

# FALL Workshop with Phys-x

## Earn BCRPA credits in practical workshops

### BCRPA Renewal Credits



### **21 Point Inspection for Personal Trainers**

**@ Alchemy Centre in North Vancouver**

**\*6 BCRPA credits\***

on **Saturday Nov 23rd, 9-3 pm**

**Presenter: Brian Justin**

**Fee: \$ 262.50** includes GST

### **TOOLS to KEEP YOUR CLIENTS INJURY FREE**

#### **21 Point Inspection**

### *Which Assessments Are Best To Perform On Clients To Help You Design The Most Effective Workouts?*

This workshop will go through 21 things you can do quickly to help ensure the safety of your client and design effective exercise selection to help your clients to progress.

Cars are given a 21 point inspection before road trips, why not provide a 21 point inspection to ensure a safe physical activity journey for the amazing human body. Join popular presenter, Brian Justin (MKin), for this informative and small group Inter-active learning session.

This class is ideal for personal trainers who are seeking cutting edge approaches to enhance their clients' experience. Alchemy Wellness Centre is a unique personal training & yoga studio with small class sizes in workshops (4 -10 participants) to give you personal attention for a quality experience.

#### **COURSE LOCATION:**

Alchemy Centre

Suite 201, 431 Mountain Highway, North Vancouver

- Free Parking on site!

**For more info:** Contact Sandra by e-mail [s-star@shaw.ca](mailto:s-star@shaw.ca) or text: **604 785-8776**

**ON-Line payment:** [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=XE4CQH967TWC](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=XE4CQH967TWC)

This is the last time this workshop will be offered in a condensed format by Brian. All future workshops will be as segmented workshops focusing on one body part at a time.