindfulness yoga session as well teach how to incorporate the benefits of mindfulness into any type of training session with your clients.</p>	<p>LECTURE</p> <p>The Fitness Instructor as a Role Model Andy Kitchen</p> <p>Explore concepts of what it means to be a role model as a fitness instructor, with special attention paid to our roles as health and wellness ambassadors. In the lecture style session we will discuss using fitness classes as a way to build community and the importance of social interactions in class, and explore how we impact our participants with the words that we choose to use. From this session you will learn ways to improve your connection with participants and reflect on your teaching style to determine what you do well and what you want to improve upon.</p>	<p>AQUA</p> <p>Resistance is NOT Futile (Shallow) Judi Balderson</p> <p>We will be looking at the resistance we can work with in the pool. Just by being in the water we encounter resistance immediately compared to land workouts. Can we add into that various factors like speed, movement, dumbbells, noodles, resistance bands, kick boards and see what happens? This will be an active session in the pool!</p>

Keynote Speaker

Helen Vanderburg

Saturday | 10:45 - 11:45am

📍 Evan Hazell Theatre

The WOW Factor: Edu-tainment

The fitness industry and the expectation of clients continue to evolve. With a new generation of fitness participants wanting engaging, entertaining, and meaningful experiences in group fitness classes and small group training, learn how you can become the master of edu-tainment. This session is practical and will require you to step out of your comfort zone. Find the perfect balance between being a great educator and an amazing entertainer!



Saturday Workshops

Session 2 | 1:45 - 3:15pm

Studio A	Studio B	Gym	MP1	MP2	Pool
<p>CARDIO</p> <p>Choreography 101 Robin O’Grady</p> <p>In Choreography 101, we’ll dive deep into the art and science of choreography, working on programming and teaching skills. Led by Robin O’Grady, this session has been designed to equip you with the tools and techniques you need to introduce choreography into your repertoire or elevate your choreography game and inspire your participants like never before. Don’t miss this opportunity to revolutionize your choreography classes and ignite a new passion for choreography in yourself and your participants! Secure your spot at Choreography 101 today and get ready to take your classes to new levels!</p>	<p>CYCLE</p> <p>Ride by Color Shane Kups</p> <p>Often riders approach intensity using different measurement tools. Whether it is riding with power, heart rate or rating of perceived exertion, experience how to correctly dial into correct effort levels by having a deeper understanding of each. From visual stimulus using a color display to testing and estimation tools, Ride By Color is everything you need to know and experience to amp up any ride workout. 5 colors. 5 zones. Endless possibilities!</p>	<p>STRENGTH</p> <p>Core Off the Floor Helen Vanderburg</p> <p>Take your core training from the floor to standing to create functional strength for everyday life. In standing, the core fires differently than when we are on the floor. Most of us spend our time sitting, standing, walking and moving in relationship to gravity. Based on the concept of training specificity (SAID), the skills learned on the floor need to be trained in standing to maximize their benefits. In this workshop you will learn multiplanar movement complexes to create a unique core training experience using small equipment and bodyweight exercises.</p>	<p>YOGA</p> <p>Multi-Level Yoga for Everyone Rahmi Diomande</p> <p>In this session we will explore 6 popular yoga poses with a focus on teaching to multi-level classes. Topics will include: regressions and progressions, flow of entry and exit into/out of poses and modifying with and without equipment. The story behind each pose will also be explored in this session that will be a combination of group learning and practical exploration. Please bring your own yoga mat.</p>	<p>OLDER ADULT</p> <p>The Gentle Side of Older Adult Fitness Andy Kitchen</p> <p>Rethink your Older Adult classes for participants with lower function and broaden your participant population. What does ‘workout’ mean if there is no sweat involved? What is the goal of a fitness class for those who cannot even be on their feet for a whole hour? Explore these and other concepts in this interactive workshop that is part lecture and discussion and part practical experience.</p>	<p>AQUA</p> <p>Deep Water Interval Training Michelle Green</p> <p>Take your deep water intervals to the next level! By incorporating travel, strength, core and positional variations your participants will work their fitness from every angle! This workshop will explore a minimum of 3 interval formats that are sure to leave your class feeling great!</p>

Saturday Workshops

Session 3 | 3:30 - 5:00pm

Studio A	Studio B	Gym	MP1	MP2	Pool
<p>STRENGTH</p> <p>TRX Rahmi Diomande</p> <p>Get more in less time. In this session you'll learn the essentials, like setup, foundational movements, and coaching best practices using the TRX Suspension Trainer. After a basic overview, we'll dive into details like effective cueing, correct form, progressions, and regressions, all using the powerful TRX® training methodology. Leave the session with a whole new set of skills and mindset to take into your client sessions and classes.</p>	<p>CYCLE</p> <p>Power Ignite Shane Kups</p> <p>Start the fire and ignite an entirely new ride experience using power as a super effective and individualized training tool. Deep dive into a better understanding of functional threshold power with a real-world approach to training with power. This session will ignite your rider's workout and take away the guess work of how to effectively add power training into your classes. Fire it up!</p>	<p>STRENGTH</p> <p>The Movement Triad: Mobility, Stability & Strength Helen Vanderburg</p> <p>Mobility, stability, and strength have traditionally been categorized separately when training clients. In this interactive session learn the most current science and training methods as to why mobility, stability and strength may be best achieved when they are trained together. Using loaded mobility and multidimensional movement techniques learn movement complexes to enhance function and performance. Walk away with ready to use exercises to purposefully train the movement triad of mobility, stability, and strength.</p>	<p>YOGA</p> <p>Die Everyday - Letting Go with Savasana Paul Larmer</p> <p>This session focuses on the practice of savasana (corpse pose) in yoga. Topics explored are letting go, daily cleansing of the mind through the routine practice of death and rebirth, and, ultimately, release from fear through the repeated practice of non-attachment. Whether you practice yoga or not, you can learn this effective relaxation technique for a daily reset.</p>	<p>PERSONAL TRAINING</p> <p>Understand, Connect, Transform Gisèle Tennant</p> <p>Understanding and connecting with clients and class participants is essential for success. Join me as we discuss the intersection of motivational interviewing, the Big 5 personality theory, and the Myers-Briggs type indicator. This interactive lecture will provide practical insights and real-world applications, adding more tools to your toolkit to enhance your ability as a personal trainer or fitness leader to create a motivating environment, inspire, and connect with clients and class participants, ultimately improving their overall fitness experience.</p>	<p>AQUA</p> <p>Deep Water Choreography Karen Smith & Lorelei Waters</p> <p>This session will be focused on building choreographed patterns in deep water that will have your participants moving, motivated and having fun!</p> <p>We will go over how to create blocks of choreography and intervals that flow well with the music, effective cueing and creating a fun atmosphere so the "work" feels more like wellness.</p>

Sunday Schedule

	Studio A	Studio B	Gym	MP1	MP2	Pool
8:00 - 8:45am	Coffee and Refreshments 📍 Evan Hazell Theatre					
Session 4 9:00 - 10:30am	STRENGTH Glute Function for Performance, Health & Longevity Hayley Hollander	YOGA Happy Hips Helen Vanderburg	CARDIO Step: From Basic to Brilliant Robin O'Grady	YOGA Stress Reduction through Breath Connection Paul Larmer	PERSONAL TRAINING Nutrition & Movement - Effective Fat Loss Strategies Scott Andrews	AQUA Shallow Water Choreography Valerie Whitehead & Lorelei Waters
Session 5 10:45am - 12:15pm	STRENGTH Circuit Training for Restoration Paul Larmer	CYCLE A Winning Ride Shane Kups	STRENGTH All the Tools - A Tour of Portable Equipment Robin O'Grady	PERSONAL TRAINING Movement Optimization - The Importance of Strength in the Continuum of Care Scott Andrews	OLDER ADULT The Science of Aging Well Helen Vanderburg	AQUA H2-Whoa! Dive into the Deep End Jessica Belzerowski
12:30 - 1:15pm	Lunch 📍 Evan Hazell Theatre					
1:15 - 2:00pm	YMCA Fitness Leadership Awards Ceremony 📍 Evan Hazell Theatre					
Session 6 2:15 - 3:45pm	Squad Team Training with Helen Vanderburg 📍 Gymnasium					
3:45 - 4:00pm	Final Draw Prizes and Closing Remarks 📍 Gymnasium					

Sunday Workshops

Session 4 | 9:00 - 10:30am

Studio A	Studio B	Gym	MP1	MP2	Pool
<p>STRENGTH</p> <p>Glute Function for Performance, Health & Longevity Hayley Hollander</p> <p>The glutes are a powerhouse muscle group in our body, and glute training is one of the most popular trends in strength training. With so much noise in social media about glute training strategies and aesthetics, it can be challenging to determine myth from reality. Join Precor Master Coach Hayley Hollander for an interactive session about how to optimize glute function for your clients, and how to go beyond hypertrophy training to also meet your clients' performance, health and longevity goals.</p>	<p>YOGA</p> <p>Happy Hips Helen Vanderburg</p> <p>Yoga postures are ideal for building strength and freeing the hips and lumbar spine of tension. In this session, you will explore the anatomy of the lumbar and pelvic and the common misalignments and imbalances. We will practice and analyze a series of yoga postures that are ideal for lumbar and pelvic mobility and stability to give you happy hips.</p>	<p>CARDIO</p> <p>Step: From Basic to Brilliant Robin O'Grady</p> <p>Get ready to dive into an electrifying class bursting with energy and innovative choreography! Join us for a dynamic session focused on unlocking the secrets to creating teachable, exciting routines that will keep your class buzzing with excitement. Experience the power of group creativity as we come together to brainstorm, experiment, and innovate. Harness the collective energy of the room to inspire new ideas and unleash your choreographic potential.</p>	<p>YOGA</p> <p>Stress Reduction through Breath Connection Paul Larmer</p> <p>Everyone is impacted by stress at some point or another and at times the accumulation of stressors can feel unbearable. Through activating essential mind-body-breath connection you will learn simple techniques for cultivating your unbeatable self, making peace with every moment and facing your stressors with confidence and calm.</p>	<p>PERSONAL TRAINING</p> <p>Nutrition & Movement - Effective Fat Loss Strategies Scott Andrews</p> <p>You will learn effective strategies to help some of your most challenging clients lose weight and keep it off, all while staying within your scope as a personal trainer. I'll teach you my evidence-based learning from over 15 years as a fitness and lifestyle coach. Come learn the powerful impact of sleep, movement and dietary changes when it comes to fat loss</p>	<p>AQUA</p> <p>Shallow Water Choreography Valerie Whitehead & Lorelei Waters</p> <p>In this session we will focus on choreographed movement patterns to add interest, challenge and inspiration in the shallow end of the pool. Content & composition will be addressed as we explore Music & BPM, participants keeping pace, organizing your tracks, remembering movement patterns and how to choose them.</p>

Sunday Workshops

Session 5 | 10:45am - 12:15pm

Studio A	Studio B	Gym	MP1	MP2	Pool
<p>STRENGTH</p> <p>Circuit Training for Restoration</p> <p>Paul Larmer</p> <p>The demands of daily living can leave your clients feeling less like the Energizer Bunny and more like a tortoise. Learn how to sequence a fitness training circuit so it can recharge - rather than drain - the body battery, giving your clients the energy boost they seek so they can live with vitality. They will thank you!</p>	<p>CYCLE</p> <p>A Winning Ride</p> <p>Shane Kups</p> <p>In this session, we will learn how to put together inspiring and effective indoor cycling workouts. Starting with developing rides that are correctly based on intensity and physiological goals, followed by finding and curating a motivating Spotify playlist to understanding technology, this session combines science with an easy to follow winning-formula. Never again will you have to guess what to do, what to teach or what music to use. Ready, set, win!</p>	<p>STRENGTH</p> <p>All the Tools - A Tour of Portable Equipment</p> <p>Robin O’Grady</p> <p>Take a refreshing journey through the tools at your disposal and unlock their full potential! Join us for an invigorating session that will reignite your passion for the equipment in your studio. Come prepared to bring your energy and enthusiasm as we dive deep into the world of portable equipment. Together, let’s spark excitement and ignite a renewed sense of passion for teaching and movement.</p>	<p>PERSONAL TRAINING</p> <p>Movement Optimization - The Importance of Strength in the Continuum of Care</p> <p>Scott Andrews</p> <p>Come learn the importance of prehab when it relates to helping clients go from injured to strong, learn what your scope of practice is as personal trainers and how to can help your clients better manage their ailments. In this course you will have a better understanding of functional anatomy when it relates to fundamental movement optimization, focusing specifically on mobility, stability/ motor control, patterning and sequencing in challenging cases of shoulder pathologies and non-specific low back pain disorders</p>	<p>OLDER ADULT</p> <p>The Science of Aging Well</p> <p>Helen Vanderburg</p> <p>In this session, Helen Vanderburg will describe the science of physical, psychological, and social aging. In addition, Helen will discuss the limitations faced by older adults and strategies to adopt proactively to optimize their functional capacity, improve mobility, strength, and balance training to keep older adults moving.</p>	<p>AQUA</p> <p>H2-Whoa! Dive into the Deep End</p> <p>Jessica Belzerowski</p> <p>Are you looking for some new ideas, brain games and activities to bring into your Deep-Water Classes? Join Jessica’s creative workshop filled with both practical portions, as well as theoretical discussions on how to ensure your classes are safe and fun. Keep your participants engaged by mastering new (and old) skills in the water. After this workshop you’re guaranteed to make a Splash in your next class!</p>

Finish On A High Note!

Session 6

Squad Team Training with Helen Vanderburg

Sunday | 2:15 - 3:45pm

📍 Gymnasium

Experience a high energy interactive team training workout with Squad Team Training. Explore partner and teamwork exercises to bring back to your small group and group training session. This session builds cooperation, comradery, and team spirit. Learn how to easily and quickly set up team training workouts to enhance client satisfaction and longevity at the same time giving them incredible results. This session is fun and effective!

Meet your instructors

Helen Vanderburg

Keynote Speaker

Owner of The ACADEMY fitness, yoga, spin studio, Fusion Fitness Training™, and Fusion Yoga Teacher Training School. Helen is an international health and fitness consultant, respected motivational speaker, and author of Fusion Workouts. Helen has been recognized with numerous industry awards including IDEA Fitness Instructor of the Year, IDEA Program Director of the Year, IDEA Top Industry Contributor, CanFitPro Presenter of the Year, Government of Canada Fitness Leadership, Women of Vision, and the CanFitPro Lifetime Achievement Award. Helen brings a wealth of experience to her presentations, workshop, and classes as a business owner, mentor, trainer, writer, author, video producer, and elite athlete as a past World Champion synchronized swimmer and honored member of the Sports Hall of Fame

Andy Kitchen

Fitness Alberta Trainer Andy is a Certified Exercise Physiologist, a Strength and Conditioning Specialist, a Dryland and Aquatic Fitness Instructor, and Fitness Alberta Trainer. She has specific interests in movement mechanics, endurance sports, and the Active for Life principle. Her personal road to active aging has included marathons, triathlons, trail running, strength training, biking, gardening, hiking, cross-country skiing, and anything else that keeps her moving. Andy started teaching Step back in the '90s! Over the years she has taught various fitness styles: from bootcamps to choreography to cycle; butt-kicking aqua to seated older adult classes. She enjoys the many opportunities to mentor instructors as we all grow and work to stay current in the ever-changing fitness market.

Gisèle Tennant

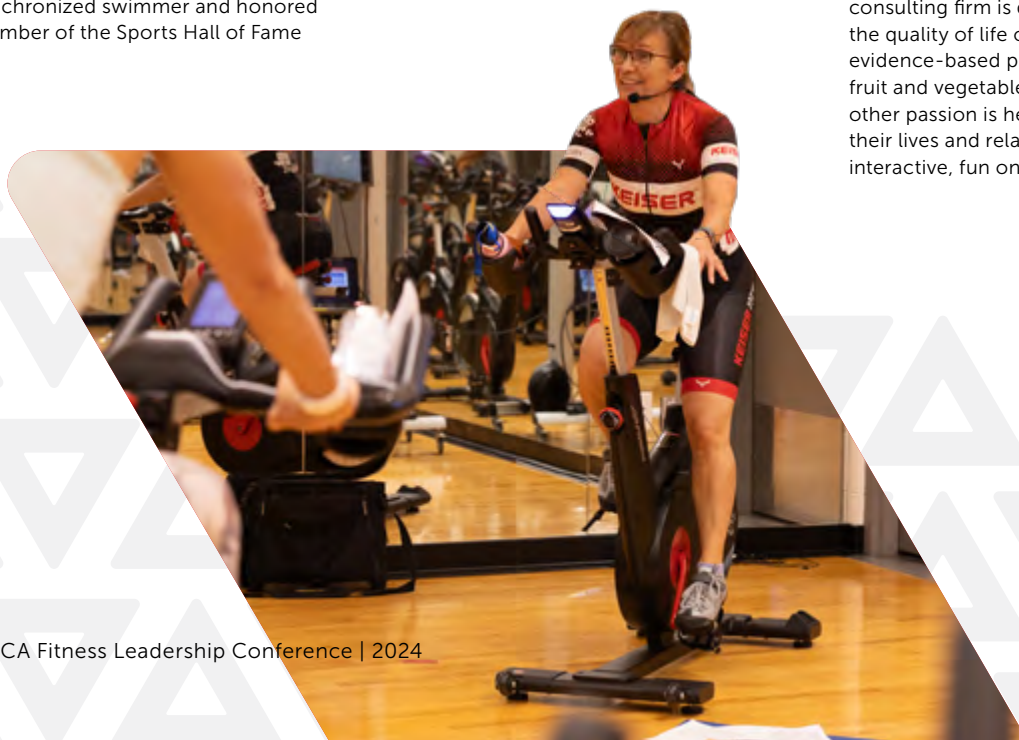
Dr. Tennant is a clinical exercise physiologist with a PhD in health psychology. She is the President of Fitness Alberta powered by the AFLCA, an AFLCA Trainer Educator and a Certified Fitness Trainer Examiner who brings a wealth of knowledge and passion to her work. Gisèle holds multiple fitness certifications, has authored several fitness certification manuals for YMCA Canada and co-authored a deep-water tethering manual for the AFLCA. She has presented at international academic conferences, has published numerous academic peer-reviewed papers, and has been interviewed both for television and print.

Gisèle is a sessional lecturer at Mount Royal University and SAIT and an adjunct associate professor in the psychology department at St Mary's University. Her consulting firm is dedicated to improving the quality of life of her clients through evidence-based physical activity and fruit and vegetable consumption. Her other passion is helping others transform their lives and relationships through interactive, fun online workshops.

Hayley Hollander

Hayley is an international coach, educator and business consultant. She is a co-founder of Pivotal - a global development company empowering people to fulfill their greatest potential, the Co-Director of Education for Gray Institute, Precor Consultant & Master Coach and Power Plate Training & Education Advisory Member. Throughout her 22+ year career her leadership, programming and content creation has influenced the masses. She has written over 30+ nationally accredited or CEC approved courses delivered online and live today.

She has coached and educated thousands of clients, teams, athletes and coaches from all over the world. She is renowned for her program creation and implementation and her work can be found in major health club chains, university recreation centers, non-profit wellness centres and professional sports training centers. Hayley has been named amongst the top 3 finalists for IDEA Personal Trainer of the Year in 2014, 2018, & 2019; IDEA China Industry Top Contributor Finalist in 2018, IDEA China Fitness Inspiration Finalist in 2019; and chosen as the 2013 Fan Favorite for LifeFitness' Personal Trainer to Watch. Her passion extends to empowering coaches and leaders to achieved levels, while inspiring those they serve.



Meet your instructors

Jessica Belzerowski

CSEP-CPT Personal Trainer, YMCA Canada Fitness Champion and a Sport for Life Canada Physical Literacy Facilitator. Certified in Group Strength, Group Cycle, Group Aquatic Fitness, Active Older Adult, Yoga, and MOSSA.

Jessica brings her passion and knowledge for fitness to each class, workshop, educational course, and coaching opportunity. Jessica is a massive advocate for physical literacy and motivating individuals to get active from an early age and stay active as they age. She believes in leading by example by keeping active through exercise, running, hiking, and recreational sports. Jessica is always excited to learn and bring innovative ideas to her peers while keeping it fun and engaging for everyone.

Judi Balderson

Judi has been a group fitness instructor for 20 years, taking her original YMCA qualification in the UK before moving to Canada. She is certified in Choreography, Aquatics, Group Strength Training, Fusion, (yoga, pilates, strength fitness mix), Older Adults, Barre Above and Tabata Bootcamp. Judi particularly enjoys teaching older adults and has completed a Bone Fit certification to help those participants with Osteoporosis. She endeavors to bring joy to all her class and loves encouraging everyone on their fitness journey. She has just moved to Penticton and is looking forward to meeting new people.

Karen Smith

Karen has worked in the fitness and wellness industry for over 20 years. She is certified and experienced in teaching a variety of group fitness modalities including step, aquatics, hi/lo, HIIT and group strength. She also spent many years as a personal trainer and holistic nutrition coach. She has a passion for helping others reach their goals to become stronger and healthier.

Lorelei Waters

Lorelei has a degree in psychology and worked in child welfare for 13 years before entering the fitness industry. She has been a fitness instructor and personal trainer since 2008 and currently holds certifications in Group Strength, Cycle, Aquatic Fitness, Yoga, and personal training. Lorelei is also certified as a YMCA Canada Champion. In her current role as the Health & Fitness Training Specialist Lorelei teaches YMCA Fitness Leadership courses. Committed to the growth of the YMCA Fitness Instructor community she inspires and mentors new instructors.

Michelle Green

Michelle joined the YMCA in 2018 at the Gray Family Eau Claire location, since closing their doors, she has moved to the Brookfield Residential YMCA at Seton location as their Health and Fitness Supervisor. She is a YMCA Canada Fitness Champion and loves mentoring and inspiring up-and-coming instructors in the Cardio, Strength, and Aquatic Fitness designations. She has certifications from the AFLCA and YMCA in Group Strength, Group Cardio, Choreography and Portable Equipment, Aqua, Group Power, and Group Core. Michelle teaches a variety of classes but is known for her Tabata Drumming. Michelle is passionate about fitness and musicality and brings them together into every class.

Paul Larmer

Paul Larmer has dedicated 30 years to the study of the mind and human consciousness. Likely the only personal trainer and Metaphysical Reverend you'll ever meet, Paul has been teaching fitness, yoga and meditation for over 20 years. He was the owner and director of Home Sanctuary Natural Health Centre for 9 years (2003-2012) before he decided to take the powerful teachings of yoga and meditation into the corporate sector and devote more time to working with groups and individuals through his current wellness company, Sacred Line Spirituality. Paul also works as a consultant for LIVunltd, a national fitness consulting and management company where he specializes in the delivery of mindfulness and meditation programs for the corporate sector.

Rahmi Diomande

Rahmi is a Master Trainer for Group Fitness and Personal Training Certifications with Canfit-Pro. She is a prevalent Personal Trainer, Group fitness instructor and Yoga Teacher Trainer as well as a Thai Massage Practitioner and a Nutrition and Wellness Specialist. Her fitness certifications include Cycle, Aquatic Fitness, Group Strength, MOSSA, Zumba, Choreography, Mind/Body, Meditation, Yoga, TRX, Nordic Pole Walking and more!

When it comes to Personal Training, Rahmi works with anyone who is looking to maintain or improve their health and fitness level. Rahmi's current clients range from athletes, expecting moms, seniors and individuals in their weight loss journey. Her fitness classes are adapted to everyone's needs and will meet every participant at their level. Rahmi is also a Yoga Teacher Trainer who has her own Yoga school. She offers 200 hours and 300 hours Yoga Teacher trainings (In person and online).

Meet your instructors

Robin O'Grady

As an experienced Fitness Professional, Speaker and Consultant Robin is dedicated to delivering strategies and tools that make health and wellness achievable for everyone. She is passionate and committed to this ideal as she walks the walk every day, not only coaching her clients but showing them, it can be done. Robin is a regular presenter and educator at facilities and conference internationally and is proud to be a Certified Mindset Coach and Assistance Trainer for Fitness Alberta. In addition to owning O'Grady Consulting, Robin is a Group Fitness Instructor, Dance Instructor and Aerialist. With her contagious energy and positive outlook, Robin's sessions are always uplifting and inspiring.

Scott Andrews

Scott has worked in the fitness industry for over 20 years, as a nutritionist, personal trainer and osteopath. He is a graduate of the Institute of Holistic Nutrition, Athabasca University, Georgian College and the Manual Osteopathic College of Canada. In addition to his education & kinesiology background he has helped many of his clients reach their full potential. In addition to conducting workshops on weight management, holistic living and running his own manual therapy and nutrition practice, he teaches Fitness and Sports Nutrition at The Institute of Holistic Nutrition

Shane Kups

Since 2012, Shane has been a powerhouse Keiser trainer, bringing over two decades of expertise to the fitness industry. His fitness career, which began in 2000, is decorated with numerous accolades as a personal trainer, group fitness instructor, and presenter. Beyond the gym, Shane's passion for Brazilian Jiu-Jitsu, Muay Thai, and MMA fuels his coaching, where he pushes limits and breaks barriers. Known for his legendary quote, "You're not tired," Shane's infectious energy and unwavering commitment inspire individuals of all fitness levels to discover new heights. Whether coaching martial arts or leading a cycling class, Shane transforms lives and unlocks untapped potential.

Valerie Whitehead

Valerie is the fitness equivalent of a garage-band singer turned super-star. With a background in dance, she started her fitness leadership journey developing choreography for fun, in her garage. After deciding to bring her creations to the YMCA her calm but fierce, entrepreneurial spirit, genuine connections and authentic humour have launched her popularity, fueled her passion and she hasn't looked back since! Valerie's enthusiasm for developing herself and mentoring others is never-ending - she has certifications in Strength, Cardio, Aquatic Fitness, Yoga, Cycle, MOSSA Group Power and most recently has become certified as a YMCA Fitness Champion. Valerie is sure to inspire!





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to see you!**

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