

## INTERNATIONAL

### Gandalf Archer

NEW ZEALAND



Gandalf is interim product manager and presenter for BODYJAM®. Gandalf has an extensive dance background teaching hip hop, dancing on cruiseships and running his own music and dance show company. Gandalf's natural flair and charisma on stage make him the perfect role model for delivering innovative and fun dance fitness class.

### Marti Boutin

USA



Marti has travelled the globe and written articles for publications worldwide, sharing her knowledge and passion for fitness. Marti has certifications in many disciplines of exercise, and is a training specialist for AEA, ISCA and a member of Team Spri. When not on the road, Marti works as a personal trainer and group fitness leader in Fort Myers, Florida.

### Dan Cohen

UK



Dan is an international Les Mills master trainer. He has 10 years experience in full contact and competitive martial arts. He was a member of the 1998 training team who introduced BODYCOMBAT® 1 to the UK, and was significantly responsible for creating the success of the program in that local market.

### DeDe Daniels, RYT

USA



Formerly a senior master trainer for YogaFit Training Systems Worldwide, DeDe has been a nationally certified group movement facilitator since 1986, ACE gold certified personal trainer since 1990 and certified yoga teacher since 1995.

### Linda Dorrington, CertExSc

NEW ZEALAND



Linda is an experienced instructor/presenter with over 10 years in the aqua industry. Currently she manages fitness programs at the Wellington Aquatic Centre.

### Gay Elliott, BPE

CANADA



Gay has worked in the fitness industry for over 30 years and is the co-author of Can-Fit-Pro's Older Adults Specialist Certification manual. As owner of Aristo-Fit, she teaches over 200 older adults in her private weekly fitness classes, presents at international specialty conferences, and has had her work profiled in the *Montreal Gazette*, *Canadian Living* and the *ICAA* journal.

### Gabrielle Harris, RegFL

NEW ZEALAND



With 10 years experience in the fitness industry, Gabrielle has played an integral part in building up the success of the aqua program at the Hibiscus Coast Leisure Centre in New Zealand. She is a Les Mills instructor with a passion for dynamic instruction and innovative choreography.

### Bryce Hastings, AdvDipPhys

NEW ZEALAND



Bryce Hastings is a physiotherapist and has been running his private practice out of Les Mills World of Fitness in Auckland, for the last 10 years. Bryce currently lectures at The Auckland University of Technology in the sport and health science department, on musculoskeletal rehabilitation. He also consults to Les Mills International for their body training systems programs.

### Carla Hales, BFA

CANADA

Carla is a personal trainer and has been a STOTT PILATES® certified instructor trainer since 1998. She has assisted with a number of presentations and tradeshow, co-supervised technical direction of several STOTT PILATES® videos and is recognised as a continuing education provider for the American Council on Exercise (ACE).

### Tina Hedren

SWEDEN



Tina is a former competitive aerobics gold and silver medallist and was national coach and choreographer for the Swedish Gymnastic Federation. She is also a lecturer for fitness leader training courses and in 2003, successfully completed her four year training to become a fully qualified practitioner of the Feldenkrais method.

### Denise Klatte, BA (ExSc) MPT

USA



Denise is a member of the Bodyblade Development Team and an adaptive fitness instructor consultant for Disabled Sports (USA). She has written numerous health and fitness related articles, presented fitness workshops internationally and is a consultant for Gaiam Stretching and Fitness videos.

### Monica Linford

UK



Monica is the creator of the ChiBall Method™ which has been translated into five languages and is currently taught in nine countries. Monica is known for her ability to interpret and explain movement, philosophies and concepts in easy-to-understand words and actions, and was awarded the UK's Fitness Professional's Award of Excellence in 2000.

### Rod Macdonald

CANADA



Rod is the executive director at Can-Fit-Pro, Canada's largest provider of education in the fitness industry. He is a former competitive rower and NCCP Level 2 coach. Rod's experience in the fitness industry includes personal training, coaching, directing a staff of over 50 instructors and personal trainers, and editing the *Can-Fit-Pro* magazine.

### John McKenzie, BCom

NEW ZEALAND



John brings his experience as a presenter, entertainer and actor on stage, television and radio to his indoor cycling. He specialises in communication and performance elements of spin and teaches at Pro-fitness and the YMCA in Christchurch, runs workshops throughout New Zealand and is one of the country's leading spin instructors.

### Stephanie McLennan, BEd DipT

NEW ZEALAND



Stephanie has over 25 years experience in the health and fitness industry as a trainer, choreographer, instructor and exercise class coordinator and currently manages the Active Living program for Sport Waikato in New Zealand. Stephanie was formerly named New Zealand's Fitness Leader of the Year and in 2001 was awarded the Lifetime Achievement Award by Netfit.

### Mike McSweeney

NEW ZEALAND



Mike is director of choreography for BODYPUMP® and RPM® and is a Les Mills international master trainer. Often described as one of the fittest men in the industry, Mike is instantly recognisable as the public face of BODYPUMP® and has provided an inspirational role model for Les Mills instructors everywhere, injecting huge passion and commitment

into the master class presentations that have earned him super-star status in group fitness workshops and conventions throughout the world.

### Tamara Middleton-Echave, DipSpSt (Rehab) NEW ZEALAND



Tamara is a key lecturer for NetFit's fitness leader training courses in NZ. She runs her own personal training business, is a sports and competitive aerobics coach and currently works in the area of sports rehabilitation.

### Phillip Mills

NEW ZEALAND



Phillip is one of the pioneers of the international fitness industry and a driving force behind the popularisation of the modern group fitness experience. In 1980 Phillip developed the unique Les Mills brand of exercise-to-music systems, which would later form the basis of Les Mills International. Based on quality assurance through pre-

choreography, and a revolutionary system for training instructors, these systems led to the development of BODYPUMP and the six other core Les Mills group fitness programs, which now provide a basic offering to members of more than 8,500 fitness clubs worldwide. Phillip also developed a group fitness management system for maximising the commercial benefits of the Les Mills programs.

### Rafaël Moreno

FRANCE



Rafaël has an extensive background as dancer, theatre actor, cabaret artiste, choreographer, fitness presenter and teacher of tai chi ch'uan and qi gong. Rafaël successfully bridges the gap between modern fitness and ancient exercise disciplines. In 2001 Rafaël was appointed ChiBall master trainer for France, Belgium and Spain.

### Rachael Newsham

UK



Rachael is the joint head choreographer for BODYCOMBAT® with Dan Cohen. She attended the Wing Chun Kung Fu school and has been tutored extensively in other martial arts disciplines by Dan, a qualified (Great Britain Martial Arts Association) teacher. Rachael was formerly a UK national trainer in BODYCOMBAT®, BODYJAM® and BODYATTACK® and was a member of the UK launch team for BODYJAM® in 2003.

### Darryl Preston, BEd (PE)

UK



Darryl has an unprecedented 19 top-rated fitness videos and two instructor training books to his name. As a TV presenter, studio director, program director, writer, choreographer, workshop and masterclass presenter, and training course lecturer, his highly developed motivational and communication skills ensure that every participant is

touched by his unique style.

### Steve Schiemer

GERMANY



One of the most popular, professional and dedicated male presenters on the circuit, Steve's reputation precedes him. Whether it's his expertise in fitness boxing, his creative flair for HiLo or his technical ability on the step, Steve's skills are second to none.

### John Sheehan

UK



Based in London, John has been working in the fitness industry for over 10 years as a group fitness manager, and has extensive experience as an international fitness presenter. He is a key member of the Cannons Training Academy and is a much sought after presenter the world over.

### Mark Sinclair

NEW ZEALAND



A foundation member of the Les Mills training team, Mark is best known internationally for his work on BODYATTACK®. His dynamic presentation style and regular appearance on instructor videos have been hugely influential in popularising Les Mills' high-energy cardio class. Originally a BODYSTEP® instructor, Mark also teaches BODYPUMP® and BODYCOMBAT® and travels frequently to overseas workshops and conventions as a highly valued ambassador for Les Mills programs.

### Jan Spaticchia

UK



Jan is an investor, entrepreneur and personal development specialist who has worked in the UK health and fitness sector since the mid 1980s. He is Chief Executive of BluSky Investments and was co-founder of Energie Fitness Group.

### Kanae Takegahara, BSc (PE)

JAPAN



Kanae is the aerobics supervisor for Sports Spa Athlie. She teaches at several exclusive clubs throughout Tokyo and has 15 years experience as a PE teacher. She is an international presenter and is one of the most popular instructor trainers in Japan.

### Vanessa Vassallo, Reg FL

HONG KONG



Based in Hong Kong, Vanessa has presented master classes throughout Australia, Asia, UK, Italy and Germany. With a dance and gymnastics background, Vanessa was also a former Australian Aerobics Champion and a television host for a fitness program 'X - Morning' in Thailand.

### Eva Winskill

FRANCE



Eva is a highly acclaimed international presenter with a reputation for excellent teaching skills. She is greatly admired for her knowledge of the most up-to-date fitness techniques and unique approach to exercise to music formats. Since 1999, Eva has been the ChiBall master trainer and course director for France.

### Deslea Wrathall, BEd (PE) MA GradDip (Rehab & SpMed)

NEW ZEALAND



Deslea works as a high performance sports trainer and exercise rehabilitation specialist. She is currently the trainer for NZ Whitesox players (softball) and Head Coach for Wellington Women's Basketball team, who were the 2003 National Basketball Champions. Prior to this she worked with the NZ youth netballers and Silver Ferns in Wellington which won the 2003 World Championships.

## AUSTRALIAN

### Stuart Baptist, BSc (Hons) Physio

NSW



Stuart is a lecturer for Australian Fitness Network. He studied and worked in the UK as a hospital-based sports physiotherapist, and since moving to Australia in 1996, he has worked in the private sector and as a senior accident and emergency physiotherapist in Newcastle. For the past 5 years, he has been the senior practice manager for Paul Wright, at Get Active Physiotherapy in St Leonards.

### Sonya Barber, RegFL

QLD



Named the Fitness Instructor of the Year in 2002, Sonya is North Queensland's leading corporate health presenter. Sonya is a lecturer in fitness training courses and she runs her own personal training studio with her husband. Sonya opened her second personal training studio in Townsville in 2003 and is involved in a local mentoring program for women in business.

### Peter Barr-Thomson, BBUS CPA

QLD



Peter is the founder and visionary for Ingenius Coaching. Peter spends his life assisting organisations and individuals discover and live their own genius. He is a qualified master practitioner in Neuro Linguistic Programming (NLP), a master coach in positive psychology and authentic happiness, a qualified personal trainer and a certified practising accountant.

### Stephen Bird, BHMS (Hons), PhD Candidate

NSW



Stephen is an Australian Postgraduate Award recipient, completing a PhD in exercise physiology. His research aims to improve our understanding of the physiological responses associated with nutritive intervention (CHO/EEA ingestion), biochemical signals (hormonal response), and modification of molecular programming (genetic expression), following resistance exercise.

### Gary Bertwistle

NSW



Gary is the founder and director of Blue Moon and currently works with clients to develop innovative marketing and advertising strategies.

### Allan Bolton, BHMS (Hons)

NSW



Allan is recognised internationally as an expert in the areas of health, lifestyle, sports performance and motivation. He is a co-developer of the GutBusters waist loss program for men and is a scientific consultant to Weight Watchers Australia. Allan was the first person in the world with insulin dependent diabetes to complete, using manual diabetes management, an Ironman Triathlon. He has completed over 100 endurance events including two ultra distance Ironman Triathlons, 2-day Mt Buller to Melbourne Adventure Challenges, The Maui Channel Swim and two Six-Foot Track Marathons.

### Tony Boutagy, BHMS

NSW



Tony is a Sydney based strength and conditioning coach and was named Australian Fitness Network's 2004 Author of the Year. In addition to writing books and journal articles, Tony lectures internationally on all aspects of performance enhancement, strength, fitness and weight loss and is a key lecturer for Australian Fitness Network and the Australian Institute of Fitness (NSW).

### Anna-Louise Bouvier, BAppSc (Physio)

NSW



Named Australian Fitness Network's 2004 Presenter of the Year, Anna-Louise is an accomplished author and creator of audio resources addressing back pain. The developer of a back specialist program called Physiocise, she runs a private physiotherapy practice and is an injury prevention consultant to the NSW Rugby Union team.

### Michelle Bridges

NSW



Michelle has more than 15 years industry experience as a group fitness instructor. She is the fitness consultant on 'Mornings with Kerri-Anne', is a Les Mills master trainer and video presenter, and in 2004 was named the Fitness Instructor of the Year.

### Paul Brown

QLD



Paul is the CEO of international consultancy company Face to Face Retention Systems. Australian born and bred, Paul now divides his time mostly between the United States and Great Britain, where he implements cutting edge retention, sales and marketing systems for health and fitness facilities.

### Darren Burgess, BSpSc (ExSc)

NSW



Darren is a lecturer in exercise science at Australian Catholic University and is currently completing his PhD in strength and conditioning. He runs a successful corporate health business and has worked as a fitness trainer for the Sydney Swans, Parramatta Power and Australian Olympic Soccer Team.

### Ben Butler, BHMS

QLD



Ben is the head presenter for Australian Institute of Fitness (AIF) QLD and is leading the research team for the completion of the AIF Integrated Training System, Australia's leading fitness education system. Ben is also Director of B Strong Health and Fitness Gurus.

### Donal Carr

NSW



Donal is a CHEK L2 practitioner with over 13 years experience in personal training. He has travelled extensively around the world working as a personal trainer, and ran his own business for 5 years in Ireland. Donal has worked for Tennis Ireland as the physical development trainer and currently works at Fitness First Australia as a Cluster Personal Training Coordinator.

### Lisa Champion, MSc (ExSc)

NSW



Author of *Riding From The Inside Out*, Lisa has been involved in the fitness industry for 20 years as an instructor trainer, convention presenter, author, instructor and personal trainer. She currently dedicates her time to running a PT business, teaching Pilates, training kids in movement education and writing articles for numerous national publications.

### Annette Chatterton, BEd (PE)

SA



An active presenter and lecturer throughout South Australia and nationally, Annette is a former secondary physical education teacher. Annette has worked in every aspect of fitness instruction and instructor training since 1982.

# Richard Chew

NSW



Richard developed RCM-Healthland to be one of the most successful and well respected health clubs in Australia before selling it to a South African public company, and he is now developing Elix'r Health Clubs along the same path. Richard has mentored numerous people to great success, including his role as personal coach to Marcus Irwin, when he won his two World Aerobics Championships.

# Kerry Chikarovski

NSW



After a career as a solicitor, Kerry was elected to the New South Wales Parliament in May 1991. She was later appointed Minister for Consumer Affairs and then held additional portfolios including Assistant Minister of Education, Minister for Industrial Relations, and the first Minister for the Status of Women appointed in NSW. Kerry was later elected Deputy Leader of the NSW Parliamentary Liberal Party. In Opposition, Kerry held the portfolio responsibilities of Corrective Services and the Environment and in 1998 was elected Leader of the NSW Parliamentary Liberal Party, the first woman to lead a major political party in NSW. After retiring from politics, Kerry established her own consultancy working with individuals and organisations who seek her experience in working with various levels of government. She has recently released her life story, *Chika*, which has been described as an uncompromisingly honest account of life in the difficult world of NSW Parliament.

# Dr Mike Climstein, PhD MSc

NSW



Dr Mike is the director of rehabilitation for Australia's largest chronic disease program. With fellowship by both the American College of Sports Medicine and Sports Medicine Australia, Dr Mike is passionate about his provision of guidelines for exercise and osteoporosis, and in sharing his experiences regarding the rehabilitation of his patients.

# Paul Collins, BPE

NSW



Paul is author of four books and director of the BodyCoach® educational programs, books, DVDs, seminars and CEC courses. He is a level 2 ASCA strength and conditioning coach, certificate IV personal trainer and group fitness instructor and in 1999/2000 was named Fitness Instructor of the Year by FitnessNSW.

# Shaun Creighton

ACT

Shaun is a legal liaison officer for the 2005 Commonwealth Games. He previously owned five Step Into Life Group Personal Training Franchises in Canberra, and served on the Board of Fitness ACT. He has a background in coaching, sports management and law.

# David Crossley, RegFL

NSW



David has been teaching and training in martial arts and group fitness for the last 20 years. Currently the group fitness manager for Park St Fitness First, he is a 5th degree black belt Instructor and developer of the Boot Box concept. David is a former world champion forms competitor and is a widely demanded inspiring and motivating instructor.

# Rhiannon Czajkowski, BEd

NSW



Rhiannon started her career as a high school teacher but currently manages the fitness area of one of the leading leisure training centres in Sydney's west. She is a Certificate IV lecturer at TAFE, specialising in special populations. Rhiannon has an active interest in all aspects of fitness, teaching a variety of classes including aqua, HeartMoves and BODYJAM.

# Dr Seamus Dalton, MBBS FAFRM SACSP

NSW

A consultant in rehabilitation and sports medicine, Seamus is one of Sydney's leading shoulder and back rehabilitation specialists. He was a member of the IOC Medical Commission for the Sydney Olympics, is currently the team doctor for the Sydney Kings basketball team and chief physician for the Australian cycling team. Seamus is widely published in rehabilitation texts and is an international lecturer on shoulder and back rehabilitation.

# Judy Davie

NSW



Judy studied psychology, macrobiotic cooking, food as medicine and holds a certificate in exercise and health studies. She writes a fortnightly column for *Woman's Day* and has recently completed a cookbook due for release June 2004. She is founder of The Food Coach, which produces a range of snack foods currently distributed through independent vending machines around the country.

# Mark Davis, BAppSc(Phty), BEd(PE)

NSW



Mark is a physiotherapist who is actively involved in gym based rehabilitation. He conducts a successful physiotherapy and rehabilitation practice at Fitness First in Sylvania.

# Tony Derbyshire

NSW



Tony is the principal of Primary Dynamics, an international training consultancy. Tony's coaching experiences range from serving as a royal marine commando, to personal trainer, health club manager, trainer and coach. Tony has developed and delivered coaching programs for companies, such as Hewlett Packard, National Australia Bank and L'Oreal Professional.

# Elizabeth Develin

NSW



Elizabeth is a former university lecturer and currently manages the nutrition and physical activity branch at NSW Health. Elizabeth was involved in the coordination of the 2002 NSW Childhood Obesity Summit and led the development of the Government's response – the Childhood Obesity Action Plan.

# Effe Diamond, BA (Visual Arts) DipEd

VIC



Effe has more than 6 years teaching experience. She currently works at some of Sydney's leading fitness centres, teaching a range of classes. Her passion lies in creative freestyle and her personal vision includes the promotion and encouragement of freestyle among fellow instructors.

# Annette Dobbins

NSW



Annette has been living and breathing health and fitness, and making a difference in the industry for over 10 years. Her expertise in management, sales, personal training and customer service, has been the driving force creating winning teams for health clubs Australia wide.

# Deanne Drage, BAppSc (Health Promotion) RegFL

NSW

Deanne is currently the area manager for health promotion in the Greater Murray Area Health Service. She has 11 years experience in health promotion and 15 years of fitness industry experience. Deanne is a gentle exercise lecturer for VICFIT and for the National Association for Gentle Exercise.

# Dr Chris Driver, PhD

VIC

Chris is a biologist, whose research in gerontology and the ageing process is recognised worldwide. Its application to sports people has opened a whole new field of research.

# Laraine Dunn, MAppSc

NSW



Former Australian Fitness Professional of the Year, Laraine consults to corporate, government and fitness sectors on health, exercise and lifestyle. She has a gentle exercise business and specialises in workshops for personal/professional development, mind body, healthy ageing and aquatic exercise.

# Jayne Evans, BSc DipEd

NSW



Jayne has over 15 years experience teaching group fitness locally, interstate and overseas. As a full time dance educator and consultant, Jayne offers expertise in the area of communication and delivering information relating to movement composition.



## Kylie Gates

ACT



Kylie is a master trainer and training director for Les Mills Australia. She has 14 years of experience in the fitness industry and has represented Australia in sports aerobics. Kylie regularly appears as a presenter on instructor videos and for Les Mills International, as well as presenting workshops across Asia and New Zealand.

## Lynley Gladdis, DipArts (Dance)

SA



Lynley is a graduate of the Victorian College of The Arts and has been involved, and taught for, the fitness industry for 13 years. She is a Master Trainer for the ChiBall Method in Australia and New Zealand and a key pilates lecturer for Australian Fitness Network.

## Dr Anthony Grant, PhD MA BA

NSW



Anthony is a coaching psychologist, who has established the world's first coaching psychology unit at Sydney University. His coaching research and practice have frequently been reported in the national and international media, and he has authored a number of publications on coaching, including his book *Coach Yourself at Work*.

## Lesley Gray

NSW



Lesley has a background in dance and is a former instructor trainer. As a consequence of a debilitating back injury, Lesley now specialises in mind body fitness classes and is currently completing a Diploma of Health in yoga.

## Garry Hart

NSW



Garry has more than 20 years experience covering management, media and group fitness. Garry has been an instructor with the Les Mills organisation since 1983, and has trained and presented nationally and internationally. He was awarded the 2003 Fitness NSW Employee of the Year and is a Master Trainer in the Les Mills BODYBALANCE program and the AIM (Advanced Instructor Module).

## Brad Hiskins, BSc DipRM

NSW



Brad has 11 years experience with the Australian Institute of Sport as a soft tissue therapist. He worked at the Atlanta, Sydney and Athens Olympic Games and is currently the Head of Service (soft tissue therapy) for the Olympic and Commonwealth Games.

## Kinnie Ho, BSc (Hons) MComm

NSW



Kinnie is an education coordinator for Australian Institute of Fitness (NSW). With over seven years teaching experience, Kinnie brings across knowledge and skills that comes from his diverse background in science, hospitality and commerce to heighten the elements of group fitness today. Kinnie has on various occasions been an invited guest speaker

from community health organisations, as well as the private sector, on spreading the word on health and fitness.

## Klinton Hoare, AssDipSocSc

NSW



Klinton is co-owner of Ultimate Performance Edge, a personal training and Pilates studio, and founder of the ALIVE Institute, a company delivering presentations on topics such as life motivation, stress, burnout, productivity, time management and team building.

## Dr Michael Hubbard, BClinSc (Osteo) ND DBM

NSW

Michael is director of Health Care Haven, health centre in Terrey Hills, and has over 25 years experience in assessing and treating postural and muscular conditions. He is designer of the Muscle Mate® trigger release tool used by practitioners, and works closely with elite level athletes in maintaining muscle function for the demands of their sport.

## Stephen Ibrahim, BBus

NSW



Stephen has been involved in the fitness industry for nearly 20 years as an aerobics instructor/coordinator, aerobics competitor, national and international presenter, and director of Elix'r Health Clubs.

## Garry James

ACT



Garry is the owner of X Factor Personal Training. He is a registered boxing and indoor cycling instructor, and a strength and conditioning coach for the Canberra Cannons NBL Team.

## Stephen James

ACT

Stephen is the director for the ALIVE! Health and Fitness Studio located in Canberra. He also owns a national security company and currently serves on the board of Fitness ACT.

## Michael Jeffreys

NSW



Michael is the Group Fitness Manager at Fitness First Bond Street. He has an active interest in all aspects of fitness and excels as an instructor and personal trainer.

## Steve Jensen

NSW



Steve is managing director of Impact Training Corporation, a company specialising in sales, sales management and communication for Australian businesses.

## David Kelly, BHMS BHMS, GradDipEd, AssDipHealthScience (SpEx)

NSW

David is currently a health promotion officer with the New England Area Health Service. David has worked extensively in the health, recreation, sport and fitness sectors, in numerous roles including local government sport and recreation planner, exercise physiologist, fitness and sports medicine consultant and physical educational director.

## Dr Dion Klein, PhD

ACT



Dion has been involved in the health, fitness and massage industry for 20 years. As an international speaker he has presented on various topics including marketing, risk management, and wellbeing. He served on the board of Fitness ACT for eight years and was president for four years. He is the managing director of Healthy Worksites and is the CEO/founder of Conference Papers Online.

## Tommy Koutsonikolis, BPE

NSW



Tommy has 19 years experience in the fitness industry. He was a former conditioning coach for the Wests first grade rugby league team and has enjoyed rapid success through the Les Mills ranks from instructor, to national trainer, to Les Mills master trainer in BODYPUMP® and BODYCOMBAT®, and is featured in the BODYPUMP® 52 and 53 videos.

## Petar Lackovic

NSW



Petar is the general manager and master trainer of Impact Training Corporation. His proven sales track record and extensive experience is coupled with his work in Neuro-Linguistic Programming, negotiation skills and conflict resolution, as well as being accredited in DISC behaviour style analysis.

**Mario La Marra, GradDipCom BCom RegFL NSW**



Mario is a group fitness instructor and personal trainer with over eight years experience. His commitment and dedication to ongoing education within the industry is evident in his colourful and inspiring presentations.

**Martha Lourey-Bird, MSpSc DipRT NSW**



A former Fitness Instructor of the Year, Martha is the scientific advisor to Weight Watchers Australasia and the fitness editor of the *Weight Watchers* magazine. She is a lecturer, international presenter and regular expert on radio, television and in the print media and is director of her own personal training company.

**Judy Lovas, MSc DipEd DRM NSW**



Judy has a background in psychology and extensive experience in massage therapy, and currently lectures in psycho-neuro-immunology, relaxation techniques and complementary therapies. She is currently undertaking a PhD investigating the effects of massage therapy on quality of life in people with spinal cord injury.

**Andrew May, BAppSc NSW**



With just over 10 years in the industry, Andrew is considered an international expert in the business of fitness, having already built and sold two successful health and fitness businesses. Andrew is the co-founder of Good Health Solutions, which runs the executive health assessment centres at St Vincent's Hospitals in Sydney and Melbourne.

**Kerry McEvoy, MHMS QLD**



Kerry had more than 15 years of business ownership experience, is the founder and director of the National College of Success and is one of Australia's leading authorities in the area of the science of strength training.

**Rowena McEvoy, Dip ExSc QLD**



Rowena is the Director of the National College of Success. She is an international instructor trainer and business consultant with a background in health club management. She has an 18 year career in all aspects of the fitness industry and now her expertise is in staff training, specialising in customer service and sales training.

**Mark McKean, DipT (HPE Sc) QLD**



Mark is currently working part time on his PhD through the University of the Sunshine Coast. He is a strength and conditioning coach, and personal trainer, working with athletes and clients of all levels. In October 2003, Mark launched a management system for fitness centres based on personal training called PT Smart, which now operate very successfully in most states of Australia.

**Joanna McMillan-Price BSc (Hons) NSW**



Joanna is a nutrition scientist and fitness leader with expertise in the area of weight loss. She is completing her PhD and is the author of *Reality Food* and co-author of *The Low GI Diet* and soon to be released accompanying cookbook. Joanna is a regular media spokesperson on nutrition-related issues, and the developer of Les Mills' weight loss personal training program BODYTRAINER™.

**Marietta Mehanni, RegFL VIC**



Named Victoria's Aqua Exercise Leader of the Year in 2002, Marietta is a popular and accomplished instructor/presenter with over 15 years experience in the health and fitness industry. She is currently the program coordinator at one of Melbourne's leading fitness clubs and presents at both national and international fitness conventions.

**Joanne Melbourne, RegFL NSW**

Joanne currently runs the Boot Camp program for Fitness First. She has more than 20 years industry experience, having commenced her career with Les Mills in 1982, as a choreographer. Joanne has spent time both in the fitness and holistic health industries having lectured and designed the Holistic Sports Therapy Diploma for Wellpark College in New Zealand.

**David Miers, BAAgSc (Hons) VIC**



David was the developer of the Blades football boot system and a number of other sporting innovations. The new cardio machine called The Sprinter, which featured very successfully at last years Australian Fitness Expo, is among the latest products of his research that our industry has successfully adopted.

**Jo Munro, MEd BAppSc (Physio) NSW**

Jo was a former educator for the Arthritis Foundation. She has extensive experience in the musculoskeletal field and is an occupational health and safety consultant for the private sector. Jo has been involved in the education of a variety of groups, including physiotherapists, occupational therapists, rehabilitation registrars, fitness leaders, rehabilitation counsellors and consumers.

**Nigel Myers, RMT, DipAppSc (Biomedical) LLB, GradDipLaw NSW**



Nigel has been a qualified fitness leader for the past 14 years. He currently holds the position of gym manager and facility coordinator for Unifit Health and Fitness at the University of Western Sydney, and has over ten years experience training people and staff in customer service, and lecturing elite athlete squads in the south west region.

**Claire Norgate, MEd NSW**



Claire has spent the last 25 years studying health and wellness and is an integral part of the Network Pilates training team. Her broad academic pursuits combined with extensive practical experience in the fitness industry, make her an ideal educator for fitness leaders.

**Tim O'Connell VIC**

Armed with an engineering degree and currently working in occupational health and safety, Tim is a highly accomplished freestyle instructor. Known for his energetic and motivated presenting style, Tim teaches a wide range of group exercise programs and is a highly sought after instructor at some of Melbourne's leading fitness clubs.

**Ruth Oliver VIC**



Ruth has over 20 years industry experience, spanning England, Hong Kong and Australia. She is dedicated to bringing a more holistic approach to exercise in the aerobics room. Ruth currently runs mind body classes and workshops and teaches Pilates and yoga.

**Matt O'Neill, MSc (ND) BSpSc NSW**



Matt is a leading dietitian, internationally recognised for his expertise in weight management coaching. He is a past member of the Weight Management Industry Code Committee and the National Health and Medical Research Council's Overweight and Obesity Working Party.

**Carole O'Halloran NSW**

Carol has 25 years industry experience, including 20 years as an instructor trainer specialising in gentle exercise. Carol was the executive and founding member of the National Association for Gentle Exercise and coordinator for the gentle exercise certificate course. She is currently national marketing manager for Sweet William.

## Dr Robbie Parker, PhD MED

NSW



Robbie is an internationally recognised authority on strength training and recipient of Australian Fitness Network's Lifetime Achievement Award in 2000. He is the Head of the Children's Hospital Institute of Sports Medicine (CHISM), The Children's Hospital at Westmead and is an Honorary Associate of the School of Molecular and Microbial Biosciences within the Faculty of Science at the University of Sydney.

## Dr Neil Peace, MD

NSW



Neil is a medical practitioner dealing exclusively with overweight and obese patients. He has 20 years experience in working with this population group and is passionate about identifying scientific literature showing what genuinely produces weight loss.

## Richard Peil

ACT



Richard is the managing director of the Southern Cross Health and Fitness Club and has over 18 years experience in the industry. He previously served on the board of Fitness ACT and was on the ACT Code of Practice Consultative Committee. He has owned and operated a number of fitness centres and has been a consultant for an international fitness chain.

## Sandi Raey

NSW



Since 1983, Sandi has been involved in the fitness industry. She is now with Impact Training Corporation, consulting with a wide variety of businesses, helping them to maximise income potential and create growth and success.

## Jari Rehula, RegFL

NSW



Jari's creative approach and outrageous personality make him a consistently popular presenter. With over 15 years experience, he is owner of Fat Free Fitness, a successful fitness consultancy and personal training business.

## Fiona Reid

NSW



Fiona has been teaching relaxation to birthing women for 15 years. As a home birth midwife/educator Fiona has used relaxation to assist women with medication-free births. More recently, as a Pilates instructor Fiona has incorporated her knowledge and experience in the techniques of relaxation to provide a valuable new dimension to her practices.

## Kayley Riddle, BA, DipT GradDipSptsMgt

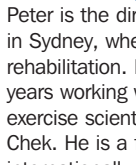
NSW



Kayley is the people manager for LivingWell Australia and has proven success in creating and driving business strategies. She is passionate about developing leaders in our industry and has 15 years experience in fitness and management.

## Peter Rouse, AssDipExSc, NMT

NSW



Peter is the director of the Institute of Human Performance in Sydney, where he specialises in corrective exercise and rehabilitation. Peter has been in the fitness industry for over 15 years working with Olympic athletes and some of the world's leading exercise scientists, including Charles Poliquin, Mel Siff and Paul Chek. He is a former professional athlete, successfully competing internationally in martial arts. His clients include Olympic and Atlantic rowers, Steve Westlake and Matt Goodman, K1 fighters, Ray and Ron Sefo, and professional heavyweight boxer, David Tua.

## Karen Russell

QLD



Karen has over 16 years of experience as an instructor and group fitness manager. Karen has worked with Les Mills Australia since 1997 as an instructor trainer in BODYPUMP, BODYATTACK and BODYSTEP. She is a Les Mills national master trainer and is currently the state group fitness manager for Zest Health Clubs.

## Margaret Ryall-Egan, AssDipExSc

NSW



Margaret has almost 30 years experience in the aquatic industry, during which time she developed three deep water inventions, including the Ryall's Buoyancy Belts and associated deep water programs to use the belts.

## Jennifer Schembri-Portelli, BEd

VIC



JSP has experience in sports consultancy, personal training, university lecturing and aqua exercise. Her passion lies with innovative aquatic programming, ensuring all population groups benefit from exercising in water. JSP delivers sessions in a novel, yet educational format, which always ensures an enjoyable experience for participants.

## Luke Smith, BSc

QLD



Luke is the head of the Australian Institute of Fitness on the Sunshine Coast, and is the head trainer for the Queensland presenting team. He is an experienced presenter who specialises in advanced anatomy, applied physiology and sports conditioning. Luke has owned and managed his own personal training studio.

## Camilla Sperring, RN RegFL

NSW

Camilla is a registered nurse with 20 years experience in the fitness industry. She manages and owns the FIRM Fitness Centre in Nowra, while maintaining her current nursing position with Shoalhaven Memorial Hospital. Camilla's aim is to move the health and fitness industries closer together in an effort to improve the health and fitness of older adults.

## Dr Rosemary Stanton, OAM PhD

NSW



Rosemary was awarded an Order of Australia Medal for her services to community health through education in nutrition and dietetics. She is frequently seen and heard on television and radio, and is the author of many scientific papers, including 31 books on food and nutrition and over 3,200 articles for magazines and newspapers.

## Francine St George, MSc (Med) PostGradDip (Physio and SpSc)

NSW



Francine combines clinical work and delivers posture, stretch and strengthening classes. She is a national and international lecturer, and author of numerous health and fitness books including her latest release Bodyworks.

## Darren Stuchbery, BAppSc (Physio) BEd (PE)

NSW



Darren has over 20 years experience with extensive experience in gym based rehabilitation for injured workers. He is the director of Get Active Physiotherapy's CORE (Corrective Orthopaedic Rehabilitation with Exercise) program, and is also a clinical physiotherapist and manager of the Get Active Physiotherapy clinic within Fitness First at St Leonards.

### Grace Sullivan, RegFL

NSW

In her role as owner and manager of the Tweed Fitness and Lifestyle Centre, Grace has developed and implemented lifestyle and movement programs for clients aged between 12 and 83 for more than 17 years. Grace has diversified and tailored specific programs for older adults, to accommodate the 45% of her membership base who are aged 50 years or older.

### Kira Sutherland, BHSc, ND, Dip Nut, DBM, Dip Hom

NSW



Kira is a long course triathlete and practising naturopath with over 10 years experience, including eight years of lecturing at Australia's largest naturopathic college. She practices in Manly, where she specialises in sports nutrition for endurance athletes, and she is a freelance health speaker, presenter and writer for well known magazines, newspapers and TV.

### Justin Tamsett

NSW



As a Director of Active Fitness Centre and Active Health Club, Justin has been a prominent figure in the fitness industry since 1989. Justin is the former President of FitnessNSW and Vice President of Fitness Australia.

### Helen Tardent, RegFL

NSW



A former dancer with the Royal Ballet, Helen is a master trainer in the Pilates method of exercise. She is qualified in both clinical and traditional Pilates and currently focuses on mainstream fitness and studio education programs.

### Bruce Townhill

NSW



Bruce is chief presenter of the Punch Pad and Kick Pad courses. He is also Managing Director of the Blackbelt Pro boxing/kickboxing gym and chief instructor of 30 national and international boxing/kickboxing champions, and over 20,000 students.

### Katherine Tsebelis, BAppSc (Physio)

VIC



Katherine is a physiotherapist and has been a group fitness instructor for 14 years. She lectures in fitness leader training courses and presents Fitball workshops nationally. Katherine's knowledge as a physiotherapist, and her vast experience in the fitness industry, will ensure what she delivers is comprehensive, yet user friendly.

### Charles Tuchtan, GradDip TT&L DipHSc (Remedial Therapies)

VIC



Charles is the co-author of the massage therapy textbook, *Foundations of Massage*. He is an academic and practitioner with over 30 years experience.

### Vicki Tuchtan, PhD Candidate MEd BAppSc (PE) AdvDip Myotherapy

VIC



Vicki is the co-author of the massage therapy textbook, *Foundations of Massage*. An academic with over 30 years experience in health, Vicki currently works with the Australian Institute of Fitness in Victoria.

### Michael Vincent

NSW



Michael is a senior trainer with Impact Training. He is an international presenter and educator in the areas of sales training, business development and coaching, and is an international trainer/presenter for Les Mills Australia, arming him with unique insight on how to grow businesses from the inside out.

### Joe Waide, BCom

QLD



Joe is director of Inspire Personal Training in Brisbane and co-director of Community Fitness Australia. In 2004, he was named Australian Fitness Network's Personal Trainer of the Year and Fitness Queensland's Fitness Professional of the Year. His vision is to inspire the millions of people to a greater level of health and fitness.

### Louise Watts, BAComm

NSW



Louise has developed successful communication solutions for corporations over the last 12 years, through her company, Image & Attitude. Louise has built her reputation as a positive change agent with large corporate businesses, often being asked to guide executives through sensitive issues of corporate perception and identity.

### Nigel Watts

NSW



Nigel is managing director of Future Platform Pty Ltd, an organisational development firm based in Sydney. Nigel works with his clients to align performance measures and behaviour which enables businesses to positively guide staff and track outcomes.

### Lisa Williams

NSW



Lisa is a health and wellbeing life coach and trainer, as well as a master in NLP and indoor cycling (former Cycle Reebok master trainer). She has been in the fitness industry for over 10 years, and her passion lies in inspiring instructors and trainers to teach their clients how to align mind and body to evolve to higher levels of health, wellbeing and performance.

### Jason Weber, MSS

NSW



Jason is the strength and conditioning coach for the Australian Rugby Union. He is also the former head strength and conditioning coach for the NSW Waratahs, QLD Reds and the Australian Institute of Sport.

### Lisa Westlake, BAppSc (physio)

VIC



Awarded Network Fitness Leader of the Year for 2000 and Presenter of the Year for 2003, Lisa is the pioneer of Australia's Fitball program. She aims to bridge the gap between health and fitness and her 15 years experience in physiotherapy and fitness is prevalent in her consistently innovative and inspiring sessions.

### Colleen Wilson-Lord, OAM

NSW



Colleen is recognised for her work in community health education, and has established and developed healthy lifestyle programs across Australia, including the new sport/game Lifeball. Colleen has been awarded an Order of Australia Medal, an Advance Australia Award, is a Fellow of ACHPER and is a former recipient of Network's Lifetime Achievement Award.

### Sandra Young

QLD



Sandra is a group fitness instructor with a passion for freestyle choreography. She is an instructor trainer and small business operator with over 15 years experience in the fitness industry.