

Workshops and presenters

8 am to 9 am

101 Zumba

Carole Woodstock

Presentation in French, bilingual presenter

When people talk about working out, what we usually hear is that they *have to* work out. When it comes to Zumba though, it's unanimous across 75 countries around the world, people *want to* work out! That's why 5 millions Zumba enthusiasts stand in line to participate in this unique fitness experience. Once you've tasted the *Fitness Party*[™] concept, you'll be hooked for life. Why is this class so inspiring? Why does it stimulate cardiovascular and muscular fitness the way it does and why is it so conducive to results? Come find out today! Be ready to move to Latin rhythms and other world beat music as you let go and join the party!

With nearly two decades in the fitness industry, Carole Woodstock is driven by her passion for hip-hop and community outreach. She was the National Director of Culture Shock Canada and was recognized with the Ottawa Community Builder's Award. Formerly the host of the *Cardio Hip-Hop* television show, Carole maintains her commitment to fitness as a Senior Regional Group Exercise Manager for GoodLife Fitness Clubs and as Ottawa's Lululemon Ambassador. In her personal time, Carole trains for triathlon events.

102 Redécouvrez CTB

Karine Opasinski

Presentation in French, bilingual presenter

The "jab, punch, hook, uppercut" sequence is the most popular sequence for cardio boxing! But most widely recognized does not have to mean monotonous. Provide your participants with the basic techniques, as you deliver an intensive and challenging workout. This is cardio tae-boxing at its best.

Karine Opasinski has more than 25 years of dancing experience and 15 in the fitness industry.. Black belt in Tae Kwon Do, she competed in different tournaments throughout Quebec, Ontario and the United States and also defended the title of Quebec Junior Champion 1990. She is a dance teacher in elementary schools and FIDA certified. Always smiling, dynamic, passionate for dance and really involved, she earned herself the title of Rookie of the Year from Energie Cardio where she is presently the trainer for Cardio Latino I and II.

9:15 am to 10:15 am

201 Step v2.0

Richard Chalifour

Presentation in French

Come experience this duo-step session where simple and accessible choreography will be demonstrated using a substitution method. Beginners and seasoned athletes will take away from this ready to teach formula that guarantees your classes will be a success.

Richard Chalifour is FIDA certified and a third time presenter for the *Congrès Tempsdances* conference this year. He has been involved in fitness to music classes for the past 10 years, with a particular passion for aerobics and step. Sporting several different hats within Énergie Cardio, he is a personal trainer and group exercise coordinator for the Place Dupuis location, as well as a presenter and trainer for Énergie Cardio, all the while still fulfilling his duties as the Complexe Desjardins location manager. Come share the passion and stay current on all the latest trends, within our ever changing fitness industry!

202 Jazz Robics

Kathy Landry
Presentation in French

This session's title says it all. Here's the formula: aerobic dance + jazz + cardiovascular training = Jazz Robics. No dance experience necessary! You'll leave this class stimulated and feeling like a super star!

FIDA certified and kinesiology student Kathy Landry has been teaching at the Énergie Cardio Complexe Desjardins location for the past 3 years. Having combined her 10 years of training in dance to the world of aerobics, she offers unique classes that stimulate participants.

10:30 am to 11:30 am

301 FDF : Step intervalle

Nadège St-Philippe
Presentation in French, bilingual presenter

Most participants LOVE it! The reason why is simple: the secret's in the formula. Dynamic and explosive, this class' structure allows participants to target their cardio work as well as their strength work using the step. Everyone knows that alternating between these 2 different types of training is what really makes it possible to meet our fitness goals, all the while also allowing for new aptitudes and reflexes to be developed. If you want to ignite your creative flame, which will make it easier for you to structure routines and classes, then this is the session for you. Engaging, safe and fun, this session is definitely an inspiration!

FIS pro trainer and University of Sherbrooke graduate, Nadège St-Philippe's bachelor degree consists of a major in psychology and a minor in business administration. To promote the benefits of a healthy lifestyle, Nadège started up her own company. While signing fitness articles and structuring columns for television, she still shares her passion through group classes. Nadège co-hosted *Le Rendez-vous Reebok* on RDS, and collaborated as guest trainer on *The Caribbean Workout* broadcasted on TSN, as well as *En Forme avec Josée Lavigreur* on TVA. She now proudly hosts *NADÈGE en 32 temps*, a fitness show on CJNT Montréal.

302 Yoga Detox Flow

Laura Warf
Presentation in English, bilingual presenter

Use yoga as a way of cleansing and balancing your life in more ways than one. Participate in a unique class that focuses on cleansing the vital organs through a special vinyasa sequence that utilizes compression and twists to stimulate the purification process within the body allowing prana to flow more freely. Give your body the assistance it needs to achieve optimal health and vitality by experiencing detox pose sequences, breathing exercises and meditation. Cleanse the mind of limiting thought patterns and detox the body to instil a greater connection with your higher self. Be on your way to a more harmonious mind, body and spirit.

Laura Warf is an established fitness professional in Montreal with 18 years of experience and the recipient of the Can-Fit-Pro Presenter of the Year award (2005). Laura is the creator and author of Can-Fit-Pro's Mind-Body Specialist program. Her background lies in specialized personal training, yoga and cycling classes, program coordinating and club management. She is the former editor for Beyond Fitness magazine and continues to share her expertise as a contributor for various publications.

12:15 pm to 1:15 pm

401 Les atouts nutritionnels des smoothies

Kim Labonté

Presentation in French



NUTRITION
LES PRODUCTEURS LAITIERS DU CANADA

New! A nutrition workshop where you can taste the discussed topic: the nutritional benefits of smoothies in relation to physical training. From bananas to eggs, linseeds and berries, along with milks and juices, explore a world of possibilities. A theoretic workshop for the pleasure of your tastebuds.

Kim Labonté is a Laval University graduated nutritionist who is currently completing a master's degree in sport nutrition. Part of the Énergie Cardio team for the past 8 years, from personal trainer to a full fledged nutritionist, Kim was also a nutrition, exercise and sport performance graduate professor. Mrs. Labonté is also part of the professional sport nutrition research team at the Laval University.

1:30 pm to 2:30 pm

501 Newbody

Maureen Hagans and Lisa Mastracchio

Bilingual presentation, bilingual presenters

More energy, stamina and strength in your muscles, heart and lungs. This easy to follow, low impact cardio conditioning class with weights, will re-define your body and help prepare you for life's daily needs. It's never too late to get and stay fit. Goodlife and Energie Cardio

Maureen Hagans is an international award winning Fitness Instructor and Program Director, a Physiotherapist, certified fitness and aqua instructor, fitness author, the VP of Operations for GoodLife Fitness and Education Director for Canadian Fitness Professionals.

Lisa Mastracchio works at GoodLife Fitness Clubs in Quebec as a Les Mills International Instructor as well as a Newbody National Trainer. She has also been recognized as a finalist for GoodLife's Instructor of the Year Award in 2006, 2007 and 2009. With over 14 years of experience, Lisa brings both energy and charisma to every class she teaches. Known for her passion and enthusiasm, Lisa inspires those around her to achieve their personal best while having fun!

502 Bootcamp

Christian Racicot

Presentation in French, bilingual presenter

Ouch! Can we really say it feels good when it hurts? Inspire your participants to go beyond their limits. Offer them an intensive structured class that is guaranteed to get concrete results. Christian will guide you so that every level of participant is well served. Have a good workout!

As a trainer for Granby Energie Cardio for almost eight years now, Christian Racicot entered the world of group exercise in 2005. First specializing in cycling classes, he now shares his passion for military cardio training with the members of his club. Christian also has a background in massage therapy, in kinesitherapy and in orthotherapy.

2:45 pm to 3:45 pm

601 Aérobie point

Joanne Doré

Presentation in French

This is pure and traditional aerobics spiced up with an extra dose of strength training and cardiovascular intensity! Let Joanne guide you through this simple, high energy and efficient workout.

FIDA certified fitness instructor Joanne Doré has been teaching group exercise classes for the past 8 years. Thanks to her passion for fitness to music classes, and to her dynamic personality and involvement, she was named Énergie Cardio's Rookie of the year. FIDA trainer and Pilates instructor, Joanne is definitely someone you don't want to miss!

602 Muscu en 5 points

Jean-Denis Thomson

Presentation in French, bilingual presenter

10 exercises – 5 interventions

This session will boost your confidence when it comes to detecting and correcting your participants' strength training exercises. Be knowledgeable, credible and efficient.

Jean-Denis Thomson, the current training department director for Energie Cardio, is also a seasoned presenter and the provincial trainer for Ataraxia, which specializes in the training and certification of personal trainers. Jean-Denis was recently featured in Sports Experts' Fusion publication and also teaches the FIDA cycling certification course level 1 and 2, his own cycling classes and works as a personal trainer for a very diverse clientele, ranging from beginners aiming for weight loss, as well as international athletes aiming for the gold.

4 pm to 5 pm

701 Surprise!

Bilingual presentation

Let yourself be dazzled. Have faith and you won't be disappointed. Conquering the unknown is always stimulating.

Registration Form

Last name: _____ First name: _____

Center: _____ Company: _____
 (if Énergie Cardio Employee) (if other than Énergie Cardio)

Tel. (day): _____ Tel. (evening): _____

Email: _____

Address: _____

City: _____ Postal code: _____

Workshop Selection

	1 st	2 nd
8 am to 9 am	# _____	# _____
9:15 am to 10:15 am	# _____	# _____
10:30 am to 11:30 am	# _____	# _____
11:30 am to 12:15 pm	Lunch	
12:15 pm to 1:15 pm	Les atouts nutritionnels des smoothies <i>Presented by Dairy Farmers of Canada</i>	
1:30 pm to 2:30 pm	# _____	# _____
2:45 pm to 3:45 pm	# _____	# _____
4 pm to 5 pm	Surprise workshop!	

Location

Sheraton Laval
 2440, Autoroute des Laurentides
 Laval, Québec H7T 1X5
 450 687-2440

Price List

Énergie Cardio employee rate (check off)

Before February 14: \$89 + taxes = \$100.46

After February 14: \$109 + taxes = \$123.03

Norma rate (check off)

Before February 14: \$109 + taxes = \$123.03

After February 14: \$129 + taxes = \$145.61

Payment

Credit card: Visa MasterCard

Card number: _____

Expiration date: _____ Amount: _____

Signature: _____

Check: payable to Énergie Cardio
 Registration valid upon payment only.

Send to:
 Énergie Cardio
 Département des cours en groupe
 1040, Michèle-Bohec, suite 300
 Blainville, Québec J7C 5E2

For more information, contact the Group Class Department at 450 979-3613, extension 236 or 240.
 You can send your registration for by fax at 450 979-3801.