

# YYCfit

health & fitness expo



**MAY**  
13 & 14  
**2017**

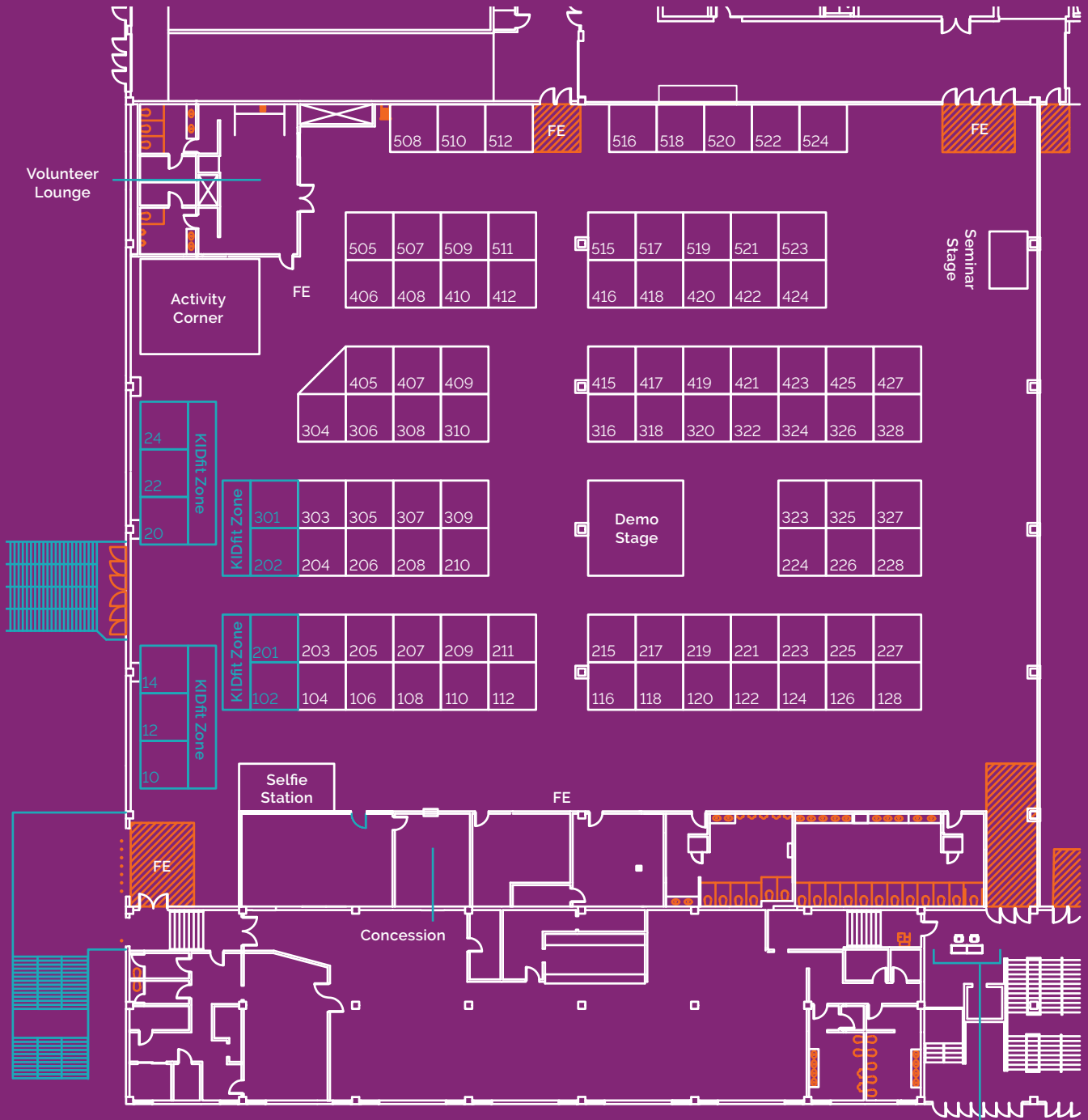
**BIG  
FOUR**  
CALGARY  
STAMPEDE

**CALGARY'S  
HEALTH  
& FITNESS  
EXHIBITION**

Demo Stage  
KIDfit Zone  
Seminar Stage  
Strongman  
Classic  
Activity Corner  
Competitions  
Door Prizes  
Vendors Galore!

[YYCfitexpo.ca](http://YYCfitexpo.ca)

# FLOOR PLAN





# WILD

*public relations*

## YOUR SUCCESS IS OUR SUCCESS AND WE TAKE IT PERSONALLY.

We are believers in the power of travel, spending time in nature and living a healthy lifestyle. The core of our work focuses on brands and businesses within this realm. We offer intensely personalized and super responsive service.



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**CORPORATE BOOKINGS**  
**PRIVATE EVENTS**

**GROUP BOXING CLASSES**  
**IN A NIGHTCLUB ATMOSPHERE**

**ALL ABILITIES WELCOME**  
**PRIVATE TRAINING AVAILABLE**  
**KIDS BOXING CLASSES**  
**DROP-INS WELCOME**  
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THAN 60 SECONDS.



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## CHARITY OF CHOICE



YYCfit's Charity of Choice  
YMCA

A portion of all onsite ticket sales and onsite fundraising efforts will support the YMCA's annual Strong Kids Campaign!



**Associations Plus** specializes in providing non-profit organizations with all their business needs, including:

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**YYCfit**

health & fitness expo



**SAVE  
THE  
DATE  
2018**

**MAY** 12 & 13 **2018**

**BIG FOUR**  
CALGARY  
STAMPEDE



**CITYfit**

health & fitness expo

**YEGfit**

health & fitness expo

[YEGfitexpo.ca](http://YEGfitexpo.ca)

**YVRfit**

health & fitness expo

[YVRfitexpo.ca](http://YVRfitexpo.ca)

**YWGfit**

health & fitness expo

[YWGfitexpo.ca](http://YWGfitexpo.ca)



**PRIZES  
UP FOR  
GRABS!**

### Door Prizes

The back of your entry stub can be filled in for a chance to win one of our fantastic door prizes. For pre-purchased ticket holders, entry forms are available near the front entrance.

**Courtesy of KCAV**  
A Go-Pro!

**Courtesy of Chinook Rafting**  
A \$250 Whitewater Rafting package for two on the Kananaskis River or Horseshoe Canyon!

**Courtesy of YMCA**  
A free six month membership valued at \$450!

**Courtesy of Marc Blideau  
Professional Imaging and Glam & Beyond**  
90 minute photo session including professional hair and makeup, six fully retouched images!

**Courtesy of Marc Blideau  
Professional Imaging and Glam & Beyond**  
60 minute photo session including professional hair and makeup, three fully retouched images!

**Courtesy of Fitness on the Go**  
A one month personal training program, including assessment, program plan, consultation and in-home personal training package from one of our trainers – once per week for four weeks valued at \$350!

**Courtesy of VN Vigor**  
An accessory package including a water bottle, exercise ball, massage roller and yoga mat.



**DOOR PRIZES**



**PHOTO CONTEST**

### YYCfit Photo Contest

All you need to do to enter is take a **fun or moving photo** at YYCfit, post it to Instagram, Facebook and/or Twitter during the duration of the expo, and use the hashtag **#YYCfitexpo**.

The best one as selected by the YYCfit team will win four tickets to the **Calgary Stampede Grandstand Show!**

# EXHIBITOR LIST

COMPANY	BOOTH	COMPANY	BOOTH	COMPANY	BOOTH
Action Chiropractic & Sports Therapy	507	InFlight Fitness	308/310	Sound Kreations	102
Active Sports Therapy	120	International Paintball Group	203	Taza Jungle Fitness	306
Alberta Parks Foundation	508	Lagree YYC/ Sweat Society	320/322	The Castelli Group	517
ATB Financial	423	Lake Louise	204	The Forge Western Martial Arts Club	323/325
Barbell Bros	407	Legacy Boxing Club	110	The Kangen Collective	406
BarCountry	116	LiveSore	309	The Sweat Science	509
BioScan Canada	217	Lorna Jane Activewear	104	This is Female Powerlifting	305
Calgary Corporate Challenge	405	Made Foods	512	True Stim	219
Calgary Disc Golf Club/Calgary Ultimate Association/LifeSport	225/227	Makami College	422/424	UFC Gym	410/412
Calgary Marathon Society	419	Marathon Man Martin Parnell	409	Urban Poling Inc.	226
Calgary Sport and Social Club	303	Mascot Parties Facepainting	24	VN Vigor	209
Calgary Youth Curling Association	202	Method Fitness YYC	128	Western Tub and Pool	510
Canadian Blood Services	327	MitoCanada	420	Wild Tea Kombucha	418
Centre Holidays	519	Mo Fan Tai Chi and Wushu Academy	301	World Health Club (Edgemont)	118
Chiropractical	205	Modern + Mindful	521	YMCA	201
Chris Barry Hypnotism	417	My Body Couture	326		
Daigle Bikes	425	Neurvana Health	523		
eat.simple/TMB Fitness	122	Nutri-Go	427		
Enbridge Ride to Conquer Cancer, Alberta Cancer Foundation	108	Onesie Run	206		
Fish Creek Naturopathic	421	Osteoporosis Canada, Alberta Chapter	511		
Fit Box	112	Pedalheads Obstacle Course	10/12/14		
Fitness on the Go	304	PlayCity	221/223		
G Adventures	124	Pole Junkies	211		
Girl Guides Craft Zone	20/22	RA Muscle Power	516/ 518/520		
Going Nuts	307	Roots 2 STEM	408		
Harbour Meals	207	Row 17	208/210		
Esteem Martial Arts and Havoc JKD	126	Rumble Boxing	224		
Healthy Cricket/ Dunnebells	215	Running Room	228		
In Good Hands Mobile Wellness	328	SAIT	318		
		Snap Fitness	106		
		Sockology Inc.	324		



# SEMINAR STAGE SCHEDULE

**MAY**  
**13 & 14**

## SATURDAY, MAY 13

11.30am – 12pm **Why Dance Matters in Physical Literacy** Nicole Pemberton, SoudKreations

12.10pm – 12.55pm **Entrepreneurship in Health & Fitness**  
**Panelists** Beth Allison from Wild Tea Kombucha, Sarah Webb from Modern + Mindful, Leonard Seidman from Lagree YYC and Mark Lootens from Natural Mattress Company  
**Moderator** Neetu Sidhu, ATB Financial

1.05pm – 1.35pm **Things I Learned from 100 Marathons** Ed Bickley

1.45pm – 2.15pm **The Importance of Vitamin (N)ature** Mandy Johnson, Urban Poling

2.25pm – 2.55pm **The Great Debate! Pre-and Post-Workout Fuelling**  
Kelly Savage, BA, CHNC, NeuroTriton

3.05pm – 3.50pm **The Road to Guinness**  
**Panelists** Blaine Penney, Rob McLeod, Martin Parnell, Carisa Hendrix  
**Moderator** Chris Welner, Editor, IMPACT Magazine

4pm – 4.25pm **Run Calgary – Finding Your Why**  
Kristen Fleming, Executive Director, Calgary Marathon Society

4.30pm – 4.55pm **Healthy Legs for life – Understanding your Legs and How to Keep Them Strong and Healthy**  
Anjelika Goncalves DaSilva, CEO and Founder, Sockology

## SUNDAY, MAY 14

12.15pm – 1pm **Q&A** Daniel Maguire

1.10pm – 1.55pm **East vs. West...Which is the Best? A Comparative Discussion of Martial Arts from around the Globe**  
**Panelists** Mark Winkelman from The Forge Western Martial Arts, Jay Cooper from Esteem Martial Arts and Havoc JKD, Grant Arden from Taza Jungle Fitness  
**Moderator** Tim Holter

2pm – 2.25pm **Mindset Matters Most** Robin O'Grady

2.30pm – 3pm **The Ultimate Health Excavation** Kylie Zimmerlie

3.05pm – 3.45pm **Master Your Biochemistry and Unleash Your Potential**  
Corey Deacon, Neurvana Health

# DEMO STAGE SCHEDULE

**MAY**  
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<b>SATURDAY, MAY 13</b>	<b>DEMO</b>	<b>EXHIBITOR</b>
11.30am – 11.45am	Yamuna Body Rolling Demo	My Body Couture
11.50am – 12.05pm	Kung Fu	Mo Fan Tai Chi and Wushu Academy
12.20pm – 12.35pm	Hypnotism	Chris Barry Hypnotism
12.40pm – 12.55pm	YMCA Family Demo	YMCA
1pm – 1.15pm	Stick Fighting	Havoc JKD
1.20pm – 1.35pm	Frisbee Rob and Davy	Calgary Disc Golf Club
1.40pm – 1.55pm	AntiGravity® Fitness (Aerial Yogo & Fitness)	InFlight Fitness
2pm – 2.15pm	Boxing	Legacy Boxing Club
2.20pm – 2.45pm	Guinness World Record presentation: Mayor Nenshi to present to Team MITO	
2.50pm – 3.05pm	Powerlifting	This is Female Powerlifting
3.10pm – 3.25pm	Taekwon-do	Taza Jungle Fitness
3.30pm – 3.45pm	Crossfit	Emily Abbott
3.50pm – 4.05pm	Kung Fu	Mo Fan Tai Chi and Wushu Academy
4.10pm – 4.25pm	Frisbee Rob and Davy	Calgary Disc Golf Club
4.30pm – 4.45pm	Urban Poling	Urban Poling
4.50pm – 5.05pm	Boxing	Rumble Boxing
5.10pm – 5.25pm	Sword	The Forge
<b>BREAK</b>		
7pm – 9pm	Strongman Finals	
9.05pm – 9.20pm	Boxing	UNDRCARD
9.30pm – 9.45pm	Pole Dancing	PoleJunkies
9.50pm – 10.05pm	Boxing	Rumble Boxing
<b>SUNDAY, MAY 14</b>	<b>DEMO</b>	<b>EXHIBITOR</b>
12.20pm – 12.35pm	AntiGravity® Fitness (Aerial Yogo & Fitness)	InFlight Fitness
12.40pm – 12.55pm	VN Vigor	VN Vigor
1pm – 1.15pm	Kids Boxing	UNDRCARD Boxing Studio
1.20pm – 1.35pm	Powerlifting	This is Female Powerlifting
1.40pm – 1.55pm	YMCA Family Demo	YMCA
2pm – 2.15pm	Kung Fu	Mo Fan Tai Chi and Wushu Academy
2.20pm – 2.35pm	Frisbee Rob & Davy	
2.40pm – 2.55pm	Rowing	Row17
3pm – 3.15pm	Sword	The Forge
3.20pm – 3.35pm	Kung Fu	Mo Fan Tai Chi and Wushu Academy



# ACTIVITY CORNER SCHEDULE

**MAY**  
**13 & 14**

SATURDAY, MAY 13	DEMO	EXHIBITOR
11am – 12.45pm	IMPACT Magazine Photo Shoot	
1.05pm – 1.20pm	Superhero Training Camp	Superman and Supergirl
1.25pm – 1.45pm	Superhero Training Camp	Superman and Supergirl
2pm – 2.15pm	Emily Abbott Crossfit class	
2.20pm – 2.35pm	Dance from Around the World	SoundKreations
2.45pm – 3pm	Intro to Self Defense	The Forge
3.10pm – 3.25pm	Emily Abbott Crossfit class	
3.30pm – 4pm	Hypnotism	Chris Barry

SUNDAY, MAY 14	DEMO	EXHIBITOR
12.40pm – 12.55pm	Dance from Around the World	SoundKreations
1.05pm – 1.20pm	Superhero Training Camp	Spiderman and Wonder Woman
1.25pm – 1.45pm	Superhero Training Camp	Spiderman and Wonder Woman
2pm – 2.20pm	Intro to Sword	The Forge
2.45pm – 3.05pm	No Equipment? No Problem	Robyn O'Grady
3.20pm – 3.35pm	Armoured Demo	



## STRONGMAN COMPETITION

### Western Canadian Strongman Competition

Head to the parking lot outside the south doors of the Big Four to see our competitors in action!

This one day open **Men's and Women's amateur competition** will include the following events:

- Husafell Stone Carry
- Overhead Medley
- Carry Medley
- Atlas Stones
- Last Man Standing Deadlift

The finals will kick off at 7pm at the YYCfit Beer Gardens (please note: 18+ only permitted during the Beer Gardens).

# SPONSORSHIP RECOGNITION

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## GOLD



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