



ELEVATE

YMCA Fitness Education
Conference 2026

Saturday, September 26, 2026
Don Wheaton Family YMCA

Conference Details



EVENT INFORMATION

Conference location:
Don Wheaton Family YMCA
10211 102nd Avenue NW
Edmonton, AB

Parking is available underground for a fee and accessible from 102nd Street. Please note that while there is an underground parkade, parking may be limited and therefore we encourage carpooling or taking public transit.

WHEN TO ARRIVE

8–8:40am: Registration opens (main lobby)

WHAT TO BRING

- Workout clothing
- Indoor athletic footwear
- Water bottle
- Snacks and lunch (lunch options will be available for pre-order)
- Bathing suit and towel if participating in aquatic fitness sessions
- YMCA membership card or lock to access lockers

CONNECT & RECHARGE

11:45AM–12:45PM

Take a well-deserved brain break! Bring your lunch or grab something on-site from Avo & Sprout, and enjoy the opportunity to connect, recharge, and network with others in the fitness industry, take a selfie and visit local vendors!

CEC INFORMATION

Conference sessions will be eligible for YMCA CECs at a value of 1.25 CEC's per session (full conference attendance is worth 5 CECs).

Participants requiring CECs for Fitness Alberta (formerly AFLCA) and/or canfitpro will be required to petition individually for CECs with those organizations; the YMCA will provide attendees with the necessary documentation required to do so.

Aquatic fitness sessions will not be eligible for WaterArt CECs.



register.ymcanab.ca

REGISTER NOW

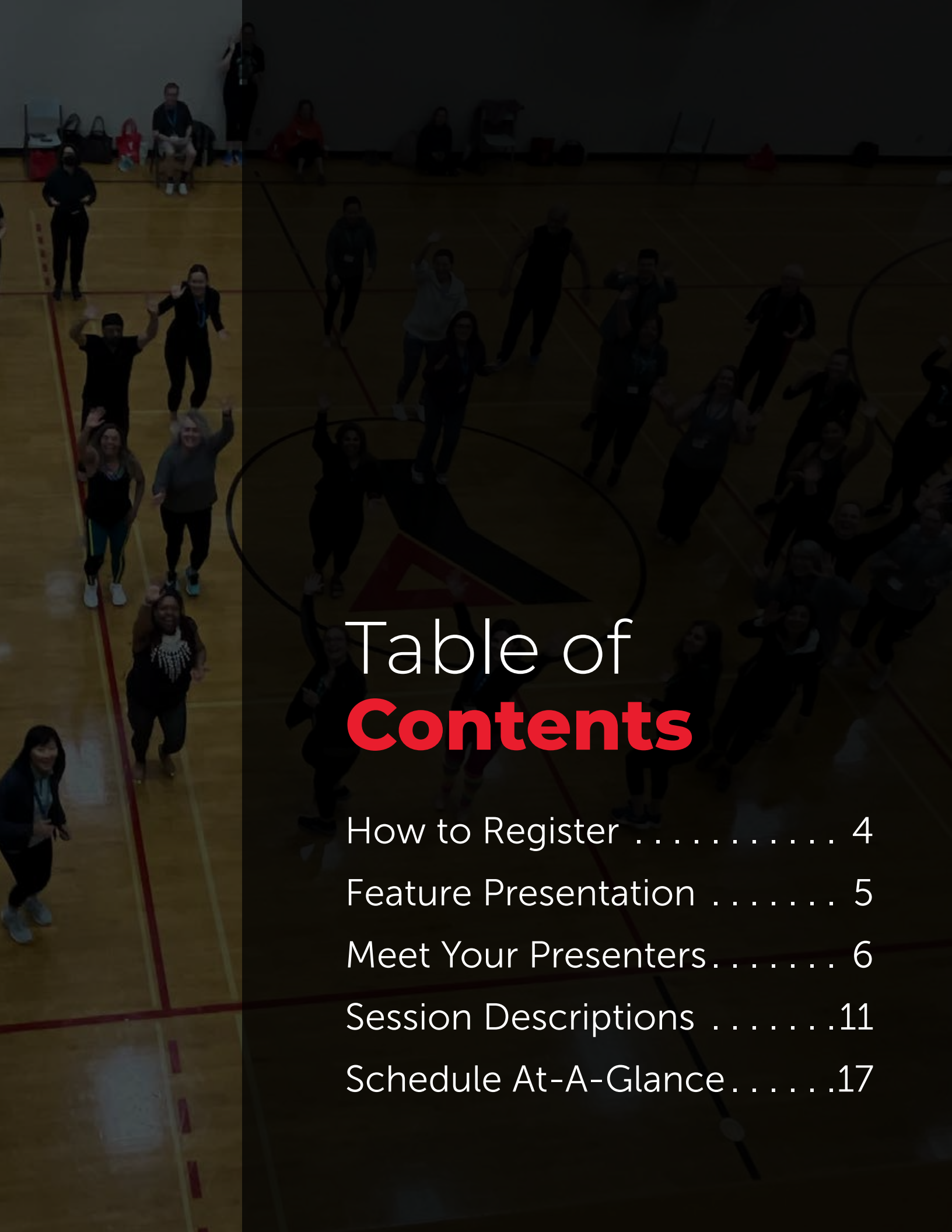


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How to Register

All participants must **first register for the Elevate Conference** on their YMCA Portal account, **then select the individual sessions** they would like to attend by searching the barcodes.

The day includes five session time blocks, with multiple sessions offered during each block. Participants may choose one session per time block and should ensure their selections do not overlap.

Conference registration includes:

- access to the feature spotlight
- connection hour
- selected sessions

FEES

\$50 for YMCA staff

\$75 for YMCA members and the public

\$0 for YMCA volunteers (complimentary)



STEP 1

Visit register.ymcanab.ca & sign up for the Elevate Conference.

CONFERENCE
REGISTRATION

BARCODE

495589	ELEVATE: YMCA Fitness Education Conference
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▶ STEP 2

Sign up for one class from each session

BARCODE

SESSION 1

495569	Why Hormones Matter: The Science Behind Muscle Growth with Lorelei Waters
495570	Yoga Sculpt with Elise Ure
495571	Intro to Pilates with Andrea Yacyshyn
495572	Stretching for function with Helen Vanderburg

BARCODE

SESSION 2

495573	Personal Training In the Pool with Heather Scherer
495574	Bridge to Wellness with Anna Pilisko
495575	Core & Portable Equipment with Elise Ure
495576	D'Fine Body Weight Training with Helen Vanderburg
495577	Training Clients with Injured Limbs with Andrew Coates

BARCODE

SESSION 3

495578	Feature Session Y Movement Labs Total Tone
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BARCODE

SESSION 4

495579	Mastering The Deep Water Movement Bank with Leah Widynowski
495580	Beyond Core & Pelvic Floor, Practical Postpartum Fitness with Floriane Liberty
495581	Barre Core Fusion with Helen Vanderburg
495582	Step Evolution with Anton Larin
495583	Lessons from 15 years of Personal Training with Andrew Coates

BARCODE

SESSION 5

495584	Sound Waves: Using Music to move your AquaFit Class with Leah Widynowski
495585	Ride the Beat: Coaching beyond the Bike with Anton Larin
495586	Training for the Long Game with Wayne Russel
495587	Older Adult: Get up and Go with Anna Pilisko
495588	Muscle, Metabolism, and Menopause - What the heck? With Lorelei Waters

Feature Presentation: **TotalTone!**



TotalTone is a quick and efficient power session that delivers results without the strain of high-impact exercise. With dynamic, rhythm-driven sequences and expertly curated playlists, this workout challenges your body, builds endurance, and improves balance. Blending precision and intensity, it's designed to leave you feeling strong, centred, and recharged — ready to take on whatever comes next.

In today's busy world, **TotalTone** offers an effective 30-minute workout that activates and engages muscles, enhances balance, and boosts energy. Combining low-impact movements with dynamic sequences, it's

accessible for all fitness levels and provides a revitalizing experience that improves mobility, challenges muscles, and resets both body and mind.

TotalTone, part of the Y Movement Labs pre-choreographed fitness programs, strikes a balance between structure and flexibility. Each release features carefully crafted exercises set to music, ensuring a motivating high-quality workout while allowing instructors to swap blocks between releases. This approach keeps classes dynamic and engaging while maintaining a familiar structure that builds confidence and mastery.

Meet your **Presenters**



Andrew **Coates**

Andrew Coates is a personal trainer and online coach based in Edmonton, Canada and host of The Lift Free and Diet Hard Podcast. Andrew is a writer, having been published in T-Nation, Men's Health, Muscle and Fitness, Onnit, Generation Iron, The PTDC, BarBend, Kabuki Strength, EliteFTS, canfitpro, and Arnold Schwarzenegger's Pump Club. Andrew is the co-founder of The Evolve Strength - Business and Coaching Conference and public speaker at events all over North America.



Anton **Larin**

"Hard work is only a sacrifice when you don't have a goal", as a GF instructor and a PT I prefer to work with my participants to set realistic goals and manage expectations for their fitness. I truly believe that no one should be comparing yourself to someone else, as each human being is unique, and therefore, has their own journey.

I design my classes based on the variables that improve strength and build muscles that are within one's control (it is all about training smart and hard to maximize your gains).

Keeping my students' positive mindset toward their fitness program is my utmost priority because I know how important it is to stay consistent and optimistic while working out. It is the key to making long-term progress.



Floriane Liberty

From struggling with being overweight, and then making a personal 60lb weight loss transformation, has stemmed Floriane's passion for fitness coaching. She began her coaching career in 2016, training clients both in person and online for the last 10 years. Floriane has a 1 year old daughter, and her journey of training throughout pregnancy and then rebuilding into post partum, has deepened her understanding of the struggles both mental and physical that moms endure. Her mission is to help as many women harmonize their health as possible, and in pursuit of this endeavour, she has opened up a women's only gym in Edmonton. She hopes that Flourish Fitness will bloom into the household name that women know & trust when it comes to achieving their fitness goals! sports or academic pursuits.



Heather Scherer

Heather Scherer has been involved in the world of Water based fitness for over twenty five years. From Surf Lifesaving, teaching swimming lessons, teaching aqua fitness classes to opening her own aquatic fitness business combining her personal training skills with her water knowledge. There aren't many days where you won't find Heather in or near the water - her Nick name with a professional Ruby team in New Zealand was the 'Water Dragon'. Heather has a wealth of knowledge when it comes to the different properties of water and how they apply to exercising in the water. Heather has a passion for sharing with her participants the many numerous benefits of exercising in an aquatic environment in order to help them move better and feel better. As a Y Canada trainer educator in Fitness, Aquatics and Membership Heather loves nothing more than to inspire others to try something new.



Elise Ure

Elise is a passionate fitness and movement specialist who holds a BA (Romance languages/Linguistics) and a BSc - Masters of Yoga therapy and Philosophy along with several other fitness and Yoga certifications. Elise has been teaching movement for 20 years, and has her own story of testament to healing and recovery. Elise believes that moving our bodies is a true, therapeutic, and holistic way of healing. Movement brings us joy, freedom of expression and offers a pathway way to allow the human body to begin to recover, in its own natural environment. Elise believes that Yoga specifically, but essentially all forms of movement, brings a space to alleviate suffering: even if the suffering is in the mind, body, or emotions. Elise's motto for healthy living "Let us turn intentions into actions... One step at a time." This is one phrase that she personally tries to live each day.



Anna Pilisko

BA Soc./Psych., CPT, NASM CES/SFS, RYT 200, MS Fitness, Fitness for Stroke Recovery, Accessible Yoga, TSTCY- Trauma Informed Yoga

For over 25 years, Anna has devoted her time and skillset to helping others create a balanced and fulfilling life. She started her journey as a mental health professional, and her personal interest in physical health led to her pursuing fitness certifications. The participants in her classes inspired her to seek out additional training to better support older adults and those with limited mobility due to injury and/or neurological impairment. In 2019, she sustained a leg injury that resulted in permanent nerve impairment and threatened her career as a fitness professional. With the help of her mentors in Accessible Yoga training, Anna learned movement is accessible to every body, at every age, it just requires some curiosity, compassion and creativity.

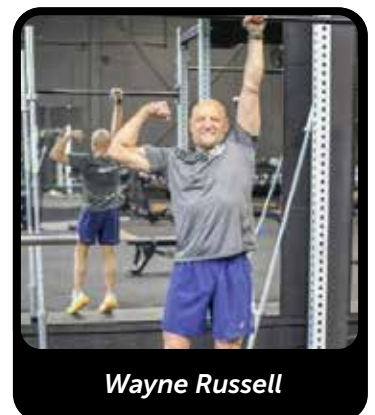
In 2020, Anna started Endgame Wellness; online personal training and fitness classes. While most fitness studios were shuttering their doors, Anna took her older adult clients online, delivering weekly seated fitness classes utilizing whatever participants had around the house. All of her classes focus on the importance of the mind-body connection, and how all movement stems from our personal sense of safety. Combining yoga practices, corrective exercises, scaffolding strategies, and play-based activity, she helps clients and class participants gain confidence in their physical and mental abilities. A strong sense of community is the heart of her classes, and her playfulness motivates participants to defy society's expectations of older adults and disabled individuals.



Wayne Russell

Health & Fitness Supervisor-Remington YMCA, Calgary

Wayne brings a lifelong passion for physical activity and more than three years of experience with the YMCA, where he has helped individuals improve their health, fitness, and overall well-being. His dedication to understanding the Art and Science of Longevity, combined with his experience as a Personal Trainer and Group Fitness Instructor, has fueled a strong commitment to helping others live healthier, more fulfilling lives. Wayne believes that fitness is a key component of longevity and quality of life. Through education, motivation, and personalized guidance, he empowers individuals to build sustainable habits that support lifelong health. His philosophy is simple: "It's not about adding years to your life, it's about adding life to your years."



Helen **Vanderburg**

Founder and Co-Owner of The ACADEMY fitness, yoga, spin studio, and Fusion Fitness Training™. Helen is an international health and fitness consultant, a 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, workshops, and classes as a business owner, mentor, trainer, writer, author, video producer, and elite athlete, as a past World Champion synchronized swimmer and honoured member of the Sports Hall of Fame. Helen is the Fitness Education Coordinator for Balanced Body and an international master trainer, consultant, and educational program developer for Schwinn Indoor Cycling, BOSU, Total Gym, Fusion Fitness, and Hedstrom Fitness. Certifications: ACE, CFP, AFLCA Trainer, Balanced Body Pilates, E-RYT Yoga certified



Helen Vanderburg

Lorelei **Waters**

Health & Fitness Training Specialist, YMCA Calgary

Lorelei brings a unique blend of expertise in human behavior, health, and fitness to her work as a leader in the wellness industry. After earning a degree in Psychology and spending 13 years in child welfare, she transitioned into the fitness industry in 2008, driven by a passion for helping individuals improve their quality of life through movement, education, and healthy lifestyle practices.

Beginning her fitness career as a Group Fitness Instructor and Personal Trainer in Lethbridge, Alberta, Lorelei quickly discovered her calling in empowering others to achieve their health and wellness goals. Since joining YMCA Calgary as a volunteer instructor in 2018, she has held a variety of Health & Fitness roles, building extensive experience in program delivery, instructor development, and member engagement. Today, she serves as the Health & Fitness Training Specialist, where she combines her passion for fitness with her commitment to education and professional development.

As a YMCA Educator, Lorelei holds certifications and specialized training in Group Strength, Group Cycle, Aquatic Fitness, Yoga, Personal Training, Menopause Coaching, Pre-Postnatal Fitness, Pilates Fusion, and Nutrition. She coordinates and delivers YMCA Fitness Leadership Courses and Continuing Education Workshops, helping fitness professionals develop the knowledge and skills needed to thrive in their roles.

Deeply committed to fostering the growth of the YMCA fitness community, Lorelei is passionate about mentoring and inspiring new instructors. She takes pride in guiding candidates through the YMCA Canada Instructor Certification process, helping them build confidence, develop their leadership skills, and make a meaningful impact on the health and well-being of their communities.



Lorelei Waters

Leah Widynowski

Marketing is her day job, but fitness is her passion. As a certified aqua fitness instructor for almost 25 years, Leah has been sharing her love for water and wellness by training instructors, facilitating workshops, and evaluating leaders across Canada for CALA. She is also a certified land fitness instructor. Her participants love her infectious energy and authentic personality. When she is not building brands, executing marketing plans, or instructing fitness at the Jamie Platz YMCA, she is chasing after her two boys at the park, on the ski hill, or around the campground.



Leah Widynowski

Andrea Yacyshyn

is a multi-disciplinary mover and manual therapist whose work lives at the intersection of science and creative expression. After a long professional dance career, Andrea became a Registered Massage Therapist, expanding her approach to support deeper, more sustainable embodiment. She added training in mat and reformer Pilates, Yamuna Body Rolling, and Somatic Exercise to her roster. Wanting to offer a more holistic movement experience, she created classes that pull from the science of rehabilitative movement, the foundations of pilates, the creative expression of dance, and soothing somatic movement principles.

Through her movement platform, Antidote Movement Club, she creates spaces where participants are invited to tune in, let loose, and truly feel themselves. Her classes cultivate care, curiosity, and ownership over one's body, encouraging both individual empowerment and meaningful community connection.



Andrea Yacyshyn



Session

Descriptions



8–8:40am: Registration (Lobby)

SESSION 1 | 9–10:15AM

MAIN POOL No Program Pool In Use

STUDIO 1 **Why Hormones Matter: The Science Behind Muscle Growth | Lorelei Waters**

This session explores the critical role hormones play in muscle development, recovery, and performance. Participants will gain a deeper understanding of how key hormones—such as testosterone, growth hormone, insulin, and cortisol—affect muscle protein synthesis, energy balance, and training adaptation. The presentation connects theory to practice, helping fitness professionals and athletes make informed decisions about training, nutrition, and recovery strategies that support optimal hormonal balance and muscle growth.

STUDIO 2 **Yoga Sculpt | Elise Ure**

Yoga sculpt is a dynamic, high-energy fusion workout that combines traditional vinyasa yoga flows with resistance training and cardio bursts. Typically set to upbeat music in a heated room, the 45-to-60-minute classes use light hand weights (usually 2 to 5 lbs) to tone muscles, elevate your heart rate, and maximize calorie burn.

Join Elise for this fun and yet “Yoga-esk” experience. She promises you will find something to take back to your students, whether teaching Yoga or Group Fitness.

SESSION 1 | 9–10:15AM

GYM

Intro to Pilates | Andrea Yacyshyn

Pilates is having a major moment, but this 100 year old method is so much more than a trend. Join us for an introduction to the original work of Joseph Pilates and discover the principles that have made his method a lasting foundation for strength, mobility, and body awareness.

In this workshop, we'll explore the fundamentals of Pilates, including breath, core connection, alignment, and several classical exercises. You'll learn not just what to do, but why these movements matter, giving you the knowledge and confidence to step in to your next Pilates class with a deeper understanding of the practice. All levels welcome, please note that most of the class will take place on the floor.

FUNCTIONAL TRAINING ROOM

Stretching for Function | Helen Vanderburg

To move with ease requires a combination of mobility, stability and strength. In the session, take a deep dive into how function is affected by mobility and what stretching techniques can improve mobility for optimal performance.

Stretching and flexibility training have undergone dramatic changes in the fitness and athletic training realm. In the past decade, more research has been published and applied to fitness conditioning and training. In this workshop, explore dynamic and static flexibility techniques to target key areas of the body that have a tendency toward tightness. Learn a variety of stretching exercises to bring back to your clients to enhance mobility for better function.

SESSION 2 | 10:30–11:45AM

POOL

Personal training in the pool: Expanding Personal Training Beyond the Gym | Heather Scherer

This engaging, hands-on session is designed for personal trainers with little to no aquatic aerobics experience who are looking to expand their toolbox and better support their personal training clients. Discover how taking 1-on-1 training into the water can enhance cardiovascular fitness, support recovery, and provide effective low-impact cross-training options for a wide range of clients.

Heather will introduce the key properties of water and how they can be leveraged to improve client outcomes, along with essential exercise considerations for working safely and effectively in the pool. Participants will gain practical, easy-to-apply guidelines for before, during, and after an aquatic training session.

Blending classroom learning with an interactive deep-water experience, this session will build confidence and competence in working in the pool. Walk away with new ideas, practical tools, and the confidence to bring your clients from the fitness floor to the pool.

STUDIO 1 **Bridge to Wellness: “From Your Toes to Your Nose” | Anna Pilisko**

Using awareness in the body to navigate mobility challenges (caused by neuropathy, injury, neurological disorders, etc.), can help clients maintain independence and self-esteem. Building on that awareness with targeted strength exercises and coordination practices will improve client's confidence and help them develop strategies to minimize pain and mobility disfunction.

STUDIO 2 **Core and Portable Equipment | Elise Ure**

A core fitness class is an experience focusing on strengthening your midsection, including the abdominals, back, hips, and glutes. A fitness class in which we use “portable equipment” gives the instructor the flexibility to work several muscle groups, using a the applied theory of “compound movement patterns”, “circuit training”, “functional training”, and “HIIT” to name a few.

Join Elise in the fun paced session as you learn through a practical experience, where we use a large variety of small portable equipment with a mixture of Core specific exercises. A promise is that you will leave with ideas to bring into your Monday morning workout.

GYM **D’fine Body Weight Training | Helen Vanderburg**

No weights... just hard-core results. This bodyweight workout combines core conditioning and muscle-defining exercises from Pilates, flexibility and mobility from yoga, the fluidity of movement from fitness, and Barre techniques to define, align, and sculpt the body. Choreographed to inspiring music, experience a new, innovative, and challenging bodyweight group class. You will leave this session with unique ideas and class designs to give your clients a total body workout that will improve posture and D’Fine the body.

FUNCTIONAL TRAINING ROOM **Cross-Education: Training Clients With Injured Limbs | Andrew Coates**

The majority of our clients will deal with pain and injuries at some point in life. The answer isn't just referring out at the first sign of issue. Not only can we work around injuries, training the opposing limb has researched backed benefits to the injured side.

This presentation also goes into what factors actually contribute to injury risk, why there isn't as strong a relationship between “form” and injury risk as we've been told, how injury rates in strength training are some of the lowest of any activity, and a lot of tactical strategies for training people with injuries.

GYM

Y Movement Labs presents
TotalTone

Be among the first to experience **TotalTone**—our brand new 30-minute, full-body workout combining strength training, core conditioning and barre-inspired movement. Designed to build strength, improve endurance and leave you feeling empowered, **TotalTone** is coming to YMCA of Northern Alberta this Fall 2026!



SESSION 4 | 2:00–3:15PM

POOL

Deep Dive: Mastering the Deep Water Movement Bank |
Leah Widynowski

Suspended, weightless, free to move in every direction, deep water changes the rules. This workshop is for instructors who want to expand their deep water toolkit and teach with more creativity and confidence. We'll explore a full deep water movement bank suited to the unique demands of working suspended, and then get creative – playing with tempo, altering body positions, and remixing the movement bank to design fresh, dynamic sequences that keep classes exciting and participants coming back.

STUDIO 1

Beyond Core & Pelvic Floor: Practical Postpartum Fitness for Coaches |
Floriane Liberty

Are you looking to feel more confident working with postpartum clients?

This 75-minute workshop is designed for fitness professionals who want practical tools to safely support clients returning to exercise after having a baby. We'll cover common postpartum changes, breathing and core basics, exercise progressions, and when to refer to a pelvic health professional.

STUDIO 1 **Beyond Core & Pelvic Floor: Practical Postpartum Fitness for Coaches | Floriane Liberty (*Continued*)**

You'll leave with simple strategies you can use right away to help postpartum clients build strength, move with confidence, and return to the activities they enjoy.

Perfect for coaches who want to better support postpartum clients at every stage of recovery.

STUDIO 2 **Barre Core Fusion | Helen Vanderburg**

This signature Barre Fusion workshop artfully blends dance, Pilates, yoga, and conditioning exercises into sequences of movement to challenge the whole body. Inspired by music, this workout format appeals to a diverse range of fitness levels. You will be taught progressions and regressions of the exercises to meet the needs of your clients.

GYM **Step Evolution | Anton Larin**

The step is far more than a cardio tool. Discover creative ways to incorporate the step into functional, strength, conditioning, and interval-based workouts that keep participants engaged while delivering incredible results. Whether you're teaching traditional step, bootcamp, strength, or circuit classes, you'll leave with practical ideas and fresh programming you can use immediately.

FUNCTIONAL TRAINING ROOM **Lessons from 15 years of Personal Training – Andrew Coates**

Past a certain point, your skill at programming and cuing exercises has diminishing returns, while your skill at asking questions and creating strong relationships will be the true driver of your client results. This presentation highlights the wisdom of over 15 years and over 27,000 in-person training hours about:

- What matters most for great coaching
- The power of curiosity about your clients "stories and narratives" about their choices
- Why believing in your client is a superpower
- Tactics to create amazing personal training sessions
- Simple tactics for great consultations and closing sales
- How to generate referrals

SESSION 5 | 3:15–4:30PM

POOL Sound Waves: Using Music to Move Your Aqua fitness Class | Leah Widynowski

Music and movement share a powerful relationship ..when the two are in sync, participants feel motivated, successful, and energized in body, mind, and spirit. In this hands-on workshop, we'll explore that synergy and build real musicality: choosing tracks suited to water depth and class format, building playlists that reflect the diversity and spirit of our YMCA members, and phrasing and cueing movement that fits the music. You will leave with practical tools to select music with purpose, cue transitions smoothly, and be ready to use music as the powerful, motivating tool it is in your next class.

STUDIO 1 Ride the Beat: Coaching Beyond the Bike | Anton Larin

Take your indoor cycling classes to the next level by combining powerful coaching, energizing music, and purposeful programming. This high-energy session explores how to create an unforgettable ride through rhythm, atmosphere, and intentional coaching techniques. Discover new ways to motivate participants, elevate the class experience, and leave riders wanting more.

STUDIO 2 Training for the Long Game | Wayne Russel

Exercise programming for lifelong health. This workshop expands on the longevity framework by diving deeper into the exercise pillar of healthspan. Designed for fitness professionals, it explores how strength training, cardiovascular fitness, balance, power, and mobility directly influence independence, resilience, and quality of life as we age. Trainers will leave with practical programming principles and real-world strategies to help clients train not just for today's fitness goals, but for long-term capability and longevity.

GYM Older Adult: "Get Up and Go!" | Anna Pilisko

Learn strategies, strength, and coordination to get up and down off the floor safely, as well as practices that aid in the prevention of falls. Develop different techniques to nudge older adults out of the comfort zone, face their fears, and build confidence in their bodies.

FUNCTIONAL TRAINING ROOM Muscle, Metabolism & Menopause – What the Heck? | Lorelei Waters

This workshop is designed for women navigating menopause as well as the trainers and coaches who support them. We will explore how hormonal shifts during menopause affect muscle, metabolism, energy, and body composition, and why fat gain and strength loss are common—but not inevitable. Participants will gain a clear understanding of the science behind these changes and discover how to maintain muscle, boost metabolism, and sustain energy. Trainers will learn how to design programs, give guidance, and communicate effectively, while clients will leave with practical, actionable steps they can use every day to feel stronger, more confident, and capable throughout this transition.

Elevate: YMCA Fitness Education Conference | Saturday, Sep 26, 2026 | Don Wheaton Family YMCA
8–8:40am Registration/Check-In (LOBBY)

Time	Main Pool	Studio 1	Studio 2	Gym	Functional Training Room
9–10:15am Session 1	No Program Pool In Use	Why Hormones Matter <i>Lorelei Waters</i>	Yoga Sculpt <i>Elise Ure</i>	Intro to Pilates <i>Andrea Yachshyn</i>	Stretching for Function <i>Helen Vanderburg</i>
10:15–10:45am BREAK					
10:30–11:45am Session 2	Personal Training in the Pool <i>Heather Scherer</i>	Bridge to Wellness: From your Toes to your Nose <i>Anna Pilisko</i>	Core & Portable Equipment <i>Elise Ure</i>	D'Fine Body Weight Training <i>Helen Vanderburg</i>	Cross-Education: Training Clients with Injured Limbs <i>Andrew Coates</i>
11:45am–12:45pm CONNECT & RECHARGE					
FEATURE SPOTLIGHT Y MOVEMENT LABS PRESENTS TOTAL TONE GYM					
12:45–1:30pm Session 3					
1:30–1:45pm BREAK					
1:45–3pm Session 4	Deep Dive: Mastering the Deep Water Movement Bank <i>Leah Widynowski</i>	Beyond Core & Pelvic Floor: Postmartum Fitness for Coaches <i>Floraine Liberty</i>	Barre Core Fusion <i>Helen Vanderburg</i>	Step Evolution <i>Anton Larin</i>	Lessons for 15 years of Personal Training <i>Andrew Coates</i>
3:15–3:30pm BREAK					
3:15–4:30pm Session 5	Sound Waves: Using Music to Move your Aqua Fitness Class <i>Leah Widynowski</i>	Ride the Beat: Coaching beyond the Bike <i>Anton Larin</i>	Training for the Long Game <i>Wayne Russel</i>	Older Adult: Get Up & Go! <i>Anna Pilisko</i>	Muscle, Metabolism & Menopause <i>Lorelei Waters</i>



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