



FITNESS KICKBOXING CANADA CEC WORKSHOP DAYS JULY 25th and 26th, 2009

GENERAL INFORMATION

LOCATION

The WFCU Centre 8787 McHugh St., Windsor, Ontario, Canada. Free Parking.

REGISTRATION OPTIONS

Mail Registrations:

Money Orders or Certified Cheques accepted with mail in registrations. Make cheques payable to:
Fitness Kickboxing Canada Inc.

Online Registrations:

Visa, MasterCard and Amex are accepted for PayPal online registrations.

Participants may register by completing the registration form supplied with this brochure and mail registration form to **Fitness Kickboxing Canada Inc.** – 75 First Street, suite 214, Orangeville, ON, L9W 5B6. **Early bird** registrations must be postmarked and mailed by **July 4, 2009**.

WORKSHOP SELECTION:

Each day is divided into 2 workshop time slots: 9am – 3pm or 3pm – 6pm. Participants may register for each workshop individually or purchase a 1 or 2 day package. Register early!

CONTINUING EDUCATION CREDITS:

Saturday, July 25th

9:00 a.m. - 3:00 p.m. MMA Conditioning Instructor Course
Can-Fit-Pro: **4 cec** , CPTN: **6 cec**

3:00 p.m. – 6:00 p.m. Kick-Box Boot-Camp Instructor Course
Can-Fit-Pro: **2 cec** , CPTN: **3 cec**

Sunday, July 26th

9:00 a.m. - 3:00 p.m. Kickboxing Level 1 Instructor Course
Can-Fit-Pro: **4 cec** , CPTN: **6 cec**

3:00 p.m. – 6:00 p.m. Kick-Box Boot-Camp Instructor Course
Can-Fit-Pro: **2 cec** , CPTN: **3 cec**



TRADESHOW:

The Martial Arts/Boxing/Trade Show and Tournament will feature numerous exhibitors with top brands in MMA and fitness products and services. Your CEC registration payment includes entrance to the tradeshow area. Visit www.bdproductions.ca for a list of exhibitors in attendance.

DEMO EQUIPMENT SALE:

To pre-order conference demo equipment contact Fitness Kickboxing Canada directly.

WORKSHOPS – SATURDAY JULY 25, 2009

9:00am – 3:00pm

MMA Fighting Fit Conditioning Instructor Course - Level 1

Ross O'Donnell, Fitness Kickboxing Canada

MMA (Mixed Martial Arts) and Ultimate Fighting is the newest phenomenon to sweep North America. Learn "real" MMA striking techniques, combinations and floor bag-work designed by a Certified Competitive Boxing-Kickboxing Coach and Certified Personal Trainer for the ultimate in authenticity and fitness, ensuring a safe and efficient class or personal training session. This workshop is specifically designed for you, the trainer, to tap that market by incorporating authentic MMA-UF drills for cardio, strength, striking, kicking and ground work into a rigorous training program format.

Can-Fit-Pro: 4 cec , CPTN: 6 cec

3:00pm – 6:00pm

Kick-Box Boot-Camp

Joanne O'Donnell, Fitness kickboxing Canada

Designed by a Certified Competitive Kickboxing Coach and Certified Personal Trainer, participants will learn how to teach a dynamite Boot-Camp workout that consists of cardio drills, resistance training with Equalizers and an obstacle course that incorporates the use of resistance bands, agility ladders, pylons, weave poles, medicine balls and Kick-Box techniques. *Special added bonus, introducing the newest FKCI training development; "On The Ropes" Strength Training System™*

Can-Fit-Pro: 2 cec , CPTN: 3 cec

WORKSHOPS – SUNDAY JULY 26, 2009

9:00am – 3:00pm

Fitness Kickboxing

Instructor Course - Level 1

Ross O'Donnell, Fitness Kickboxing Canada

Learn "Real" Boxing/Kickboxing punch and kick techniques as well as actual combinations designed by a Certified Competitive Boxing/Kickboxing Coach and Certified Personal Trainer. From the warm-up, hand wrapping, stance, footwork, boxing & kickboxing drills and combinations utilizing focus pads and partner training, abs routine and cool down stretches. This workshop is designed for the ultimate in authenticity and fitness ensuring a safe and efficient class or personal training session.

Can-Fit-Pro: 4 cec , CPTN: 6 cec

3:00pm – 6:00pm

Kick-Box Boot-Camp

Joanne O'Donnell, Fitness kickboxing Canada

Designed by a Certified Competitive Kickboxing Coach and Certified Personal Trainer, participants will learn how to teach a dynamite Boot-Camp workout that consists of cardio drills, resistance training with Equalizers and an obstacle course that incorporates the use of resistance bands, agility ladders, pylons, weave poles, medicine balls and Kick-Box techniques. *Special added bonus, introducing the newest FKCI training development; "On The Ropes" Strength Training System™*

Can-Fit-Pro: 2 cec , CPTN: 3 cec

WORKSHOP PRESENTERS



Ross O'Donnell, BA, CPT

Ross is president of Fitness Kickboxing Canada Inc. (FKCI) and oversees operation of the Fitness Kickboxing Certifications programs and continuing education (CEC) courses across Canada. Ross is an experienced fitness and martial arts presenter, a fitness columnist with over 250 published articles, 15 instructor-training manuals and author of The Ultimate Fitness Boxing & Kickboxing Workout. Ross is also a certified Boxing Coach & Competitive Club owner through the Canadian Amateur Boxing Association (CABA-Ontario) and a Black Belt Instructor/Certified Coach & Competitive Kickboxing Club owner through the Canadian Council for Amateur Sport Kickboxing (CASK-Ontario). www.fitnesskickboxingcanada.ca



Joanne O'Donnell, CPT

Joanne is a Certified Personal Trainer, ISKA Associate Trainer for the Fitness Kickboxing Program, Vice President of Fitness Kickboxing Canada Inc. and Trainer-Course Conductor for the accredited CEC Fitness Boxing & Kickboxing Instructor Course. She is a Black-Belt-level Kickboxing Instructor & Certified Coach through the Canadian Council for Amateur Sport Kickboxing (CASK-Ontario). www.fitnesskickboxingcanada.ca

