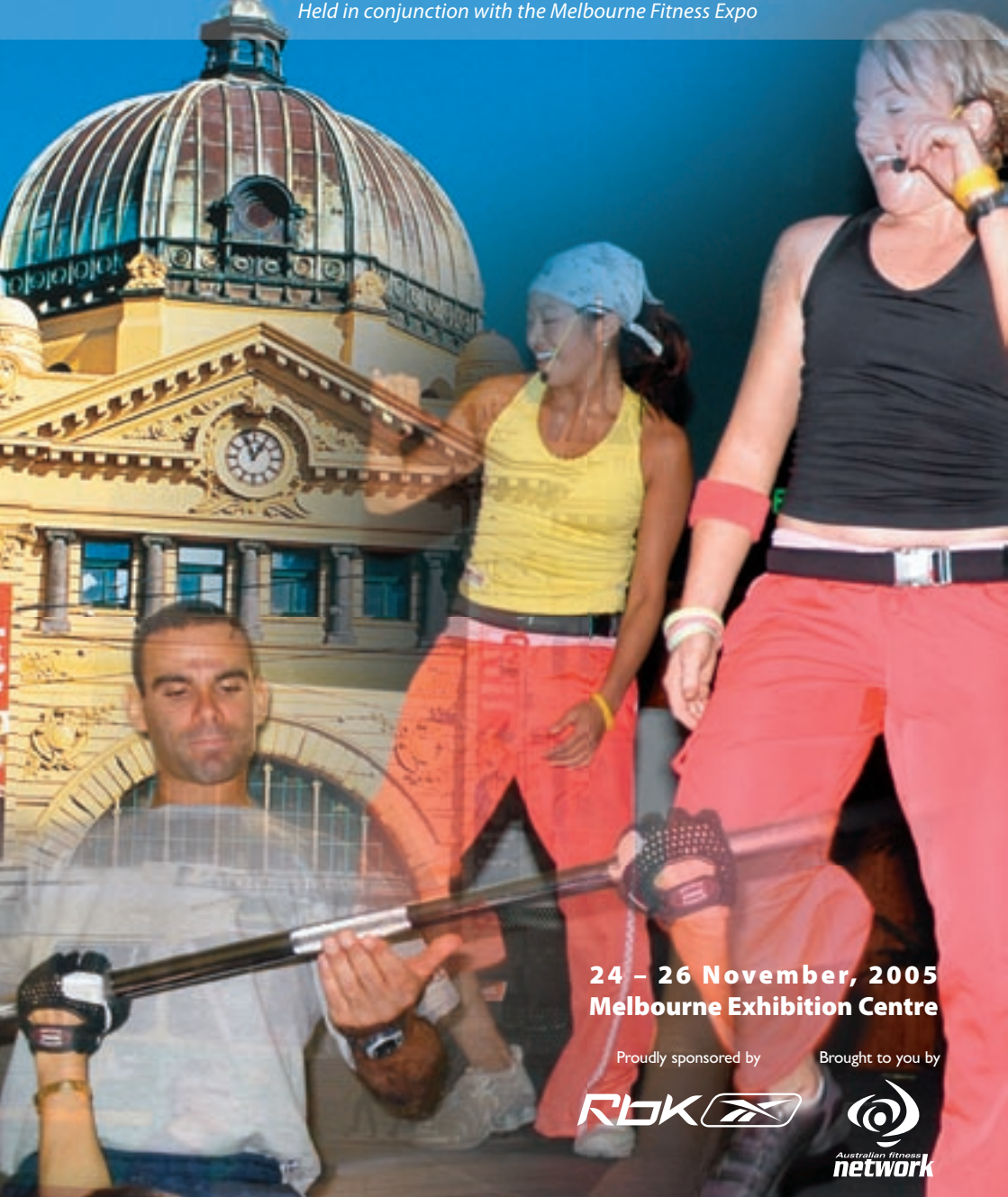


# network

**05** your total fitness event

*Incorporating the Melbourne Business Summit  
Held in conjunction with the Melbourne Fitness Expo*



**24 – 26 November, 2005**  
**Melbourne Exhibition Centre**

Proudly sponsored by

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Australian fitness  
**network**

# network

## 05

your *total* fitness event

**24 to 26 November**

**Melbourne Exhibition Centre**

**Incorporating the Melbourne Business Summit and held in conjunction with the Melbourne Fitness Expo**

The Network convention last stormed Melbourne in 2003, and after such success we are ecstatic to be strapping ourselves in and heading back to Victoria to deliver you an end-of-year event that will blow you away! Seize this opportunity to learn the latest from industry leaders, while networking with hundreds of fellow fitness professionals in the city that oozes cafés, culture and class!

And not only does this total fitness event provide you with the latest and greatest in mind body, group exercise and personal training, but for the owner/operators we've developed the Melbourne Business Summit, to help you achieve even more success with your club. PLUS, on site and held in conjunction with Network 05, is the three-day NEW Melbourne Fitness Expo, where you can experience and purchase fitness things large and small, from over 100 exhibitors covering 1,400 square feet.

With Network 05 you'll end your fitness year on a high, and catapult your career to a new level of success.

We can't wait to see you there!



**Nigel Champion**  
Managing Director



**Joanne Smith**  
Convention Manager



**Stephen Rivera**  
General Manager



**Amy Bird**  
Convention Coordinator



**Liz Dene**  
Education  
Program Manager

**The Network convention team**

### Save money AND win prizes!

Simply book as an Early Bird (by 14 October) – and you can enter the draw to win one night's accommodation (including breakfast for two) at the Network 05 headquarter hotel - the Crown Promenade - or a three night holiday for two, to a mystery destination donated by the OzAccom Group. The winners of these prizes, plus heaps more giveaways, will be drawn at the Friday night Happy Hour. Remember, you must be present to win!

Proudly sponsored by



Brought to you by



**Australian fitness  
network**

**Australian Fitness Network**

**Postal:** PO Box 1606, Crows Nest NSW 1585, Australia

**Street:** Ground floor, 40 Oxley Street, St Leonards NSW 2065

**Phone:** 02 8424 7200 • **Fax:** 02 8424 7299

**E-mail:** [inf@fitnessnetwork.com.au](mailto:inf@fitnessnetwork.com.au)

[www.fitnessnetwork.com.au](http://www.fitnessnetwork.com.au)

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## How to register

Simply tear out and complete the

- 1) Registration form
- 2) Session selection form
- 3) Payment details

then return all 4 pages with payment if posting a cheque or money order (DO NOT mail cash) to:

**MAIL** - to **PO Box 1606, Crows Nest NSW 1585**

**ONLINE** - at **[www.fitnessnetwork.com.au/network](http://www.fitnessnetwork.com.au/network)** (using your Bankcard, MasterCard or Visa)

Note: the first 25 online registrations receive a free gift!

**FAX** - to **02 8424 7299**

For more details on how to register, go to page 53.

## Co-sponsors

Australian Fitness Network greatly appreciates our co-sponsors and event partners for their contributions to the Network 05 event. Their financial support and ongoing commitment, through the use of their equipment and products, enable us to run the quality event that you have come to expect and we thank them for making it all possible.





**Network 05 is jam packed with education and inspiration. Here are just a few of the many event highlights to ink into your diary!**

## Opening Address **The Power to Inspire Change**

**Zosha Piotrowski**

**NSW**



Zosha is an international instructor trainer and convention presenter. She is involved in developing instructors and talent in freestyle group exercise and is the key program developer and lecturer for the Network Pilates courses. Her goal is to motivate and inject her energy within others and to bring about wellness and entertainment to people's lives. Zosha is also the co-host of Pilates TV on Foxtel's Lifestyle Channel.

Our industry promises results. Whether they be achieving weight loss, weight gain, improved self image, enhanced wellbeing or increased strength or muscle size, in order to fulfill our promises we must first gain the trust of our clients and members. But do you have failsafe methods to achieve this? Learn how to truly connect with your clients and members in this inspirational address that will give you tools to inspire positive change in the people you train and the people you meet.

## Plenary Sessions

Plenary sessions bring convention delegates together, ensuring you finish each day on a high, surrounded by like minded people! Be sure to select your plenaries on the session selection form, as places are limited. Choose from:

- **A1A** **Chicago Jam**
- **A1B** **Is Your PT Business on Track**
- **AIC** **Experience the Reebok Deck**
- **B7A** **Diets & Disease – Learning from History and Geography**
- **B7B** **Free2Be: Fusion**
- **B7C** **ChiBall Zen Style Meditation**
- **C6A** **Switched On**
- **C6B** **Dance Around the Globe**
- **C6C** **Flow-Yoga®: Balancing Act**

**NEW!**

## Melbourne Fitness Expo

Thursday 24 to Saturday 26 November 2005

Strap on your heart rate monitor because the excitement will be tangible when the Melbourne Fitness Expo is unveiled! The Melbourne Fitness Expo brings you more than 100 exhibitors who will set up shop at the Melbourne Exhibition Centre, to deliver to you, the latest fitness equipment, clothing, accessories and innovations! And, as a Network 05 delegate, you will have unlimited access to all these key industry suppliers over the three convention days.



## Drink and be merry!

**Thursday 24 November**

**6.30 to 7.30pm**

**Welcome Drinks**

**Friday 25 November**

**6.45 to 7.45pm**

**Happy Hour and Prize Draws**

After quenching your thirst for knowledge all day, swing by and down a bevvvy with the Network team, convention presenters and fellow delegates. The liquid will be flowing, so be sure to bring your complimentary drink ticket (in your registration envelope) to each evening, and after the first round - which is on us - the cash bar is all yours! PLUS, on Friday there'll be prize winners crowned, when some top class loot, including a holiday for two, thanks to the OzAccom Group, and a night's accommodation thanks to the Crown Promenade, is up for grabs. But remember, you must be present to win!

# The Melbourne Business Summit

**Australian Fitness Network is pleased to present the inaugural Melbourne Fitness Business Summit comprising two intensive days of lectures, panel discussions, networking opportunities and attendance at the Melbourne Fitness Expo.**

## Day 1 Thursday 24 November

On the first day our international presenter, Grant Gamble, will unlock a seamless progression of paradigm busting ideas that have created a new generation of highly profitable, people focused clubs in the USA.

## Day 2 Friday 25 November

The second day starts with a business breakfast that incorporates a marketing panel discussion. The rest of the day focuses on sales, member retention and how to convert your trial members into paying members.

## What does the Business Summit include?

- Two days of jam packed session that will help you grow your business
- 6 hours of designated Expo time in the Melbourne Fitness Expo over the two days
- Thursday Network Lunch
- Network 05 Keynote Address
- Thursday night Welcome Drinks
- Friday Business Breakfast
- Friday Business Lunch
- Networking Drinks

**GREAT VALUE!**  
Book by 14 October for the  
Early Bird special rate \$349

## Day 1 Thursday 24 November



### Re-inventing Fitness: Busting the Paradigms that Challenge Profitability

**Grant Gamble**

**USA**

Grant is the chief operating officer of ACAC Fitness and Wellness Centres. He began his career in the Australian fitness industry but later formed an international fitness business consultancy firm, which developed many innovative and successful systems and programs that have been embraced by an impressive client list worldwide.

### Grow your membership exponentially by quadrupling your prospect base

Everyone talks about attracting the deconditioned population who are interested in exercising, yet few have found real and meaningful ways to succeed. From this discussion you'll take home real and tangible ways to attract and retain these interested, yet skeptical fitness fans. [L](#)

### Create real sustainable results for you and your members.

Most people who join a club struggle to get into the 'flow' of fitness and wellness, and consequently many drop out. Explore a whole new way of thinking about orienting new members and getting them committed to fitness at your club. [L](#)

### Compete on value not price

Value is what ultimately motivates quality members, not price. Yet many clubs struggle in highly competitive discount driven market places. From this session you will learn how to create value by differentiating your product so distinctly that there is no comparison. [L](#)

### Build a club business that has exponential growth potential

Build your peripheral profits to meet or exceed your membership income. Wall Street suggests that peripheral profit areas can, and should be at least half of your income. Explore some simple and novel ways to drive peripheral income. [L](#)

## Day 2 Friday 25 November Business Breakfast: Guerilla Marketing

### Panel presentation

Guerilla marketing can be as different from traditional marketing as guerilla warfare is from traditional warfare. Rather than marching their marketing dollars forth like infantry divisions, guerilla marketers sniper their marketing resources for maximum impact. You'll leave this interactive session with an abundance of guerilla marketing strategies that you can use in your business. **PANEL**

### Who's on Trial? Us or Them?

**Michael Vincent**

**NSW**

How many people this week are using your club for free? This jam-packed session is all about making sure that you capitalise on your trial sessions and maximise income for your business. You'll learn how easy it is to make sure that those receiving trial passes are actually able to join, and you'll take home effective strategies to track and follow up. **L**

### 31.5 Ideas to Retain Clients and Members

**Justin Tamsett**

**NSW**

From this fast-paced session you'll take home ideas, strategies and programs to ensure you retain more clients and members. You will receive information that you can put into practice immediately to improve your bottom line, which means as your member base expands, you'll be able to save precious marketing dollars! **L**

### The Magic of Outreach to Increase Sales

**Steve Jensen**

**NSW**

Learn the power of this easy-to-implement lead-generating strategy to increase appointments and sales for your club. Gone are the days of Outreach just generating name and phone numbers! From this dynamic session you'll learn how to create qualified leads, make appointments and sales on the day and make Outreach an integral part of your marketing plan that will increase sales and income for your club. **L**

## Business Program at a Glance

### Thursday 24 November 2005

8.00am – 8.30am	<b>Business registration</b>
8.30am – 10.00am	Grow your membership exponentially by quadrupling your prospect base Grant Gamble <b>L</b>
10.00am – 10.15am	<b>Break</b>
10.15am – 12.00pm	Create real sustainable results for you and your members. Grant Gamble <b>L</b>
12.00pm – 3.00pm	<b>Business Lunch &amp; Dedicated Expo Time</b>
3.00pm – 4.15pm	Compete on value not 'price' Grant Gamble <b>L</b>
4.15pm – 5.15pm	Build a club business that has exponential growth potential Grant Gamble <b>L</b>
5.15pm – 6.30pm	<b>Opening Address The Power to Inspire Change Zosha Piotrowski</b>
6.30pm – 7.30pm	<b>Welcome Drinks</b>

### Friday 25 November

7.00am – 9.15am	Business Breakfast: Guerilla Marketing Panel presentation
9.30am – 11.00am	Who's on Trial? Us or Them? Michael Vincent <b>L</b>
11.00am – 11.30am	<b>Break</b>
11.30am – 1.00pm	31.5 Ideas to Retain Clients and Members Justin Tamsett <b>L</b>
1.00pm – 4.00pm	<b>Business Lunch &amp; Dedicated Expo Time</b>
4.00pm – 5.15pm	The Magic of Outreach to Increase Sales Steve Jensen <b>L</b>
5.15pm – 6.15pm	<b>Networking drinks</b>

# pre and post-convention workshops and certifications

## BOSU® for Sport Performance

Douglas Brooks

USA



Take home the theory behind traditional and modern athletic conditioning, and understand the difference between activity that has a high level of transfer to a particular sport and sport-specific training. You'll experience

a sport workout that focuses on balance and equilibrium, multi-directional movement, neuromuscular activation, quickness and agility, athletic strength and power, rotary and core strength, and drills that improve coordination while fatigued. This whole body, integrated approach also offers great utility for functional fitness programs.

**Date:** Thursday 24 November

**Time:** 9am to 1.30pm

**Cost:** \$150

**CECs:** TBA

## Flow-Yoga®

DeDe Daniels

Denise Klatte

USA

USA



This comprehensive two-day teacher training workshop is designed for personal trainers, group exercise instructors and fitness enthusiasts, to start you on the path from 'student' to 'teacher'. A relaxed but focused



environment is maintained throughout this intensive course, leading each participant through a 'can't fail' journey to becoming a yoga teacher. Topics covered include breathing, mind body

teaching skills, in-depth pose breakdown, relaxation/meditation, cueing, class structure, the sun salutation, special populations, plus much more! Whether you want to teach, learn more about teaching or deepen your existing practice of fitness-based yoga, this is the training workshop for you.

**Date:** Tuesday 22 November to  
Wednesday 23 November

**Time:** 8am to 6pm

**Cost:** \$360

**CECs:** 10

## Flow-Yoga® Intermediate

DeDe Daniels

Denise Klatte

USA

USA

This one-day teacher training intensive will expand your yoga teaching skills. You'll learn intermediate and advanced poses, teaching techniques, modifications and breathing styles, including a review of the basics. Whether you have been teaching or practising fitness-based yoga for years, or even if you have just recently begun, you will find this workshop useful, practical and fun!

**Date:** Thursday 24 November

**Time:** 8am to 6pm

**Cost:** \$199

**CECs:** 5



## Designing Effective Strength Training Programs

**Tony Boutagy**  
**Mark McKean**

**NSW**  
**QLD**



Join two of the country's best conditioning coaches to crash tackle the theory and practical aspects of program design, needs analysis, long term program design, short term program variations, exercise selection, programming for different goals, and methods of updating and reviewing programs. From this highly interactive day you'll understand what should go into programs and how they can be set up around different goals and

styles appropriate to your specific clients.

**Date:** **Thursday 24 November**  
**Time:** **9am to 5pm**  
**Cost:** **\$170**  
**CECs:** **TBA**

## Foundation Cycling

**Claire Norgate**

**NSW**



This dynamic one day course provides you with the skills to become sought after indoor cycle instructor. The Network Foundation Cycling certification course is delivered by leading instructor trainer, Claire Norgate.

In the practical and interactive course you will learn comprehensive class planning and delivery techniques with an emphasis on creating effective group dynamics. An all-inclusive training manual is provided, which reinforces the course content.

**Date:** **Thursday 24 November**  
**Time:** **7am to 5pm**  
**Cost:** **\$170**  
**CECs:** **7**

## Level 1 ChiBall™ Teaching Training Module 2: Theory Intensive

**Monica Linford**  
**Susan Woodd**

**UK**  
**UK**



Based on traditional Chinese medicine the ChiBall Method uses a synergistic blend of six ancient and modern exercise and movement concepts to integrate Traditional Chinese Medicine (TCM) theory of yin and yang, chi (our vital energy), the meridian system, and the five elements. This two-day intensive module is an ideal opportunity for those wishing to know more about Oriental medicine's approach to holistic health and wellbeing.

Based on Taoism (the way of nature), TCM is the foundation for the ChiBall Method, Tai Chi, Qi Gong, Eastern martial arts, reflexology and Shiatsu massage therapy.

**Dates:** **Wednesday 23 to Thursday 24 November**  
**Time:** **9am to 5pm**  
**Cost:** **\$325pp**  
**CECs:** **TBA**



## Network Pilates Fundamental Matwork

**Zosha Piotrowski**  
**Claire Norgate**

**NSW**  
**NSW**

The Network Pilates matwork course is designed to teach you how to deliver dynamic and effective group-based Pilates classes in a safe, effective and informative way. You'll learn how to integrate the mind and body to achieve muscle control and balance. You'll also explore the essential application of functional anatomy and movement mechanics to Pilates based exercises and you'll learn how to challenge mobility and stability to suit participants of all ages and fitness levels.

**Date:** **Sunday 20 November to  
Wednesday 23 November**

**Time:** **9am to 5pm**

**Cost:** **\$790**

**CECs:** **15**

## Network Pilates Intermediate Matwork

**Zosha Piotrowski**

**NSW**



This informative course is a natural progression if you have already completed a Matwork training course and wish to focus on learning and mastering intermediate moves. This exciting extension of the Pilates

Fundamental Matwork certification course provides you with new skills and knowledge to take your Pilates teaching to the next level.

**Date:** **Sunday 27 November to  
Monday 28 November**

**Time:** **9am to 5pm**

**Cost:** **\$390**

**CECs:** **10**



**Thursday 24 November 2005**

2.00pm – 4.00pm	<b>Registration</b>		
4.00pm – 5.00pm	<b>A1A</b> <b>Group Fitness Plenary</b> Chicago Jam Michelle Dean & Sabrina Saw <i>MC (P) L2</i>	<b>A1B</b> <b>PT Plenary</b> Is Your PT Business on Track Douglas Brooks <i>L (P)</i>	<b>A1C</b> <b>PT Plenary</b> Experience the Reebok Deck Farhan Dhalla Michael Jeffreys Pete Geracimo Kirsten Miller <i>MC (P)</i>
5.15pm – 6.30pm	<b>A2A</b> <b>Opening Address</b> <b>The Power to Inspire Change</b> <b>Zosha Piotrowski</b>		
6.30pm – 7.30pm	<b>Welcome Drinks – Auditorium Foyer</b>		



<b>8.30am – 9.45am</b>	<b>B2A</b> Strength Training for Sporting Performance Nigel Harris <b>L</b>	<b>B2B</b> Powering Through Pregnancy Liz Dene <b>L</b>	<b>B2C</b> Your Multi-training Studio Tamara Middleton-Echave <b>L</b>	<b>B2D</b> Attack of the Killer Abs! Katherine Tsebelis <b>WS</b>	<b>B2E</b> Flow-Yoga® Earth & Gravity DeDe Daniels & Denise Klatte <b>WS</b>
<b>9.45am – 10.15am Break</b>					
<b>10.15am – 11.30am</b>	<b>B3A</b> Building a 6 Figure Business Andrew May <b>L</b>	<b>B3B</b> Knee Injury Prediction, Prevention & Rehabilitation Paul Wright <b>L</b>	<b>B3C</b> All About Protein Joanna McMillan-Price <b>L</b>	<b>B3D</b> Movement Function Tests for Trainers Mark Mckean <b>WS</b>	<b>B3E</b> Tai Chi for Health Dr Paul Lam <b>WS</b>
<b>11.30am – 12.00 Break</b>					
<b>12.00 – 1.15pm</b>	<b>B4A</b> More Feats of Strength Tony Boutagy <b>L</b>	<b>B4B</b> The Psychology of Motivation Klinton Hoare <b>IL</b>	<b>B4C</b> What's Hot in Diet Research Joanna McMillan-Price <b>L</b>	<b>B4D</b> Athletic CORE Douglas Brooks <b>WS</b>	<b>B4E</b> Modern Pilates Zosha Piotrowski <b>WS</b>
<b>1.15pm – 2.30pm Break</b>					
<b>2.30pm – 3.45pm</b>	<b>B5A</b> Reading the Body - The Art of Oriental Diagnosis Susan Woodd <b>IL</b>	<b>B5B</b> Advanced Exercises Options Paul Wright <b>IL</b>	<b>B5C</b> Selling Healthy Eating Matt O'Neill <b>L</b>	<b>B5D</b> Advanced Exercises Using Bodyweight and Stability Balls Donal Carr <b>WS</b>	<b>B5E</b> Free2Be: Synergy Marcus Irwin & Lesley Gray <b>WS</b>
<b>3.45pm – 4.15pm Break</b>					
<b>4.15pm – 5.30pm</b>	<b>B6A</b> Cardiovascular Training Recipes for Your Client Douglas Brooks <b>L</b>	<b>B6B</b> X Marks the Spot Andrew May <b>L</b>	<b>B6C</b> Weight Loss Dream Team Matt O'Neill <b>L</b>	<b>B6D</b> Postural Strengthening Julianne Smith <b>WS</b>	<b>B6E</b> Pilates & Pregnancy Lisa Westlake & Liz Dene <b>WS</b>
<b>5.30pm – 5.45pm Break</b>					
<b>5.45pm – 6.45pm</b>	<b>B7A</b> <b>PT Plenary</b> Diets & Disease – Learning from History & Geography Joanna McMillan-Price <b>L</b>				

<b>B2F</b> East Meets West Kinnie Ho & Mirko Turla <b>MC L2</b>	<b>B2G</b> Step, Jump & Fly Karen Bruk <b>MC LI</b>	<b>B2H</b> Partner's Power Play Ken Baldwin <b>OD</b>		<b>B2L</b> World Tour Culture Shock Mario La Marra <b>MC</b>	
<b>Break</b>			<b>MELBOURNE CITY BATHS</b>		
<b>B3F</b> BODYJAM® Les Mills team <b>MC LI</b>	<b>B3G</b> Free2Be: Rise Marcus Irwin & Zosha Piotrowski <b>WS LI</b>	<b>B3H</b> Taking your Balls & Bands Outside Suellen Dennehy <b>OD</b>	<b>B3J</b> Sensational Aqua Arms Marietta Mehanni & Tim O'Connell <b>MC S</b>	<b>B3K</b> Personal Pool Training in the Deep Margaret Ryall-Egan <b>WS D</b>	<b>B3L</b> Cycle Reebok Rhythmic Ride Farhan Dhalla <b>WS</b>
<b>Break</b>					
<b>B4F</b> A Band, a Ball and an Ounce of Bounce Katherine Tsebelis <b>MC LI</b>	<b>B4G</b> Hi-Lo Cardio Dance Kanae Takegahara <b>WS L2</b>	<b>B4H</b> Nordic Fitness Pole Walking Gareth Lawson <b>OD</b>	<b>B4J</b> Hook into Aqua Combat Gabrielle Harris <b>MC S</b>	<b>B4K</b> Mums Afloat Lisa Westlake <b>L</b>	<b>B4L</b> Winning Class Designs Claire Norgate <b>WS</b>
<b>Break</b>					
<b>B5F</b> Long Live the Choreography! Michelle Dean <b>WS L2</b>	<b>B5G</b> BODYPUMP® Les Mills team <b>MC LI</b>	<b>B5H</b> Dynamic Speed, Agility & Quickness Paul Collins <b>OD</b>	<b>B5J</b> Aqua Age Power Laraine Dunn <b>WS S</b>	<b>B5K</b> Liquid Weight Room Kerri Parkinson <b>WS S</b>	<b>B5L</b> The Art of the Climb Michael Jeffreys <b>MC</b>
<b>Break</b>					
<b>B6F</b> BODYBALANCE® Les Mills team <b>MC</b>	<b>B6G</b> Step to the Music Lorenzo Tay <b>MC LI</b>	<b>B6H</b> Fresh Outdoor Fitness & Fun Rachel Grieve <b>OD</b>	<b>B6J</b> More Aqua Antics for Kids Stephanie McLennan <b>WS S</b>	<b>B6K</b> Effective Choreography of Deep Water Routines Jennifer Schembri-Portelli <b>WS D</b>	<b>B6L</b> RPM® Les Mills <b>MC</b>
<b>Break</b>					
<b>B7B</b> <b>Group Fitness Plenary</b> Free2Be: Fusion Marcus Irwin & Zosha Piotrowski <b>MC LI</b>			<b>B7C</b> <b>Mind Body Plenary</b> ChiBall Zen Style Meditation Monica Linford & Susan Woodd <b>MC</b>		

Session types: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary, S – Shallow, D – Deep water, L1 – General (content suitable for all delegates), L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques),

7.00am – 8.15am	<b>C1A</b> Getting the Most out of Your Clients with Behavioural Coaching Rachel Grieve <b>L</b>	<b>C1B</b> How to Get More Done in Less Time Andrew May <b>L</b>	<b>C1C</b> Rehab Pilates Lynley Gladdis & Liz Guilhaus <b>IL</b>	<b>C1D</b> Strong & Stable Lisa Westlake <b>WS</b>	<b>C1E</b> Mind Body & Bliss Ruth Oliver <b>WS</b>
<b>8.15am – 8.45am Break</b>					
8.45am – 10.00am	<b>C2A</b> Core Stability – Facts, History Taking & Testing Paul Wright <b>L</b>	<b>C2B</b> Bone Fit – Exercise for Health Michelle Kenway <b>L</b>	<b>C2C</b> Nutrition PT Matt O'Neill <b>L</b>	<b>C2D</b> The Top 5 Leg Exercises for Size and Strength Mark McKean <b>WS</b>	<b>C2E</b> Mobilates Zosha Piotrowski <b>WS</b>
<b>10.00am – 10.30am Break</b>					
10.30am – 11.45am	<b>C3A</b> Shoulder Injury Prediction, Prevention & Rehabilitation Paul Wright <b>L</b>	<b>C3B</b> Career Options for Personal Trainers Andrew May <b>L</b>	<b>C3C</b> The Heads-up on Weight Loss Jenny Mitchell-Cody & Christine Burns <b>L</b>	<b>C3D</b> The U.S.E Training for the Athlete in All of Us! Douglas Brooks <b>WS</b>	<b>C3E</b> Yoga for the Western Body Claire Norgate <b>WS</b>
<b>11.45am – 12.45pm Break</b>					
12.45pm – 2.00pm	<b>C4A</b> Professional Training: Moving Beyond Personal Training Tony Boutagy <b>L</b>	<b>C4B</b> PT – “Personal Training” or “Psychological Training” Elizabeth Celi <b>L</b>	<b>C4C</b> Carbohydrate Confusion – GI or GL? Joanna McMillan-Price <b>L</b>	<b>C4D</b> Go All Out for Compound Movements Mark McKean <b>WS</b>	<b>C4E</b> An Introduction to Dance of the Dragon Monica Linford, Susan Woodd & Lynley Gladdis <b>WS</b>
<b>2.00pm – 2.30pm Break</b>					
2.30pm – 3.45pm	<b>C5A</b> Reps, Sets and Loads: Results Orientated Strength Training Douglas Brooks <b>L</b>	<b>C5B</b> Reading the Face – Personology Susan Woodd <b>IL</b>	<b>C5C</b> Beating Eating Triggers Matt O'Neill <b>L</b>	<b>C5D</b> Experience the Reebok Deck Michael Jeffreys, Peter Geracimo & Kirsten Miller <b>WS</b>	<b>C5E</b> Flow-Yoga®: Fire & Water DeDe Daniels & Denise Klatte <b>WS</b>
<b>3.45pm – 4.00pm Break</b>					
4.00pm – 5.00pm	<b>C6A</b> <b>PT Plenary</b> Switched On Andrew May <b>L</b>				

<b>C1G</b> Mix It Up Sabrina Saw <b>MC L2</b>	<b>C1H</b> Reebok Final Cuts Farhan Dhalla <b>WS L1</b>	<b>C1I</b> Overweight Children: How to Make it Fun & Games Suellen Dennehy <b>OD</b>		<b>C1L</b> Alignment, Precision, Performance Zosha Piotrowski <b>WS</b>	
<b>Break</b>			<b>MELBOURNE CITY BATHS</b>		
<b>C2G</b> Capoeira Fitness Michelle Dean <b>WS L1</b>	<b>C2H</b> Organic Step Marietta Mehanni <b>MC L1</b>	<b>C2I</b> Challenging Older Adults in the Outdoors Stephanie McLennan <b>OD</b>	<b>C2J</b> Aqua Circuit Linda Dorrington <b>WS S</b>	<b>C2K</b> Balls, Boards & Belts Jenny Merrick <b>MC D</b>	<b>C2L</b> Formula 1 Cycle Effe Diamond <b>MC</b>
<b>Break</b>					
<b>C3G</b> Hallelujah HiLo Mike Thomas <b>MC L2</b>	<b>C3H</b> Funky Flavoured Step Effe Diamond <b>MC L1</b>	<b>C3I</b> Outdoor Power Training Paul Collins <b>OD</b>	<b>C3J</b> Poolatés Plus Kerri Parkinson <b>WS S</b>	<b>C3K</b> Go Deep Gabrielle Harris <b>MC D</b>	<b>C3L</b> The “M” Factor Karen Bruk <b>MC</b>
<b>Break</b>					
<b>C4G</b> Mind, Ball & Soul Farhan Dhalla <b>WS</b>	<b>C4H</b> The Hi-Lo Skeleton Michelle Dean <b>WS L2</b>	<b>C4I</b> Walking Based Classes Stephanie McLennan <b>OD</b>	<b>C4J</b> Hydro Worx Marietta Mehanni <b>MC S</b>	<b>C4K</b> Aqua jogging Programmes Linda Dorrington <b>WS D</b>	<b>C4L</b> Race Pace & Chase Ken Baldwin <b>WS</b>
<b>Break</b>					
<b>C5G</b> Back in Action Lisa Westlake <b>WS</b>	<b>C5H</b> Free2Be:Move Marcus Irwin & Zosha Piotrowski <b>WS L1</b>	<b>C5I</b> Speed Trap – Sprint Drills for Speed Mark McKean <b>OD</b>			
<b>C6B</b> <b>Group Fitness Plenary</b> Dance Around the Globe Michelle Dean & California Fitness team <b>MC L2</b>			<b>C6C</b> <b>Mind Body Plenary</b> Flow-Yoga®: Balancing Act DeDe Daniels & Denise Klatte <b>MC</b>		

Session types: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary, S – Shallow, D – Deep water, L1 – General (content suitable for all delegates), L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques),

## Douglas Brooks, MSc (Ex Phys)

USA



He is an author, lecturer, trainer and video personality whose knowledge of fitness has been recognised by professionals and the public worldwide. Douglas is the consulting exercise physiologist for product research and development for several fitness companies, and currently serves as head physiologist/strength and conditioning coach for several athletic teams. Douglas' counsel and input is sought on an international basis. He currently serves on the advisory boards of Sweden and Belgium most respected training and educational organisations; he serves as vice president of the International Sports Trainers Association (ISTA) based in Buenos Aires, Argentina, and was named ISTA's Trainer of the Year in 2002. In 2005 he was named Personal Trainer Educator of the Year at the OBOW awards in New York City.

### A1B Is Your PT Business on Track?

Take home ten time management tips that will take your PT business to another level. You'll identify the common traps and explore ten areas every successful business should monitor for quality control. You'll also learn to incorporate six key qualities that are closely tied to long term business success. **L (P)**

### B4D Athletic CORE

Using the unique properties of the BOSU® Balance Trainer and the stability ball, you will learn how to develop the body's ability to stabilise the trunk, move effectively and generate power from the core or trunk 'power centre'.

**WS**

### B6A Cardiovascular Training Recipes for Your Client: The Science Behind the Workouts

Take home the science to back up your clients' cardiovascular training programs. From this awesome lecture you'll learn how to maximise caloric expenditure with interval training, plan recovery workouts and optimise the use of heart rate training in conjunction with rating of perceived exertion (RPE). **L**

### C3D U.S.E. Training... For the Athlete in All of Us!

From this dynamic session you'll learn how to balance use of BSE (bilateral support exercises) with dynamic single leg training, with results that transfer to the dynamics of real-life movement.

**WS**



### C5A Reps, Sets and Loads: Results Oriented Strength Training

Discover the different combinations of reps, sets and loads that are necessary for various strength training adaptations. You'll learn how to direct and control your clients' strength training results and reconcile the many strength-programming options available to understand which are the most effective. **L**

# The ChiBall team

The international ChiBall team has come together for Network 05, and consists of:



## Monica Linford

UK

Based in London and South Australia, Monica is an internationally successful author, educator, and mind body fitness consultant. She is the creator of the ChiBall Method™, which has been translated into five languages and is now taught in 16 countries around the world. She was recipient of the Fitness Professionals UK "Award of Excellence" in 2000.



## Susan Woodd

UK

Susan has been working in the field of complementary medicine for the past 20 years, founding her own school in 1994. She is now a registered trainer with the Shiatsu Society and teaches for the European School of Tai Chi Ch'uan. She is also a graduate of the College of Cranial Sacral Therapy and qualified in Neuro Linguistic Programming (NLP). She now trains fitness instructors & lecturers for health.



## Lynley Gladdis, DipArts (Dance)

SA

Lynley is a graduate of the Victorian College of the Arts and has 13 years industry experience. She is a master trainer for the ChiBall Method in Australia and New Zealand and a key Pilates lecturer for Australian Fitness Network.

## B5A Reading the Body - The Art of Oriental Diagnosis

### Susan Woodd

UK

Reading the body, or the art of observation, is one of the four diagnostic tools used by Oriental practitioners to find disharmony (illness) and disease (imbalances). This workshop provides an invaluable insight into how imbalances may occur, according to Chinese medicine, and how adjustments to lifestyle and fitness regimes can restore harmonious health and wellbeing. *IL*

## B7C ChiBall Zen Style Meditation

### Monica Linford

UK

### Susan Woodd

UK

Meditation and deep relaxation improves our ability to concentrate, become creative, decisive, be fulfilled and content with our lives. This idealistic state can be achieved through the application of regular, patient and gentle meditation practise. The ChiBall Method™ uses the principals of the Zen style of meditation, combined with periods of movement to free stiffness from the body and bring a quiet calm focus to the mind. *MC (P)*

## C4E An Introduction to Dance of the Dragon for Weight Loss and Wellbeing

### Monica Linford

UK

### Susan Woodd

UK

### Lynley Gladdis

SA

Based on Chinese Medicine, the Dance of the Dragon originates from the healing art of Qi Gong. This memorable workshop introduces the ChiBall Method™ and teaches you the Oriental approach for optimal health and wellbeing and explores why ancient exercise methods are effective for weight loss and why the Dance of the Dragon is so profound in its simplicity. *WS*

## C5B Reading the Face - Personology

### Susan Woodd

UK

Personology reveals how physical features determine behaviour, emotional expression and how we process information. Understanding the basic principles of what our physical features are portraying to those around provides a great tool for insight and understanding of clients. *IL*

## Farhan Dhalla, BSc BHScPT (Physio)

CANADA



As a physiotherapist and personal trainer, Farhan integrates his diverse background to create an all-encompassing approach to fitness. From postural assessment to power yoga, step workouts to indoor cycling, Farhan is a well-rounded educator who is known for his versatility. He is a Reebok Master Trainer and has presented throughout Canada, the US, and Australia. Farhan has been a guest of numerous television shows nationwide as fitness expert and can be seen daily on the "In Shape with Sharon Mann" on W Network in Canada. As owner of Commitment to Optimal Health, Farhan offers instructor workshops, community seminars, and personal training services.

All sessions sponsored by



### A1C Experience The Reebok Deck

**Pete Geracimo**

**Michael Jeffreys**

**Kirsten Miller**

**NSW**

**NSW**

**NSW**

The Reebok Deck is a revolutionary reconfigurable exercise platform.

The Deck facilitates superior circuit classes and integrated whole body workout routines, offering dynamic total body workout options for both personal and group trainers. The unrivalled versatility of the Deck means you could quite possibly eradicate the need for other portable training equipment if you know how to use it to its training potential. **MC (P)**



### B3L Cycle Reebok Rhythmic Ride

Take your coaching skills to the next level by learning to use music to create excitement, energy, and enthusiasm! Fine-tune your skill in selecting the best music for specific techniques and experience how exceptional use of music can make your riders feel like they don't want the ride to end! **WS**

### C1H Reebok Final Cuts

Reebok Final Cuts Training is an integrated exercise program designed to work every muscle group at the same time. By imitating the tasks of daily living and targeting multiple joint actions and muscles, this workout trains the human body for real life. The Reebok Final Cuts program helps optimise your workout efficiency and provides elegant, fluid, movements that simultaneously improve muscular strength and endurance. **WS L1**

### C4G Mind, Ball & Soul

This awesome session is a total body workout combined with the holistic benefits of yoga and breathing exercises that will give you an intense workout that leaves you in a state of relaxation. The workout features a functional warm up, three dimensional resistive training and core conditioning exercises followed by a mind-centering yoga cool down all on the ball. **WS**



## Marcus Irwin

NSW



A former world dual aerobics champion, Marcus has presented in over 50 countries to more than 60,000 people. He is co-owner of the Sydney based Elix'r Health Clubs and currently divides his time developing instructor training and education programs internationally, as well as producing his own range of Evolution training resources.

Whether you are new to group fitness or an established instructor, the Free2Be series will provide the tools to effectively construct and teach consistently innovative and memorable freestyle group exercise classes. Presented by two of the world's best instructor trainers, Marcus Irwin and Zosha Piotrowski, you'll explore this systemised process of creativity and take home the templates to freestyle choreography success.

### B3G Free2Be: Rise with Zosha Piotrowski

NSW

Creative up, down and all around movement is Rise! You'll increase body strength and form using stylised foot patterns on a step platform. You'll take home adaptable choreography that results in an effective aerobics workout, working all 206 muscles in the body. [WS LI](#)

### B7B Free2Be: Fusion with Zosha Piotrowski

NSW

Freedom of mind, body, spirit and passion is Fusion! Feel the rhythm of life and freedom of movement in a vibrant and fun aerobics and dance-oriented workout. You'll experience the fusion of simple and achievable aerobics patterns with a variety of dance styles including Hip Hop, club, Latin and jazz. [MC LI \(P\)](#)

### B5E Free2Be: Synergy with Lesley Gray

NSW

The culmination of eastern, modern and alternative mind and body practices is Synergy! This awesome session explores the inner and outer muscles through a variety of movement planes, while focusing on the mind- muscle connection. [WS](#)

### C5H Free2Be: Move with Zosha Piotrowski

NSW

Move is heart-pumping, stylised floor movement patterns that burn energy and increase adrenalin and improve fitness. You'll take home low to high impact aerobics choreography that can be applied to all age and fitness groups. [WS LI](#)







## A1B Is Your PT Business On Track?

**Douglas Brooks**

See page 16. **L (P)**

**USA**

## A1C Experience The Reebok Deck

**Farhan Dhalla**

**Pete Geracimo**

**Michael Jeffreys**

**Kirsten Miller**

See page 18. **MC (P)**

Sponsored by



**CANADA**

**NSW**

**NSW**

**NSW**

## B2A Strength Training for Sporting Performance

**Nigel Harris**

**NEW ZEALAND**

If you train sports people and want new ideas and drills based on up-to-date research and practical experience, then this session is for you! You'll explore best practice for improving strength and power through resistance strength training, clarifying the sports science as you go. Get set to leave this session with ideas and examples to use in your strength programs tomorrow! **L**

## B2B Powering Through Pregnancy

**Liz Dene**

**NSW**

Explore everything you need to know, from pre-conception care through to optimal training for each trimester, in this dynamic and informative session about pregnancy and exercise. You'll also take home a thorough understanding of the latest research findings, so if you train this special group, be sure not to miss this one! **L**

## B2C Your Multi-Training Studio

**Tamara Middleton-Echave**

**NEW ZEALAND**

The multi-training studio teaches you how to train more clients effectively. It helps you to organise and plan sessions over a 12-month period and incorporates techniques to keep your clients motivated. You'll take home a new and innovative way for your clients to exercise, get fit and be healthy, and you'll leave with new methods for program design. **L**

## B2D Attack of the Killer Abs!

**Katherine Tsebelis**

**VIC**

Get set to profile the most frequently practiced abdominal exercises in this cutting-edge session. Using the latest research as your weapon, you will defend the truth, conquer the myths and be victorious in your quest for the safest, most effective abdominal exercises in history. **WS**

## B2H Partner's Power Play

**Ken Baldwin**

**QLD**

Many people perform better when there is an element of competition. Learn about partner workouts and take home effective strategies to elevate your training programs to the next level. Will you be a champion or just another contender? **OD**

## B3A Building a Six-Figure Business

**Andrew May**

**NSW**

The first step in developing a six-figure business is to change the way you think because this will change the way you work. From this awesome session you'll take home a one-page business plan that will become your road map for success for the next 12 months. If you are in the business of growing your business, you can't afford to miss this one! **L**

## B3B Knee Injury Prediction, Prevention and Rehabilitation

**Paul Wright**

**NSW**

This dynamic lecture outlines the cornerstones of safe exercise prescription and rehabilitation for the new to intermediate level fitness professional. It will explain the top 5 injury prediction test, the 10 most dangerous and ineffective exercises as well as the top 10 rehabilitation exercises for the knee. **L**

## B3D Movement Function Tests for Trainers

**Mark McKean**

**QLD**

Learn simple muscle function tests to determine why your clients have struggled to achieve gains in certain exercises. From this awesome session you'll take home specific stretching and strengthening procedures for muscles whose behaviour has been tested to show an irregular length or strength for its optimal position. This session will open your eyes to program prescription options for postural behaviours. **WS**

## B3H Taking your Balls and Bands Outdoors

**Suellen Dennehy**

**NSW**

Have you got the balls? And are you willing to take them outdoors? Here's how you can add variety to your outdoor training programs, using medicine balls and resistance bands. You'll come away from this fantastic outdoor session with a range of innovative functional training ideas to ensure you and your clients never get bored of the great outdoors! **OD**

## B4A More Feats of Strength: Upper Body and Torso Exercises You've Never Tried Before

**Tony Boutagy**

**NSW**

Experience 30 or more unusual upper body and torso exercises that athletes and strongmen have used for decades to condition their bodies to look and perform at their optimal. Warning: using these exercises in your gym may attract large crowds of cheering spectators. **L**

## B4B The Psychology of Motivation

**Clinton Hoare**

**NSW**

This thought-provoking session, teaches you how to address important and relevant issues, such as exercise adherence, developing the desire in others to make positive changes, and maintaining a level of commitment in the face of slow progress. You'll also explore how to readjust attitudes, redirect behaviour patterns and realign concentration levels to complete a set task. **IL**

## B4D Athletic Core

**Douglas Brooks**

**USA**

See page 16. **WS**

## B4H Nordic Fitness Pole Walking

**Gareth Lawson**

**NEW ZEALAND**

Nordic Walking is outdoor fitness walking using poles. This innovative session teaches you the correct walking technique (to work 90% of your body's muscles simultaneously) along with a range of strengthening and stretching exercises using Nordic Walking poles. This low impact fitness sport benefits people of all ages and fitness level as well as rehabilitation patients. **OD**



## **B5B Advanced Exercise Options**

**Paul Wright**

**NSW**

This sensational session provides an extensive list of “alternative exercises” and options that are often forgotten and neglected. Take home this expanded list of exercise options that ensures every training session is interesting. Plus, you’ll share in Paul’s theory that the best exercises have long Eastern Bloc names (i.e., Cuban Press, Bulgarian step-ups and Romanian deadlifts). [IL](#)

## **B5D Advanced Exercises Using Bodyweight and Stability Balls**

**Donal Carr**

**NSW**

This dynamic session uses some of the most diverse exercises you can do with bodyweight and the stability balls to challenge you in more ways than you thought possible! You’ll dig deep into Donal’s exercise library and will walk away with strategies to improve athletic ability and progress your clients to the next level. [WS](#)

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***FitnessFirst***

## **B5H Dynamic Speed, Agility and Quickness**

**Paul Collins**

**NSW**

Explore a practical array of drills and skills used by athletes and sporting teams to improve speed, reaction, agility and quickness and apply these to outdoor group fitness training. Learn how to set-up grids, drills and apply specific running techniques and powerful plyometrics for improving speed for sport. [OD](#)

## **B6A Cardiovascular Training Recipes for Your Client: The Science Behind the Workouts**

**Douglas Brooks**

**USA**

See page 16. [L](#)

## **B6B X Marks the Spot**

**Andrew May**

**NSW**

The best businesses in the world have strong brand recognition and that X-factor. This session will clarify your business’s point of difference. Every day we are all bombarded with thousands of marketing messages, but the most successful businesses understand exactly what they do, what they stand for and how to successfully target their market segment. This session lets you in on those secrets! [L](#)

## **B6D Postural Strengthening**

**Julianne Smith**

**QLD**

Don’t miss this innovative session that promises to expand your PT skills significantly. You’ll learn how to develop a routine for strengthening and stabilising using the Torson bolster. You’ll learn how to construct routines using the bolster to cater for all clients and class participants of all fitness levels. [WS](#)

## **B6H Fresh Outdoor Fitness and Fun**

**Rachel Grieve**

**QLD**

Head to the great outdoors and get set to experience some fun and fresh formats you can use in your PT sessions straight away. These ideas will keep your clients smiling whilst providing them with what counts... results. You’ll take home new ways to use the environment as a gym, in one-on-one, partner and group drills that are user-friendly for both you and your clients. [OD](#)

## **C1A Getting the Most Out of Your Clients with Behavioural Coaching**

**Rachel Grieve**

**QLD**

We all have clients who sabotage their exercise or eating plans with poor behaviours and choices. From this dynamic session you’ll learn how to use cognitive behavioural therapies to put a stop to the damaging thoughts that may be holding them back, and take home a troubleshooting guide to behavioural modification, to generate positive changes and health benefits. [L](#)

## C1B How to Get More Done in Less Time!

**Andrew May**

**NSW**

There are 86,400 seconds every single day! So why is it that some people accomplish so much yet others chase their tail around every day? The real key to getting more done is not managing time but managing your priorities. Understanding the process of identifying what is truly important so you can delete the rest. [L](#)

## C1D Strong and Stable

**Lisa Westlake**

**VIC**

This fabulous fitball session unites strength, stability and balance allowing people of all levels to achieve optimal function. This class will simultaneously suit the 25-year old looking to tone and strengthen and the older menopausal woman interested in boosting bone density and balance. [WS](#)

## C1I Overweight Children: How to Make it Fun and Games

**Suellen Dennehy**

**NSW**

From this dynamic session you'll take home masses of ideas to get children moving through play and games. Get in touch with your inner child and learn how to bring the fun back into exercise. This session is ideal for trainers working with children, or parents with their children. You'll also discover how waterslides can be perfect for interval training (any excuse to go on the waterslides!) [OD](#)

## C2A Core Stability - Facts, History Taking and Testing

**Paul Wright**

**NSW**

This is the most comprehensive and user friendly summary of core stability available! If you are confused by the terminology, not sure of the implications and need comprehensive and common sense training directions then join Paul and his team from Get Active Physiotherapy to break this complex subject down, leaving you with very clear understanding on the what, when and where of stability training. [L](#)



## C2B Bone Fit – Exercise for Bone Health

**Michelle Kenway**

**QLD**

Bone Fit is an evidence-based resistance training program developed to safely and effectively improve bone health in participants. You'll learn how to identify at-risk clients, prescribe safe and highly-effective, scientifically-designed programs, and you'll take home plenty of practical ideas and exercises to help clients improve their bone health, core stability, posture and feel fantastic. [L](#)

## C2D The Top 5 Leg Exercises for Size and Strength

**Mark McKean**

**QLD**

This session explores the big 5 exercises – squats, lunges, leg press, step ups and deadlifts. Understand basic technique, variations and what effect they cause, as well as loading patterns, maximum weight theories and tempo specific to each exercise. Get back to basic and burn out on the big 5. [WS](#)

## C2I Challenging Older Adults in the Outdoors

**Stephanie McLennan**

**NSW**

This highly-practical session explores outdoor activities to challenge your older clients' strength, coordination, confidence, balance and agility, while ensuring plenty of options for varying capabilities. You'll experience walking, group and paired activities, as well as drills using easy to obtain equipment. **OD**

## C3A Shoulder Injury Prediction, Prevention and Rehabilitation

**Paul Wright**

**NSW**

This entertaining lecture outlines the cornerstones of safe exercise prescription and rehabilitation for the new to intermediate level fitness professional. It will explain the top 5 injury prediction test, the 10 most dangerous and ineffective exercises as well as the top 10 rehabilitation exercises for the shoulder. **L**

## C3B Career Options for Personal Trainers

**Andrew May**

**NSW**

Join Andrew for a stimulating and potentially career changing session where he will focus on the skill sets need to develop, market and manage the following different business models – Personal Training, running a Facility (studio or gym), Corporate Fitness, Sports Conditioning, Injury Prevention and Rehabilitation, Corporate Health and Public Speaking. **L**

## C3D U.S.E. Training... for the Athlete in All of Us!

**Douglas Brooks**

**USA**

See page 16. **WS**

## C3I Outdoor Power Training

**Paul Collins**

**NSW**

Take your training to a higher level by learning the functional progression through dynamic bodyweight plyometrics with powerful medicine ball training. Learn how to jump higher and move faster with this “take anywhere” program that promotes functional movement patterns in group exercise and sporting situations. You'll take home individual, partner and group training layouts in this explosive workshop. **OD**

## C4A Professional Training: Moving Beyond Personal Training

**Tony Boutagy**

**NSW**

Take home the principles used by professional strength and conditioning coaches to take your personal training service to the next level. You'll get hands-on experience as we look at optimal static and dynamic warm ups, mobility and muscle activation drills, training methods and programming principles. This one is not to be missed by personal trainers looking to expand their effectiveness. **L**

## C4B PT - “Personal Training” or “Psychological Training”?

**Elizabeth Celi**

**VIC**

One in five Australians will experience a mental health disorder such as depression or anxiety. To assist these clients in managing their condition and enhancing their wellbeing and quality of life, you need to know how to effectively accommodate and manage the symptoms of these disorders. This dynamic session teaches you those skills, so you can maximise client satisfaction and boost your client retention rates. **L**





## C4D Go All Out for Compound Movements

**Mark McKean**

**QLD**

This enlightening session exposes the benefits and simple progressions you can use to include Olympic lifts into your clients programs. You'll explore the progressions and techniques for effective power clean and push press exercises, and take home the know-how to vary your programs. You'll also leave with at least another 15 exercises that you can do as a lead up to completing these two fantastic exercises. **WS**

## C4I Walking Based Classes

**Stephanie McLennan** **NEW ZEALAND**

See how simple it is to develop fun and effective walking-based fitness and fat loss classes for your community! You'll learn how to accommodate new exercisers, older adults and the not-so-coordinated all in the one session! If you want to deliver basic, no frills, no fuss exercise classes, then don't miss this innovative session that integrates walking patterns and styles, with speed and intensity variations. **OD**

## C5A Reps, Sets and Loads: Results Oriented Strength Training

**Douglas Brooks**

**USA**

See page 16. **L**

## C5D Experience the Reebok Deck

**Pete Geracimo**

**NSW**

**Michael Jeffreys**

**NSW**

**Kirsten Miller**

**NSW**

See page 18. **WS**

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## C5G Back in Action

**Lisa Westlake**

**VIC**

Experience an innovative low level back health class, designed to improve the mobility, strength and stability in people suffering from lower back pain, disability or general ill health. You'll take home modifications and progressions to cater for people of different levels and physical capabilities due to fitness, illness or injury. **WS**

## C5I Speed Trap – Sprint Drills for Speed

**Mark McKean**

**QLD**

Strap yourself in for this awesome session that will max you out on speed drills and determine your critical speed. You'll leave with loads of drills and programs to get really fast! If you want some great drills for clients of all levels and goals (including weight loss), don't miss this session. **OD**

## C6A Switched On

**Andrew May**

**NSW**

Do you remember a time when you were totally focused, switched on and everything just seemed to flow? How would you like to have more of those moments, more often? At the end of this high-energy plenary you will take home proven strategies used by the world's leading athletes and coaches to inspire optimal performance; the 7 switches of alertness; the skills to set yourself up for a high performance day, every day; and the latest research on productivity and how to have more time to do what you really want. **L (P)**

## B3C All About Protein

**Joanna McMillan-Price**

**NSW**

The fitness industry continues to embrace protein as the macronutrient of the moment, able to assist in weight loss, weight gain, strength and power. This dynamic session takes an enjoyable and thorough scientific look at protein, to bring you up-to-date with current findings. If you're discussing nutrition with your clients this is an absolute must-attend session! **L**

## B4C What's Hot in Diet Research?

**Joanna McMillan-Price**

**NSW**

While the world continues to grow fatter, scientists around the world continue to search for the answers. This session takes a closer look at where current research is at and where it is heading. You'll explore what to expect from future weight loss diets, how to best prevent weight gain and what advice you should be giving your clients to ensure sound evidence-based practice. **L**

## B5C Selling Healthy Eating

**Matt O'Neill**

**NSW**

Discover how to inject powerful marketing messages into your dietary advice. You'll receive dozens of bite-sized strategies covering taste, knowledge, convenience and food skills, to deliver remarkable nutrition education to your clients, family and friends. **L**

## B6C Weight Loss Dream Team

**Matt O'Neill**

**NSW**

Discover how to help your clients recruit a powerful base of social support to ensure slimming success. You'll learn how to manage the four categories of team members: buddies, cheerleaders, saboteurs and hecklers, and walk away with a practical plan and specific scripts to use immediately. **L**

## B7A Diets and Disease - Learning From History and Geography

**Joanna McMillan-Price**

**NSW**

Are we eating better or worse than we used to? How does our Australian diet compare to those around the world? Can we relate to changes in diet to differing rates of overweight and disease? This compelling session takes a tour of human diets through history and from around the globe, to investigate whether history and/or geography can give us clues as to the ideal human diet for optimal health. **L (P)**

## C2C Nutrition PT

**Matt O'Neill**

**NSW**

Here's how to introduce powerful nutrition advice and education into your personal training sessions to take your work to another level. Learn how to assess, manage and monitor your clients eating habits to enhance their fitness and fat loss results. This hands-on session provides diet tips, tools and techniques to use immediately. **L**





### **C3C The Heads-Up on Weight Loss**

**Jenny Mitchell-Cody**  
**Christine Burns**

**NEW ZEALAND**  
**NEW ZEALAND**

From this dynamic session you'll take home behavioural strategies for successful weight loss. You'll leave with practical guidelines and strategies that you can use with your clients tomorrow. Get set to share in effective techniques to make weight loss management more effective. [L](#)

### **C4C Carbohydrate Confusion - GI or GL?**

**Joanna McMillan-Price**

**NSW**

Just as we come to grips with the glycaemic index (GI), the suggestion comes that the glycaemic load (GL) may be more important. Take a comprehensive look at current carbohydrate research, including the usefulness and health effects of both the GI and GL. You'll come away with the know-how to put these concepts into best practice for yourself and your clients to maximise fat loss and optimise health. [L](#)

### **C5C Beating Eating Triggers**

**Matt O'Neill**

**NSW**

Don't let negative eating triggers be a set-back for your clients any longer! This enjoyable session examines the four types of triggers: sensations, locations, emotions and relations, and provides practical strategies to manage your clients' eating in every environment. [L](#)







## A1A Chicago Jam

**Michelle Dean**  
**Sabrina Saw**

If you loved the movie then you will love this class! Using the moves and music from the movie, this session will make you feel like a Broadway star. **MC L2 (P)**

**HONG KONG**  
**HONG KONG**

## B4F A Band, a Ball and an Ounce of Bounce

**Katherine Tsebelis**

**VIC**

Combine the above, add a sprinkle of seriousness, a handful of fun and you'll have a winning recipe for a fantastic fitball class that will keep your clients coming back for many more helpings! **MC L1**

## B2F East Meets West

**Kinnie Ho**  
**Mirko Turla**

Take a memorable and fun-filled journey, inspired by East and West. Using influences from around the globe, you'll learn how to map your choreography to music, with the finalé culminating in tasty global hotpot! **MC L2**

**NSW**  
**HONG KONG**

## B4G HiLo Cardio Dance

**Kanae Takegahara**

**JAPAN**

Do you want to try something new? Learn how to combine aerobic moves and dance moves along with Latin moves in the same class. Plus you will also learn lots of creative combinations! No need to worry, the moves may seem complex, after going through a layering process you will learn all the new moves, enjoy a great workout and have fun! **WS L2**

## B2G Step, Jump and Fly

**Karen Bruk**

**NSW**

This dynamic session is jam-packed with ideas to create a dynamic, athletic step workout. You'll learn how to add intensity to your classes and put the fun and excitement back into step without spinning, twisting, turning and somersaulting! **MC L1**

## B5F Long Live The Choreography!

**Michelle Dean**

**HONG KONG**

Learn the 5 key elements to being a great freestyle instructor. Enhance your understanding of breakdowns and creating unique, achievable choreography to ensure that together - we keep the choreography alive. **WS L2**

## B3F BODYJAM®

**Les Mills Team**

BODYJAM® is an fantastic pre-choreographed cardio workout, blending memorable music with the latest latin, hip hop and funk moves; and all with an emphasis on the fun! **MC L1**

Sponsored by



## B5G BODYPUMP®

**Les Mills Team**

Experience this flagship program, presented by leading Les Mills master trainers. You'll be inspired by a great mix of music, combining resistance with rhythm – come join in the ultimate body pumping experience! **MC L1**

Sponsored by



## B3G Free2Be: Rise

**Marcus Irwin**  
**Zosha Piotrowski**

See page 19. **WS**

**NSW**  
**NSW**



## B6G Step to the Music

**Lorenzo Tay**

**SINGAPORE**

Add the “wow” factor to your classes by integrating mapping into your planning process. Experience the difference and learn how to inject more of your personality into your classes. **MC L1**



## B7B Free2Be: Fusion

**Marcus Irwin**

**NSW**

**Zosha Piotrowski**

**NSW**

See page 19. **MC L1 (P)**



## C1G Mix It Up

**Sabrina Saw**

**HONG KONG**

Get set to experience the future of HiLo. You'll experience the energy of three unique dance formats in one exciting class. This killer cardio workout explores Latino, hip hop and jazz choreography. **MC L2**

## C1H Reebok Final Cuts

**Farhan Dhalla**

**CANADA**

See page 18. **WS L1**

Sponsored by



## C2G Capoeira Fitness

**Michelle Dean**

**HONG KONG**

For the first time in Australia, experience the latest fitness trend hitting gyms worldwide. Capoeira is a Brazilian form of martial arts that combines elements of dance, kick boxing and basic acrobatics. **WS L1**

## C2H Organic Step

**Marietta Mehanni**

**VIC**

Experience a workout concept that takes you back to your roots! You'll take home logical learning curves, with interesting and fun moves that can be taught to any level! **MC L1**



## C3G Hallelujah HiLo

**Mike Thomas**

**HONG KONG**

This awesome session is overflowing with fun, creative moves that will make putting your HiLo classes together a breeze. Effective learning patterns make this class appealing to instructors of all levels of experience. **MC L2**

## C3H Funky Flavoured Step

**Effe Diamond**

**NSW**

Learn tried and tested methods to give your step classes a funky dimension through the use of stylisation. This one's a must for those instructors who are ready to take their participants to another level. **MC L1**



## C4H The HiLo Skeleton

**Michelle Dean**

**HONG KONG**

Start with 32 counts of something basic (i.e., marching or leg curls) and end up with a unique and creative sequence of wild choreography. This is the foolproof way to create and teach fun HiLo moves. **WS L2**

## C5H Free2Be: Move

**Marcus Irwin**

**NSW**

**Zosha Piotrowski**

**NSW**

See page 19. **WS L1**

## C6B Dance Around the Globe

**Michelle Dean**

**HONG KONG**

**California Fitness Team**

**HONG KONG**

Let the California Fitness team take you on a global journey, experiencing all forms of dance and HiLo, from South America to Australia, from Asia to Europe, and back again! This a fun interactive session that will ensure you finish the day on a massive high! **MC L2 (P)**



## B2E Flow-Yoga®: Earth and Gravity

DeDe Daniels  
Denise Klatte

USA  
USA

Experience the flow of poses that use gravity as support and resistance. You'll harness the energy of the planet in this powerful and grounded class, using the tried and tested Flow-Yoga® method of training! **WS**

## B3E Tai Chi for Health

Dr Paul Lam

NSW

Over the last decade, Tai Chi has been gaining recognition as a useful health exercise, especially since more scientific studies have validated its many health benefits. Join this leading international Tai Chi specialist and family physician and learn to create effective Tai Chi programs based on current research and clinical teaching experience. **WS**

## B4E Modern Pilates

Zosha Piotrowski

NSW

Take home the current approach to core training and how Pilates and its principles can be adapted to this day and age, retaining the primary goal of enhancing awareness and creating healthy, able bodies. **WS**

## B5A Reading the Body - The Art of Oriental Diagnosis

Susan Woodd

UK

See page 17. **IL**

## B5E Free2Be: Synergy

Marcus Irwin  
Lesley Gray

NSW  
NSW

See page 19. **WS**

## B6E Pregnancy and Pilates

Lisa Westlake  
Liz Dene

VIC  
NSW

In this highly-interactive session you'll explore the application of Pilates moves to various stages and individual situations affecting pre and postnatal women. You will leave feeling motivated and confident to include pregnant women in your Pilates programs. **WS**

## B6F BODYBALANCE®

Les Mills Team

Experience BODYBALANCE® which calls upon the ancient arts of Hatha yoga, Feldenkrais, Pilates and Tai Chi. Loosen and strengthen your muscles, improve your posture and flexibility and learn valuable relaxation techniques. **MC**  
*Sponsored by*



## B7C ChiBall Zen Style Meditation

Monica Linford  
Susan Woodd

UK  
UK

See page 17. **MC (P)**



## C1C Rehab Pilates

**Lynley Gladdis**  
**Liz Guilhaus**

**SA**  
**SA**

Ideal for PTs, this awesome session explores the needs of clients returning to exercise after injury. Using Pilates based exercise you will take home the tools to assess and evaluate core stability for functional rehabilitation. **IL**

## C1E Mind, Body and Bliss

**Ruth Oliver**

**VIC**

Using music, movement and mindfulness, you'll explore the mind body maze and have an experience so wonderful that you will want to put an element of mind body in all your classes. **WS**

## C2E Mobilates

**Zosha Piotrowski**

**NSW**

Many of our participants require more than traditional Pilates exercises to achieve pain-free movement and optimal mobility. Learn and experience the most effective exercises to apply to your group or personal training sessions. **WS**

## C3E Yoga for the Western Body

**Claire Norgate**

**NSW**

Experience a unique blend of Western and Indian science in a class that teaches you how and what yoga poses can correct common postural distortions, and those that you should use to simply feel fantastic! **WS**

## C4E An Introduction to Dance of the Dragon for Weight Loss and Wellbeing

**Monica Linford**  
**Susan Woodd**  
**Lynley Gladdis**

**UK**  
**UK**  
**SA**

See page 17. **WS**

## C4G Mind, Ball and Soul

**Farhan Dhalla**

**CANADA**

See page 18. **WS**



## C5B Reading The Face - Personology

**Susan Woodd**

**UK**

See page 17. **IL**

## C5E Flow-Yoga®: Fire and Water

**DeDe Daniels**

**USA**

**Denise Klatte**

**USA**

Using the Flow-Yoga® method of training, this workshop links poses together to increase caloric expenditure, burn fat (fire) and create rivers of sweat (water). The result is a leaner, more flexible, strong and relaxed participant! **WS**

## C6C Flow-Yoga®: Balancing Act

**DeDe Daniels**

**USA**

**Denise Klatte**

**USA**

This workshop challenges your balance, kinesthetic awareness and proprioception, by linking balancing poses in a systematic way. You'll learn when and how to add balancing poses to your yoga classes. **MC (P)**



**B2L World Tour – Culture Shock****Mario La Marra****NSW**

Take an exhilarating journey with theme music from around the globe. This awesome session explores creative communication as a means to inject fun and create a memorable, flowing and dynamic workout. **MC**

**B3L Cycle Reebok Rhythmic Ride****Farhan Dhalla****CANADA**See page 18. **WS**

Sponsored by

**B4L Winning Class Designs****Claire Norgate****NSW**

From this dynamic and energetic session you'll learn a simple, yet proven system for class design. You'll take home the know-how to turn one idea into many, and learn how to optimise your strengths and develop your weaknesses. **WS**

**B5L The Art of the Climb****Michael Jeffreys****NSW**

Attack the mountain flat out or take a tactical approach – whatever your inclination, this kick-butt session explores everything from intensity, gradient and technique to enhance your classes with a fresh new look at your hills, mountains and moguls. **MC**

**B6L RPM® – Raw Power in Motion****Les Mills Team****ACT**

This awesome studio cycling class leads you on a journey of total calorie destruction! RPM is fantastic for shaping and toning your lower body and will dramatically increase your fitness levels. **MC**

Sponsored by

**C1L Alignment, Precision, Performance****Zosha Piotrowski****NSW**

Get the low down on the posture and biomechanics of a cyclist during a class and through different cycling terrains. Learn what to look for and how to cue effectively so that you can increase your participants' fitness levels and awareness and control of their bodies. **WS**

**C2L Formula 1 Cycle****Effe Diamond****NSW**

Experience an explosive, power-packed cycle class that'll have your pedals pumpin' and heart beats thumpin'! You'll learn how to take your cycle classes from ordinary to extraordinary, in turn, maximising your group fitness audience. **MC**

**C3L The “M” Factor****Karen Bruk****NSW**

During this awesome workshop you'll explore different motivational styles and techniques, to maintain the excitement well beyond the class's timeslot! You'll learn how to give your classes this “M” factor, to set them apart from the rest! **MC**

**C4L Race, Pace and Chase****Ken Baldwin****QLD**

Experience some fun and a challenge in this team riding format. We'll simulate the Tour de France ride to race, pace and chase with your team in a bid to conquer the mountains and become the number one team. **WS**



The aqua sessions are being held off-site at Melbourne City Baths. See the travel and accommodation section on page 49 for more details.

## B3J Sensational Aqua Arms

**Marietta Mehanni**  
**Tim O'Connell**

**VIC**  
**VIC**

Don't miss this sensational master class, exploring two new pieces of exciting aqua equipment that have recently been released to the Australian market. Join Marietta and Tim in the pool in an awesome session that explores the use and possibilities of these tools. You will walk away with loads of ideas using both interesting variations on old moves and completely new concepts. **MC S**

## B3K Personal Pool Training in the Deep

**Margaret Ryall-Egan**

**NSW**

Dispel that myth, once and for all, that pool workouts are only for "little old ladies in shower caps"! From this challenging session you'll experience aqua based interval training, to achieve maximum heart rate yet without the threat of joint injury. You'll see how technique correction is much more efficient, due to the slow motion action and ability to virtually stop clients in their tracks, and you'll understand how strength and conditioning, flexibility, range of motion, power and endurance can all be worked into the one awesome workout. **WS D**

## B4J Hook into Aqua Combat

**Gabrielle Harris**

**NEW ZEALAND**

This explosive class uses music as the motivator for an effective and challenging shallow water workout. Gabrielle believes in the power of choreographed routines and is passionate about using music and sharp-focused cueing techniques to ensure her classes are inspirational and hard-hitting. If you're serious about delivering a professional class – don't miss this session! **MC S**

## B4K Mums Afloat

**Lisa Westlake**

**VIC**

Explore the principles of pregnant women exercising in the water. From this cutting-edge session you'll examine the theoretical and practical considerations of working with pregnant women in the water, and how you can ensure they benefit from participating in any of your aqua sessions. **L**

## B5J Aqua Age Power

**Laraine Dunn**

**NSW**

Unlock the exercise secrets for age reversal and show your mature clients how growing older can unlock vitality, joy and health! You'll explore the role of cardiovascular and strength training for optimal health and functioning, while examining exercise's role in enhancing metabolism, mobility, muscle and mood in this dynamic and informative session. **WS S**

## B5K Liquid Weight Room

**Kerri Parkinson**

**NSW**

This sensational workshop teaches you how to maximise the water for an awesome resistance training workout. You'll take home resistance loaded workouts and strategies to ensure participants switch on the appropriate muscles, so if it's not on, it's not on! **WS S**



## **B6J More Aqua Antics for Kids**

**Stephanie McLennan** **NEW ZEALAND**

This practical session focuses on games and activities for children aged between 4 and 10. It focuses on skill development, water confidence, child-centred learning and the importance of creating a non-threatening, light-hearted environment to encourage optimal learning.

**WS S**

## **B6K Effective Choreography of Deep Water Routines**

**Jennifer Schembri Portelli** **VIC**

Can choreography be done in the deep? Use the simplest music mapping principles, precise cueing techniques and hydrodynamic principles of moving in water, to produce an effective, enjoyable and non-impact workout for clients. You'll leave with the demonstration skills to teach aquatic body balance, kinaesthetic awareness and enthusiasm for exercising in this unique environment. **WS D**

## **C2J Aqua Circuit**

**Linda Dorrington** **NEW ZEALAND**

Satisfy your participants' needs with circuit training in the pool! Circuit workouts combine strength and aerobic conditioning to progressively build the intensity of your class. From this challenging and enjoyable session you'll take home a variety of class formats to create fun and dynamic classes every time! **WS S**

## **C2K Balls, Boards and Belts**

**Jenny Merrick** **VIC**

Jump into the deep end with your balls, kickboards and aqua belts. Using this simple technique and with cost-effective pool equipment, you'll develop routines and learn how to develop effective and enjoyable water exercise routines that can be applied to deep and shallow water workouts. **WS D**

## **C3J Poolatés Plus**

**Kerri Parkinson** **NSW**

Join Kerri for this Pilates and belly dancing inspired session, featuring the latest moves direct from the States. From this unique and fantastic session you'll learn how to strengthen and lengthen, with graceful flowing movements and a bit of twist that is guaranteed to challenge your core! You'll maximise the water's natural resistance and support, to create innovative muscle workouts that deliver awesome results.

**WS S**

## **C3K Go Deep**

**Gabrielle Harris** **NEW ZEALAND**

Dare to be challenged? Dare to be seriously motivated? Dare to give your class that professional edge? This deep water workout is the total package, blending music and choreography to create new and memorable experiences that will motivate participants to new levels of fitness and inspire them to keep coming back for more! **MC D**

## **C4J Hydro Worx**

**Marietta Mehanni** **VIC**

Add variety to your water workouts by creating classes that are shallow-water-friendly. Experience how combining user-friendly choreography and suspended exercises will provide a range of options for those who do not have access to deep water. Marietta will demonstrate how water can become hydro energy! **MC S**

## **C4K Aquajogging Programs**

**Linda Dorrington** **NEW ZEALAND**

Aquajogging has become a popular form of exercise over the last few years, for both injury rehabilitation and fitness training. From this innovative session you'll take home the skills to write simple but effective programs that are limited only by your imagination and an awareness of safety factors. **WS D**



## **Ken Baldwin, AssDipAppSc**

**QLD**



Ken is a former physical training instructor and has been in the fitness industry for over 20 years. He is a national and international presenter in cycling, aqua and PT and currently runs a company called Queensland Fitness and Management Consultants,

specialising in team and group dynamics and courses for continuing education.

## **Tony Boutagy, BHMS**

**NSW**



Tony is a Sydney based strength and conditioning coach. He is undertaking post graduate research looking into the optimal warm up strategies for strength training and is the co-author of several fitness books. In 2004 Tony was named Australian Fitness Industry's Author

of the Year. He is a key lecturer at the AIF (NSW) and the co-owner/operator of a personal training studio in Sydney.

## **Douglas Brooks, MSc (Ex Phys)**

**USA**

See page 16.

## **Karen Bruk, BA DipCom, RegFL**

**NSW**



An accomplished international presenter, Karen has over 15 years experience as a group fitness instructor, personal trainer and fitness journalist. She is currently a group fitness coordinator and NSW special projects coordinator for Fitness First.

## **Christine Burns, BA Psych**

**PostGradDipSpMgt**

**NEW ZEALAND**



Christine is a lecturer in sports psychology, sports coaching and advanced exercise psychology. She plays in the NZ women's indoor hockey team and acts as sports psychologist for the NZ School of Dance, sports teams, individual athletes and school sports academy

groups. Christine is a certified Les Mills instructor and course coordinator for the Certificate in Exercise Science program at the Wellington Institute of Technology.

## **Donal Carr**

**NSW**



Donal is a Level III Chek certified trainer with over 14 years experience. He has travelled extensively around the world as a PT and runs his own business in Sydney. Donal is also a nutritional lifestyle coach helping client's achieve their goals with a holistic

approach to post rehabilitation and sports conditioning. Donal has worked with professional athletes and is currently a Fitness First regional PT manager.

## **Dr Elizabeth Celi, PhD**

**VIC**



Elizabeth established Paradigms Lifestyle and Mental Health Consulting™ following the completion of her doctoral thesis investigating genetic and personality vulnerabilities in people with major depressive disorders. Elizabeth aims to provide business owners/

managers and their staff with the knowledge and skills to comfortably meet the needs of this specific market, who are now turning to exercise to improve their symptoms/wellbeing.

## **Jenny Mitchell-Cody, BAppSc, DipEd PostGradDipRehab**

**NEW ZEALAND**



Jenny is a full time lecturer in exercise science for the Wellington Institute of Technology. Jenny has her own PT business - REACTIVE - and is a regular workshop, seminar and convention presenter in nutrition and fitness.

## **Paul Collins, BPE**

**NSW**



Paul is director of the Body Coach educational products, programs and services. Author of five books and DVDs, Paul has worked as an elite strength and conditioning coach and travels nationally to present corporate health and wellbeing keynotes and seminars. Paul is

a former recipient of the FitnessNSW Fitness Instructor of the Year award.

## 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, is an ACE gold certified personal trainer since 1990, and a certified yoga teacher since 1995.

## Michelle Dean

HONG KONG



Michelle is a leading international presenter, who is currently the in-house instructor trainer for California Fitness in Hong Kong. Michelle is recognised worldwide as a former co-host of 'Aerobics Oz Style' and is a TRAX sponsored instructor.

## Liz Dene, BHMS

NSW



Liz expertise relates to exercise and pregnancy issues. She is the Education Program Manager for Australian Fitness Network, and is actively involved in developing training courses. With a degree in Human Movement, Liz has over 15 years experience in all areas of training and fitness. She merges traditional fitness practices with a holistic approach to well being.

## Suellen Dennehy, DipRec

NSW



Suellen has more than 16 years recreation and industry experience and currently operates her own personal training business, FUN (Fitness-U-Need), specialising in programs for children and corporate groups.

## Farhan Dhalla, BSc BHScPT (Physio)

See page 18.

CANADA

## Effe Diamond, BA (Visual Arts) DipEd

NSW



Effe has been a part of the fitness industry for 10 years and is currently teaching and managing group fitness at Fitness First, Castle Hill. She is a part of the Fitness First instructor development team and is one of the master trainers for the company. Both a national

and international presenter, her personal vision includes the promotion and encouragement of freestyle among fellow instructors.

## Linda Dorrington, CertExSc

NEW ZEALAND



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

## Laraine Dunn, MAppSc

NSW



Recipient of Australian Fitness Network's 2005 Lifetime Achievement Award, 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.

## Grant Gamble

USA

See page 6.

## Pete Geracimo

NSW



Pete has been working in the Health & Fitness industry for over 10 years as a personal trainer and massage therapist. A former competitive triathlete in Canada, Pete is a Reebok presenter whose fun and humorous approach to getting fit has made him a popular trainer in Sydney gyms.

**Lynley Gladdis, DipArts (Dance)****SA**

See page 17.

**Lesley Gray, RegFL****NSW**

Lesley has 20 years experience in the fitness industry as an instructor, instructor trainer, convention presenter, championship choreographer and judge, club owner and music service provider. More recently, she is the group fitness department manager

of a leading Sydney health club, specialising in mind body classes. Lesley is qualified in Pilates and holds a Diploma of Yoga Teaching.

**Rachel Grieve, RegFL****QLD**

Rachel has over ten years experience in the industry. Based on Queensland's Sunshine Coast, she operates a successful personal training, lifestyle management and fitness education business. Rachel is currently completing a degree in Behavioural Science at Queensland University of Technology.

**Liz Guilhaus, BA (Dance)****SA**

Liz has been a Pilates Instructor for six years specialising in post-physio and sports rehabilitation, as well as community fitness and special populations. She has performed with companies in Europe, Asia and Australia. She is also a registered Smart Ball trainer and has completed her Level I ChiBall training.

**Gabrielle Harris, Reg FL****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.

**Nigel Harris, BPR & T****NEW ZEALAND**

Nigel is a senior lecturer in fitness and exercise science at Auckland University of Technology and has 10 years experience. He is an accredited sports science provider and trainer of many elite NZ sportspeople. He is currently a PhD candidate in the biomechanics of strength training.

**Kinnie Ho, BSc (Hons) MCom****NSW**

Kinnie is an education coordinator for the 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 is an invited guest speaker at community health organisations.

**Klinton Hoare, DipSocSc****NSW**

Klinton is a renowned speaker in high demand on a national scale for his insightful, humorous and realistic take on a range of topics. A sought after consultant on performance enhancement, team dynamics and motivation. Klinton is the founder of ALIVE Institute, co founder of

UPE Personal Training and Pilates and is currently a consultant to the National Rugby League as athlete performance coordinator.

**Marcus Irwin****NSW**

See page 19.

**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.

## Michelle Kenway, BAppSc (Phty) DipEd

QLD



Michelle is principal physiotherapist of Healthy Fit Physio at The Mater Private Hospital-Redland in Brisbane. Michelle has extensive experience as a physiotherapist, teacher and fitness leader and she has a special interest in exercise therapy and women's health.

Michelle is currently completing postgraduate physiotherapy training in exercise for women through The University of Melbourne.

## 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.

## Dr Paul Lam, MBBS FAMAC

NSW



Paul is a family physician in Sydney and a world leader in the field of Tai Chi for health improvement. He has created several Tai Chi programs including Tai Chi for Arthritis and Tai Chi for Diabetes which have helped many people improve their health and lifestyle. These programs

are supported by Arthritis Foundations worldwide and Diabetes Australia. He is also the lead author of the book *Overcoming Arthritis*.

## Mario La Marra, GradDipCom BCom RegFL

NSW



Mario is a group fitness professional and personal trainer with over nine years experience in the fitness industry. His commitment and dedication to ongoing education within the fitness industry is evident in his colourful and inspiring presentations both here and in New Zealand.

## Gareth Lawson, BPR&T NEW ZEALAND



Gareth is New Zealand's first Nordic Walking instructor (Level III) and one of the pioneers of this sport in New Zealand. His passion for outdoor sports has seen him instruct throughout New Zealand and Australia.

## Monica Linford

UK

See page 17.

## Andrew May, BAppSc

NSW



Andrew is an international expert in the business of fitness having already built and sold two successful health and fitness companies (the last one to the Accor international hotel group for more than 7 figures!). He is the co founder of Good Health Solutions

and PT Plus. As the Fitness Trainer for the NSW Cricket Team and consultant to the Sydney Swans and the Australian Cricket team, Andrew also works with a number of Australia's highest profile athletes.

## Mark McKean, DipT (HPE Sc)

QLD



Mark is currently working part time on his PhD through the University of the Sunshine Coast. Mark works as a strength and conditioning coach and personal trainer consulting with Australian Pistol Shooting, Tennis Australia, SLSA and athletes and clients of all levels. Mark was named Personal Trainer of the Year in 2004 and is now general manager of PT Smart Australia.

### **Stephanie McLennan, BEd DipT DipEd DipHP NEW ZEALAND**



Stephanie has over 26 years experience in the health and fitness industry as a trainer, choreographer, instructor, author and exercise class coordinator. A former PE teacher, Stephanie now manages the Active Living program, which she also authored, for Sport Waikato in

New Zealand. In 1995 Stephanie was named NZ's Fitness Leader of the Year, and in 2001 was awarded a Lifetime Achievement Award by Netfit.

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



Joanna is a nutrition scientist and fitness leader with 14 years experience. She is currently writing up her PhD, is an author and co-author of many books, and writes regularly for both industry and popular magazines. Joanna was the health and nutrition expert on the

last series of 'Burke's Backyard' and is a regular guest on 'Mornings with Sally Loane' on ABC radio. She was also the developer of BodyTrainer Revolution – a personal training weight loss program with Les Mills international – and is a regular nutrition lecturer and presenter both here and in the UK.

### **Jenny Merrick, Reg FL VIC**



Jenny was awarded the Victorian Aqua Instructor in 2003. Her creative abilities have seen her develop a unique style of deep water running. A sought after presenter in the fitness industry, Jenny maintains her personal fitness, through running, swimming

and cycling. Jenny is successful in challenging Aqua clients to develop greater fitness, general well being and sense of achievement.

### **Marietta Mehanni, Reg FL VIC**



Awarded Victorian 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. Currently program coordinator at one of Melbourne's leading fitness clubs, Marietta is

also a national and international presenter who is considered an expert in instructor training and education.

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



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

### **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 motivating 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.

### **Matt O'Neill, BSpSc, MSc (Nut&Diet) NSW**



Matt is one of Australia's leading dietitians and the founder of SmartShape.com.au. Named Australian Fitness Network's 2005 Author of the Year, Matt specialises in weight loss and nutrition education having conducted over 500 media interviews and seminars

in eight countries. He has been nutritionist for the Australian Consumers' Association and a member of Australia's NH&MRC Overweight and Obesity Working Party.

## Ruth Oliver



Ruth has over 20 years industry experience in 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.

**VIC**

## Sabrina Saw



Sabrina is a full time instructor with California Fitness in Hong Kong. She combines her passion for fitness with her extensive background in dance to deliver innovative and high-energy workouts. Sabrina has a degree in musical theatre and years of training in gymnastics, dance and

Muay Thai. She has performed in London's West End and has appeared in hundreds of media events including performances for Dior, Cartier and Top of the Pops.

**HONG KONG**

## Kerri Parkinson, Reg FL



A highly regarded and motivational aqua presenter, Kerri presents internationally on all aspects of aqua fitness and is a key program developer for Australian Fitness Network's aqua course.

**NSW**

## Zosha Piotrowski, BSpsc



Zosha is an international instructor trainer and convention presenter. She is involved in developing instructors and talent in freestyle group exercise and is the key program developer and lecturer for the Network Pilates courses. Her

goal is to motivate and inject her energy within others and to bring about wellness and entertainment to people's lives. Zosha is also the co-host of Pilates TV on Foxtel's Lifestyle Channel.

**NSW**

## Margaret Ryall-Egan, AssDipExSc NSW



Margaret has over 20 years experience in the fitness industry plus 30 years experience in aquatics. She was the developer of the first buoyancy belt 15 years ago and has since developed two more aquatic devices for working in the deep. Working with elite athletes,

older populations, pre and post operative patients, disabled and the general population.

## Jennifer Schembri-Portelli, BED VIC



JSP is one of the most recognisable aqua names in Australia. She heads up WETS and promotes hands on aqua, as well as aquatic and business management events. JSP's down to earth presentation style provides entertainment with an educational approach to all things aquatic.

Her regular classes keeps her up to date with the industry market which she then shares when leading aqua exercise leader training.

## Julianne Smith, RegFL



Julianne has more than 24 years experience as a group fitness instructor and 10 years as a personal trainer. Julianne's ability to take the complex and produce a simple yet well balanced program has made her the envy of all her peers on the Sunshine Coast.

Julianne's focus with her clients has always been to improve the quality of fitness and health by fitting healthy practices into every day life.

**QLD**

## Justin Tamsett



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.

**NSW**

**Lorenzo Tay, BArch****NSW**

Lorenzo has been teaching group fitness for over 10 years. He has completed an architecture degree and his creative flair is shown in everything he does from designing funky buildings to creating the fun and perfect workout!

**Mike Thomas****HONG KONG**

Mike has had 17 years experience in the fitness industry as a teacher, aerobics competitor and international presenter. Formerly based in Australia, where he toured extensively as a workshop presenter and a professional dancer, he now resides in Hong Kong.

**Katherine Tsebelis, BAppSc (Physio)****VIC**

Katherine is a physiotherapist and has been a group fitness instructor for 15 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, ensures the information she delivers is comprehensive, yet user friendly.

**Mirko Turla****HONG KONG**

Originally from Italy, Mirko has been in the fitness industry since 1996 working in London, Sydney and currently in Hong Kong. A highly qualified group exercise instructor and trainer, he is also an aqua lecturer having taught in China, Thailand, Malaysia and Australia.

**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.

**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 over 20 years experience in physiotherapy and fitness

is prevalent in her consistently innovative and inspiring sessions.

**Susan Woodd****UK**

See page 17.

**Paul Wright, BAppSc (Physio)****NSW**

Paul is the Director of Get Active Physiotherapy and Sports Medicine clinics. He is senior lecturer for the Australian Institute of Fitness (NSW) and was named Australian Fitness Network's Presenter of the Year in 2002. An accomplished international presenter with a wealth of knowledge, Paul is a highlight of any fitness event.



CIRCLE TRAM

MELBOURNE

## Do you...

- Need somewhere to stay?
- Need to find a hotel to fit your budget?
- Need assistance with travel to Melbourne?
- Need someone to make all the bookings and arrangements for you?

**If you don't have time to arrange any of this, then call the OzAccom Group!**

The OzAccom Group is the official accommodation and air travel booking agency for the Network 05 convention. Discounted accommodation rates have been negotiated over the conference dates, so contact OzAccom to discuss all your accommodation requirements. You will receive accommodation information and a reservation form with your convention registration information. You can also download the booking form online by going to

[www.fitnessnetwork.com.au/network](http://www.fitnessnetwork.com.au/network) and clicking on the Travel and Accommodation section. Sit back and let OzAccom do the work for you!

## SAVE \$\$ AND WIN BIG!

Book as an Early Bird & enter the draw to win a night's accommodation in the Crown Promenade Hotel, including breakfast for two!

## EXCLUSIVE Network 05 offer (when booked through OzAccom)

**\$176 per room per night (inc. GST), so get yourself a friend or colleague and it's a mere \$88 per person per night per based on a twin/double room! At the time of booking, remember to request a non-smoking room if that is what you prefer.**

## THE CROWN PROMENADE IS THE HEADQUARTER HOTEL FOR NETWORK 05

The Crown Promenade Hotel is located in Melbourne's vibrant Southbank entertainment precinct. The hotel has a contemporary style, featuring natural light, earthy tones, wood and stone finishes with city or bay views. Guest rooms feature all modern conveniences and the hotel provides exceptional services and facilities, the Deck Leisure Centre (including a 25 metre pool), business centre and restaurants and bars. The hotel is directly linked to the exciting Crown Entertainment Complex by air bridge, and is also in close proximity to the Melbourne Exhibition Centre and CBD. The Crown Promenade Hotel is 25 minutes from the airport and a 10 minute walk from the nearest train station. For further information about the Crown Promenade Hotel visit [www.crownpromenade.com.au](http://www.crownpromenade.com.au)



## AIR TRAVEL

Non-conditional and conditional discounts of up to 70% off the full economy airfare at the time of booking have been negotiated with Qantas for Network 05 delegates (conditions apply). All domestic bookings being processed through OzWings (a division of OzAccom) and are subject to seat availability at time of booking. OzWings is also a licensed travel agent and can, therefore, coordinate all your travel requirements, including alternative airlines and current promotional fares. For all travel enquiries, contact OzWings.

### OzAccom and OzWings Contact Details:

**Address:** PO Box 104, RBH Post Office  
QLD 4029, Australia  
**Tel:** 07 3854 1611  
**International:** +61 7 3854 1611  
**Fax:** 07 3854 1507  
**International:** +61 7 3854 1507  
**Toll Free:** 1800 814 611  
**E-mail:** ozaccom@ozaccom.com.au

## HOW DO I GET TO NETWORK 05?

**Melbourne Exhibition Centre**  
**2 Clarendon Street, Southbank VIC 3006**

**Tel:** 03 2935 8000

For full details on transport to the centre, visit [www.mecc.com.au](http://www.mecc.com.au) and click on 'Attending an Event'.



### Transport information is as follows:

#### AIR

The airport is located just 20 minutes away via the City Link roads.

#### TRAM

There is one tram stop outside the Melbourne Exhibition Centre. Tram numbers 12, 96, 109 and 70 run along various routes that stop at or near the Melbourne Convention and Exhibition Centre. The City Circle Tram service also provides a free and convenient way to get around central Melbourne (go to [www.metlinkmelbourne.com.au/city\\_circle](http://www.metlinkmelbourne.com.au/city_circle) for more info. For details regarding tram numbers and their routes go to [www.mecc.com.au](http://www.mecc.com.au)).



## TRAIN

The Spencer Street station is just a short stroll from the centre. The Dandenong, Frankston, Belgrave, Lilydale and Sandringham lines run every 15 minutes and St. Albans, Williamstown, Werribee, Upfield, Epping and Eltham run every 20 minutes.

## PARKING

The centre is serviced by six parking areas with additional parking available within walking distance. The Melbourne Exhibition Centre car park is open 24 hours, 7 days a week. The early bird rate is \$8 (in by 10am, out by 6am the next day). The maximum fee is \$20 (all day). Other carparks include the Freeway, River, Gravel and Melbourne Convention Centre. For further details on costs of these carparks, visit [www.mecc.com.au](http://www.mecc.com.au)

## TAXIS

Taxi ranks are located at the centre as well as at surrounding major hotels, the Crown Entertainment Complex and Spencer and Flinders Street train stations.

## SKYBUS

Skybus Super Shuttle is the official transit link between Melbourne Airport and the centre of Melbourne. To purchase tickets or to view the timetable go to [www.skybus.com.au](http://www.skybus.com.au)

For more information on transport, visit [www.victrip.com.au](http://www.victrip.com.au) or phone 131 638 (from Melbourne only).

## HOW TO I GET TO THE AQUA SESSIONS?

### Melbourne City Baths

**420 Swanston Street, Melbourne VIC**

**Tel: 03 9663 5888**

If you are taking part in the aqua sessions at the Melbourne City Baths, there will be a charter bus that will transport you from the Melbourne Exhibition Centre in the morning, and back to the Melbourne Exhibition Centre at the end of the day. You must catch the charter bus outside the Exhibition Centre (opposite Crown Entertainment complex) and please know it will leave on time!

If you would like to travel between venues during the day, you can catch public trams, a taxi or a City Circle Tram (stop 13 is the closest to the Baths on Swanston Street).

**TRANSPORT  
IS PROVIDED  
TO AQUA  
SESSIONS!**



## SPECIAL PRICING OPTIONS

### SAVE \$50!

Simply register as an Early Bird, by ensuring your registration is postmarked on or before Friday 14 October, and you'll save yourself \$50!

**PLUS every Early Bird registration can enter the draw to win a weekend holiday for two, at a fantastic mystery destination - donated by OzAccom Group.**

This prize includes flights for two people, from the closest capital city, to a mystery destination, including accommodation for three nights in a five star venue with breakfast included.

### AND

The Crown Promenade Hotel in Melbourne, the official Network 05 headquarter hotel, is also offering one night's accommodation (including breakfast for two) to one other lucky Early Bird delegate.

*Prizes are not applicable to Commonwealth government funded employees.*



**Winners will be drawn at the Friday Night Happy Hour. Remember, you must be present to win!**



## SAVE \$500 WHEN YOU REGISTER AS A GROUP OF 10 OR MORE!

Get a group of friends or colleagues together, and your savings will skyrocket! Simply send in the registration paperwork for your group of 10 or more people, and you'll receive \$50 off each registration fee. It really is that easy! The following conditions apply:

- Each delegate must fill out a separate registration and session selection form.
- Session selection, registration and payment forms for all members of the group must be received in the same envelope.
- Each delegate must be a member at the time of the event. Those who are not members at the time of the event will need to pay the membership fee and become a Network member. Remember if your company is a Club Network member, you can send two staff who are non-members of Network at member rates.

## CANCELLATION AND TRANSFER POLICIES FOR NETWORK 05 AND PRE & POST CONVENTION EVENTS

### VERY IMPORTANT - PLEASE READ!

The following policy will be strictly adhered to:

- Australian Fitness Network must be notified in writing for all cancellations or transfers.
- If notified up to, and including, Monday 14 November 2005, a full refund less \$100 administration fee will be granted.
- For the pre or post convention events, a full refund less 25% of the registration fee will apply, if notified in writing up to, and including, Monday 14 November 2005.
- You may transfer your registration to another person for a fee of \$25. If notified after Monday 14 November 2005, no refunds or credits are available.

## HOW DO I REGISTER AND PAY?

Registration and sessions selections can be done **ONE** of three ways.

- 1) **ONLINE** - at **www.fitnessnetwork.com.au/network** Online registration requires payment using Bankcard, MasterCard or Visa. The first 25 online registrations will receive a free gift.
- 2) **MAIL** - your registration and session selection form along with payment to Australian Fitness Network, PO Box 1606, Crows Nest, NSW 1585, Australia.
- 3) **FAX** - your registration and session selection forms along with credit card details to 02 8424 7299. Please confirm all pages are successfully transmitted to Network by checking your transmission report. Phone the Network office that same day, to confirm our receipt of your registration.

**\*\* Please submit your registration via ONE method only \*\***

## HOW CAN I PAY FOR NETWORK 05?

You can pay for Network 05 with the following:

- Bank Card
- Master Card
- Visa
- Cheque or money order (made payable to: Australian Fitness Network Pty Ltd)
- Cash (must not be posted)

**Please note:** *If you wish to pay via telephone using a credit card, both your session selection and registration forms must be faxed or mailed within one working week of submitting your payment details.*

### **REMEMBER – Important information!**

- 1) Registration is only valid with payment.
- 2) Session selections - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices **MUST** be filled in and sent with your registration form and payment.
- 3) You must sign the waiver on the registration form, which indicates your agreement to all convention terms and conditions.
- 4) If another person is paying for your registration, for tax purposes, their name will appear on the invoice as the source of payment. The tax invoice will, however, be mailed to the person attending.

## YOUR QUESTIONS ANSWERED

### **What does my registration include?**

Your Network 05 registration fee provides you with:

- Entry to allocated convention sessions
- Entry into the keynote and closing addresses
- Opportunity to earn CECs
- Unlimited access into the Melbourne Fitness Expo (24th to 26th November)
- Session notes from those you attend (if provided by the presenter)
- Entry to the Thursday and Friday Night Drink receptions, on 24th and 25th November, including one complimentary drink.

### **What happens after I send you my registration and session selection forms?**

Once your payment, registration and session selections have been processed, you will receive confirmation from us listing your chosen sessions, a tax invoice and a convention newsletter. Please contact Network if you have not received any confirmation after four weeks of submitting your registration information.

### **If I register online, are my sessions automatically confirmed?**

No. Your sessions are only confirmed via written notification from Australian Fitness Network.

### **Can I attend individual sessions or just one day of the convention?**

The Network 05 convention is only available as a two and a half day event.

### **Can I only attend the pre or post-convention workshops?**

Yes, you may attend pre-convention workshops without attending the two and a half day convention. Simply complete the registration form, indicating which workshop(s) you wish to attend and return it to Network with payment. This registration does not entitle you to attend any of the main Network 05 convention sessions, but does allow you to attend the Melbourne Fitness Expo.

### Can I register as a convention delegate and also attend pre-convention workshops?

Yes. Please complete the 'Pre and post convention workshops and certification' section on the registration form.

### Do I receive Continuing Education Credits (CECs)?

You are eligible for Continuing Education Credits (CECs), which are recognised by Fitness Australia and state registration bodies. By attending the two and half day convention and completing a CEC assessment booklet for a total of 7 convention sessions you attend (which is assessed at the Network office) you can receive CECs. You will receive the assessment booklet when you register on-site. Pre and post-convention workshops also provide CECs and vary between each one.

### Do I need to register at the convention?

Yes. At the convention registration desk you will receive your session tickets, name badge and convention handbook. These items are required to enter sessions. Registration takes place at the Melbourne Exhibition Centre on Thursday 24 November from 2.00pm to 4.00pm and Friday 25 November from 7.00am. The convention office remains open throughout the convention for late arrivals and general assistance.

### Is there a 'No Show' policy?

For those who do not attend Network 05 and who have not notified Australian Fitness Network prior to the convention, no refund or credit is available.

### Can I transfer my registration to someone else?

Yes, you may transfer your registration to someone else; however, a \$25 administration fee will be incurred. Full details, in writing, of the transferee are required for Network to arrange transfers.



### Is there a closing date for registrations?

No. However, registrations received after Monday 21 November 2005 will incur a \$50 administration fee, and due to the timing being so close to the event, delegate information will not be sent out and the tax invoice/confirmation will be sent out after the event. Please note: some sessions may be booked before the convention commences.

### Can I bring my child(ren)?

No. For safety reasons, and as a courtesy to presenters and other delegates, children are not allowed in convention sessions. When accompanied by an adult, children are permitted into the Melbourne Fitness Expo. There are no crèche facilities available at Melbourne Exhibition Centre.

### Will I receive a confirmation tax invoice?

A tax invoice will be issued to the person attending the convention. If you want the tax invoice in the name of the person or company paying for TAX/GST purposes, this must be made clear on the payment / registration forms, including their name and contact details. The invoice will state the payer's name at the bottom of the invoice.

**Please note:** All information provided in this brochure is correct at the time of printing but may be subject to change without notice.

## WOULD YOU LIKE TO BE PART OF THE EVENT CREW?

The event crew program enables you to work for half of the convention and attend the other half for free! It's hard work but lots of fun in a great team environment and a unique chance to work behind the scenes on one of the industry's premier fitness events. To receive an event crew application form or to find out more, call the Network convention department on 02 8424 7200 or visit [www.fitnessnetwork.com.au/applications](http://www.fitnessnetwork.com.au/applications). Applications close on Monday 10 October 2005.





# MELBOURNE FITNESS EXPO

## The Fitness Expo is coming to Melbourne!

Following the success of the Australian Fitness Expo in Sydney, the event is now also scheduled for Melbourne in 2005. To be held in association with the Network 05 conference, the Melbourne Fitness Expo will expose you to the latest in:

- Fitness equipment
- Corporate & domestic gym equipment
- Training aids
- Aqua equipment
- Sports nutrition, beverages & supplements
- Athletic footwear
- Sports clothing
- Aerobics music
- Educational resources

**Plus**, two stages featuring special demonstrations, body building exhibitions, aerobics displays and other special events

**Register online now for free entry at**  
**[www.fitnessexpo.com.au](http://www.fitnessexpo.com.au)**

Save time, beat the queue & **Save \$15.00**



Your total  
fitness event

**Melbourne Exhibition  
& Convention Centre**  
**24-26 November 2005**

**[www.fitnessexpo.com.au](http://www.fitnessexpo.com.au)**



In association with

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