

Product showcase

At the 2006 Australian Fitness Expo you'll experience the latest and greatest from the industry's best! With more than 100 exhibitors under one roof and spanning across some 10,000 square metres, the 2006 Australian Fitness Expo has never been this cutting-edge before! Here are just some of the latest innovators you'll find at this must-attend fitness event.



COMPANY

AAA Punch Equipment	Free 2 Be / Evolution	Ocean Wave Australia
Accor Premiere Vacation Club	Galileo Whole Body Vibration	Oregon Scientific
Aerobic Microphones Australia	Gao's Chinese Acupuncture & Massage	Orthomedico
AOK Health	Garry P. Brilley Pty Ltd	Oxyman Pty Ltd
Aphelion / SportingPulse	Gen Tec Nutrition	ParagonPT
Aquajogger	GME - Garmin	Pearl Izumi
ASN Advanced Sports Nutrition	GPSports Systems	Pharmanex - Biophotonic Scanner
AST Australia	G U Sports	Pilates Institute of Australasia
Australian Barbell Company	Gym Alliance	Platypus Software
Australian Fitness Network - Education	Gymlink Australia	Polar
Australian Fitness Network - Membership	Gymstick	Qi Gong Massage
Australian Institute of Fitness	Health Management Group	QPEC Fitness Solutions
Australian Kettlebells	Health World Endura	R & G Sports
Australian Physiotherapy Association	Healthzone Pty Ltd	Radical Fitness
Australian Sports Nutrition	HealthyPeople.com.au	Reebok Australia
Avanti Fitness	HF Industries	Regalcroft
Biomedex	High Tech Health	Rhythm Express Music
Blockout	Highest Quality Health & Fitness	Rock Wear
Bodymotion	Himalayan Goji Juice	Rogue Swim Wear
Brasilfit	Human Kinetics	Running Bare
BrasilSul	Hypoxi Australia Pty Ltd	Sam's Fitness
Braus Activewear	Impact Training Corporation	Sissel Australia
Brazil Body Activewear	Ina Health	Skier's Edge
Brooks / Sof Sole	Infotrade Media Co. Ltd	Soaring Horizons
Cap Barbell, Inc.	Integrity Fitness	Sportstek
Certified Organic Probiotics	intelliFITNESS	Step into Life
Creative Fitness Marketing	Interloc	Stott Pilates (Aust)
DebitSuccess	International Health Investments	Strive Australia / NZ
Dilemma Beach and Fitness Wear	Juice Plus+	Systemised Personal Training
Duo Strength & Health Solutions	Kelmix Corporation	The Athlete's Foot / Brooks
EAS Asia / Pacific Ltd	Les Mills Australia	The Fitness Generation
eDebit Pty Ltd	Life Fitness	The Music & Motion Studio
Elite Fitness Group	Litex Sportswear & Swimwear	THORLO
Elite Fitness Group/Technogym	Lorna Jane	TIMEX
Enervit	Mat-Tastic	Top Nutrition
Exercise Australia Pty Ltd	MAX'S	Training for Success
Ezi Debit Australia	Maxim Strength Fitness Equipment	TRAX Aerobic Music
Fashion Brazil Australia	Musashi	True Fitness Solutions
Fit This	Musclemania	ULO - Unlimited Life Opportunities
Fitball Therapy & Training	Navman	Universal Locker Company
FitDV	Network Education	Usana Health Sciences
Fitness Essentials	New Balance	WaterRower
Fitness First	Nordic Walking Marvelox	Web2Fit Solutions
Fitness Institute Australia	Nurytec Australia	Workout World
Fitness Life magazine	Nutralife	Xercise Pro
Flexitec Rubber Surfaces		Zoe's Martial Arts & Boxing Supplies

Cont'd on page 52

Every year the Australian Fitness Expo brings you the latest and greatest industry innovations. Here are just a few of the extraordinary offerings you might find among the massive fitness-mart that is the 2006 Australian Fitness Expo, 21 to 23 April at the Sydney Exhibition Centre, Darling Harbour. To find out more about the Australian Fitness Expo visit www.fitnessexpo.com.au or phone 03 9261 4500.

Reebok

Reebok is one of the world's leading suppliers of fitness products and technologies. Our range includes a wide selection of products, including running and cross training footwear, performance apparel, casual apparel, and accessories. Our exciting new fitness equipment range is also ever-evolving, and encompasses studio products such as the revolutionary Reebok Deck, and a wide range of treadmills, bikes, elliptical trainers, in addition to accessories such as hand weights, gym balls, boxing and resistance equipment, and much more! The latest Reebok fitness range is being unveiled at stand G30 at the Australian Fitness Expo – see you there! And remember, as a Network member you receive a massive 35% off when you shop online through the Reebok Alliance Program - simply visit <http://reebok.alliance.com.au> (remember to log in using your Network web site login details).

SEE OUR AD ON BACK COVER



Trax Music - just press play for a successful class!

There's a reason Trax Music has been around for almost two decades - it's the best! Save yourself time, effort, energy and money, and seize the hottest tracks in town, only from Trax Music. Trax is Australia's only importer of the Evolution and Move-Ya label of music, DVDs and videos - all imported direct from Europe to bump up the numbers in your group ex classes! Get hip and listen online at www.traxmusic.com.au, phone 02 8424 7200 for a brochure, or experience the sound sensation at stand J42 at the Australian Fitness Expo.



SEE OUR AD ON PAGE 16

Personal PA Pack

New from Fitness Audio, ideal for swimming school teachers and personal trainers, is the all-black battery powered waistband amp and headset microphone, to amplify your voice indoors or out. It has a long throw range of around 50 metres and an adjustable waistband with a 1.5m girth length, ideal for use over jackets when it's cold outside. Network Members and personal trainers can claim a free mini back pack (in yellow, red or blue) worth \$22 when they order from Aerobic Microphones or the Fitness Audio Network of Interstate Dealers. It costs \$198, which includes six rechargeable batteries and a charger. For more product and dealer information please contact John Penhallow at AMA on 02 9313 4995 or e-mail info@aeromic.com.au



SEE OUR AD ON PAGE 23

Australian Institute of Fitness - empowering you to excel

The fitness industry is growing rapidly, and the need for instructors and personal trainers is growing with it. It's easy to become part of this financially and emotionally rewarding industry when you attend the Australian Institute of Fitness. FIRST in fitness careers, with convenient locations across Australia and a program that gets you 'job ready' sooner. The fresh, fun approach to learning engages and energizes so that you'll learn much more, much faster. You can complete Certificate III in Fitness (SRF30204) or Certificate IV in Fitness, specializing in Personal Training (SRF40204), either face to face or via correspondence. All courses are Austudy accredited. Contact the Institute by phoning 1300 669 669 or visiting stand J34 at the Australian Fitness Expo.

SEE OUR AD ON PAGES 17, 19, 21



Network Pilates

With so many Pilates training courses available out there, it's hard to work out which one you should study. Network Pilates is one of the few Pilates instructor training programs accredited by Fitness Australia for CECs. That means, your training will contribute to your re-registration and insurance, plus you'll be taught by some of the industry's leading Pilates instructor trainers. If you're looking for Pilates training that is tailored to working in the fitness industry, then Network Pilates has all the answers. With an extensive range of Pilates courses in pregnancy, fitball, personal training and remedial you can rest assured your qualification will be of the highest standard. Find out more about individual modules and the intensive course that will see you qualified in 13 days, by visiting the Network Pilates stand H13, phone 02 8424 7200 or visit www.fitnessnetwork.com.au/pilates



SEE OUR AD ON PAGE 14



Live your passion at FILEX 2006

FILEX 2006 is three jam-packed days of edu-tainment. There are more than 200 sessions delivered by more than 140 of the world's leading presenters. It's no wonder FILEX 2006 attracts delegates from all around the globe. FILEX is the largest and most popular fitness convention in the southern hemisphere - come and see why for yourself! Nowhere else can you celebrate your passion for fitness with so many like-minded people. Your career can't afford to miss this pinnacle industry event. For program information, and to register online, visit www.fitnessnetwork.com.au/FILEX or phone 02 8424 7200.



SEE OUR AD ON PAGE 11

Put some vibration into your training with Vibrogym

Vibrogym Whole Body Vibration is technology that has achieved proven results in Europe and the USA, having been shown to deliver the benefits of a full body workout in only 12 minutes. Uses include strength training, massage and stretching, with independent studies showing rapid strength gains, increased bone density, decreased stress hormones, decreases in fat and cellulite, and increased basal metabolic rate. Experience Vibrogym at the Australian Fitness Expo, at the Orthomedico Australia stand (B42). Or, to learn more about this exciting, cutting-edge technology, visit www.vibrogym.com.au or phone 1300 309 633.

SEE OUR AD ON PAGE 34



STAND B42

PUNCH launches exclusive new product

Punchfit™ class pads are the latest addition to the range at AAA Punch Equipment®. A combined pad and glove that will eliminate the wasted time during the change over of pads/mitts to maintain maximum interaction. They are AAA Punch Rated for commercial use. The back of the

SEE OUR AD ON PAGE 30



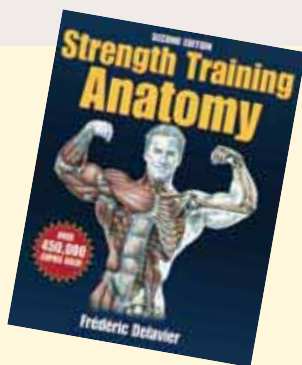
Glove has been modernised for the fitness industry with quick dry vent holes so that the gloves will be aired much more easily, allowing them to dry faster. Enquire now by phoning 02 9557 1717, or come and see for yourself at stand i9 at the Australian Fitness Expo.



STAND i9

Human Kinetics

Human Kinetics is the world's premier publisher of fitness and physical activity resources, covering strength and conditioning, older adults, flexibility, nutrition, personal training, and more! Brand new titles include *Instructing Hatha Yoga*, *Advanced Sports Nutrition*, and the highly anticipated *Strength*



STAND L30

Training Anatomy 2nd Edition. Visit www.FitnessNetworkCentre.com for Network member specials, or come and see us at stand L30 at the Australian Fitness Expo.

SEE OUR AD ON PAGE 6

Les Mills: at the cutting edge of fitness fashion

Les Mills has stitched up a dynamic new clothing range, including new twists on classic styles. Drop by the Les Mills stand (i52) at the Australian Fitness Expo to pick up your hot new pieces, or join the mailing list by phoning the Merchandise Team on 02 6282 8192 or e-mailing merchandise@lesmills.com.au. PLUS, keep an eye out for the Les Mills online store - coming soon.

SEE OUR AD ON PAGE 8



STAND i52

Ezypay: when size does matter

At Ezypay we believe that size does matter. Whether you own a personal training studio, work individually as a personal trainer, manage a large gym or anything in between, it's important that you have the best direct debit solution for your business needs. Ezypay is now offering a wide range of billing solutions, which are specifically tailored for businesses of different sizes and at different stages in their development. If you want to find out how you can stabilise your income using a direct debit solution, phone us now on 1300 762 726, or e-mail newenquiries@ezypay.com.au



STAND G14



SEE OUR AD ON PAGE 28

Cont'd on page 54

Take advantage of expert industry advice and gym fee payment services



RegalCroft HandiPay Electronic Billing Solutions managing director, Mike Davidson, was elected to the Fitness Australia Board of Management in November 2005 because of his 13 years of service to the industry. Mike and his company, RegalCroft, are the 'go-to-guys' when it comes to the very important business of member fee collection and payment. RegalCroft HandiPay is used by hundreds of clubs and gyms throughout Australia and New Zealand. Call Mike today to get top level advice on credit management, and to find out about the benefits of Australia's most advanced billing system, HandiPay. Phone toll free 1300 301 789, or visit stand F33 at the Australian Fitness Expo.

SEE OUR
AD ON PAGE
42



STAND f33

Looking for results... look to GRAVITYPilates™

Paul Bowden owner of three Energy Arts facilities in Melbourne, introduced GRAVITY to his club members last year with outstanding results. 'GRAVITYPilates™ has fast become the most popular class we



have on offer. We're having trouble keeping up with the demand. Most morning and almost all evening classes are continually booked out a week in advance. Some people are so addicted they try to book for every night of the week. Some even do a GRAVITYGroup Strength™ class followed by a GRAVITYPilates™ class. I suppose this is a good problem to have.'

Decision makers, club owners and managers should book now for individual and team GRAVITY in-booth classes at the Australian Fitness Expo. Phone 1800 552 8789 or e-mail sales@hqh.com to reserve your space.

SEE OUR
AD ON PAGE
63



STAND F22

GYMLINK

GymLink Australia – lead generation for health clubs and personal training businesses! Guaranteed results!

GymLink Advantage Plus clients shared in over \$1.5 million dollars in new membership revenue in 2005! In 2006 this figure will double! The Advantage Plus Listing and Powerful E-Leads Program™:

- Gives your business a stronger online presence
- Attracts more prospects to your business
- Increases your membership sales
- Guarantees you results!

GymLink offer a 100% no questions asked money back guarantee. No other marketing medium does that! Give your business the edge, phone GymLink Australia on 1300 854 991 or e-mail enquiries@gymlink.com and visit us at stand D34.

SEE OUR
AD ON PAGE
68



STAND D34

International fitness

Australia's own Integrity Strength Systems will again present their industry leading range of commercial strength equipment at the 2006 Australian Fitness Expo. According to managing director, David Woods, 'the expo provides a valuable opportunity to showcase the latest developments to our product range, and we look forward to launching a number of new products again this year.' For more information visit www.integritystrength.com or stand D14 at the 2006 Australian Fitness Expo.



STAND D14

SEE OUR
AD ON PAGE
2

How Creative is your Fitness Marketing?

Creative Fitness Marketing provides the complete sales and marketing package for your club. In a four to six week time period, this package incorporates:

- Centralised telemarketing
- Direct mail
- On-site professional sales consultants
- In-house graphic design
- An innovative and effective corporate outreach program
- Mall demonstrations.

This unique marketing approach has been specially designed to attract the largely untapped 40+, deconditioned, family and corporate segments into health and fitness centres, while involving no financial outlay or risk to your club. To find out more phone Emmett Williams on 03 9614 32 77, or visit stand E30 at the Australian Fitness Expo.

SEE OUR
AD ON PAGE
50



STAND E30

Xercise Pro - get with the program



The standard for member service, retention and personal training management just got even better! Xercise Pro makes your service look great, and now it will help you sell more memberships and more personal training. Our new module enables you to present the key elements of the Xercise Pro service, while also capturing information about the lead, which makes for a complete service solution. To find out more visit stand D2 (near the exit doors) at the Australian Fitness Expo, phone 02 9945 3500 or go to www.xercisepro.com

SEE OUR
AD ON PAGE
25



STAND D2

Are you Actively Managing your fitness business?

SEE OUR
AD ON PAGE
71

Active Management will help you run your business in fewer hours – guaranteed! Active Management is your marketing department, with more than 5,000 proven templates that you can use, including flyers, member letters, posters and other promotions. Through Active Management you can also join one of the Round Tables specifically designed to improve your business management skills. For more information phone 02 9980 9089 or visit www.activemgmt.com.au



STAND G14

Network Cycling

Whether you are a new instructor or an old hand, the Network Cycling certification will inject skills, drills and knowledge into your indoor cycling classes that will have your static pelaton lining up well before the starting gates open to your classes! To find out more come and see us at the Australian Institute of Fitness stand (H13), visit www.fitnessnetwork.com.au/cycling or phone 02 8424 7200.

SEE OUR
AD ON PAGE
32



STAND H13



Rockwear



Rockwear has just released a uniquely designed push-up sports crop top. The top has a fully moulded breast enhancer sewn in to the garment using a seamless design. The result is an incredibly natural looking bust enhancer in a truly beautiful and functional top. The top comes in a crop or singlet version, and in a wide variety of colours. Phone 07 5556 0533, go to www.rockwear.com or visit stand i50 at the Australian Fitness Expo.

SEE OUR
AD ON PAGE
41

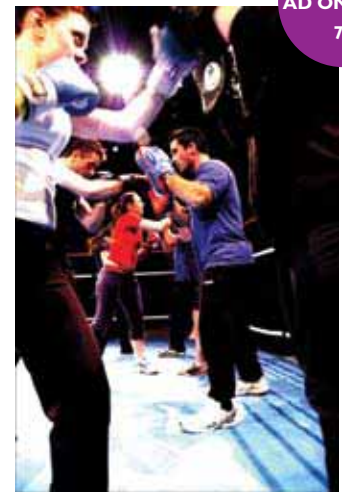


STAND i50

Boxing for fitness accreditation

THUMP Training Systems offers one day courses for fitness leaders, personal trainers, and gym instructors wanting to gain boxing fitness accreditation. The courses cover a wide range of topics associated with boxing while emphasising injury prevention, correct punching technique and pad holding. Instructors will gain 5 CECs on successful completion of the course. For more information phone 1300 558285, or go to www.thumpboxing.com

SEE OUR
AD ON PAGE
71



You have not tried all strength equipment until you have tried STRIVE!

Strive developed the Smart Strength System, state-of-the-art technology, using a patented variable-adjustable cam technology to exercise muscles more effectively and efficiently from origin to insertion. Strive's system actually has up to nine different recruitment patterns per machine (effectively per body part), which produces a stronger muscle throughout a full range of motion, greater personal results, and a reduction in the likelihood of injuries. Strive is endorsed by many sporting teams in the USA, including the NFL's Green Bay Packers and NBA's Indiana Pacers. Strive is also used extensively throughout the USA military, and closer to home, 1-2-3 Strive Australasia has equipment at the NSW Institute of Sport, Olympic Park and the Sydney Academy of Sport. Personal training studios, and elite sports facilities alike, are loving their STRIVE investment. Contact the team at 1-2-3 STRIVE Australasia on 1800 771 079, go to www.strivefit.com or visit stand G14 at the Australian Fitness Expo.



STAND G14

Australian Fitness Expo 24-26 November 2005

Visit the Australian Fitness Expo, where you can SEE, TRY and BUY the latest in fitness equipment, sports and active clothing, athletic footwear, sports nutrition, beverages and supplements, skin fitness/skin treatments, wellness products, health and beauty products and more! Plus, free public seminars, free training advice and stage area featuring special demonstrations, aerobics displays, product demonstrations and other special events. Industry only day is Friday 21 April. For opening hours and more information visit www.fitnessexpo.com.au or phone 03 9261 4500

SEE OUR
AD ON PAGE
18



Duo Training

DUO is considered to be the big breakthrough in group resistance training for professionals in 2006. The intelligent resistance of DUO training features two people working together using our unique equipment, one providing muscular resistance for the other. Come and see us at stand D47 at the Australian Fitness Expo, or check our web site at www.duotraining.com for more information.



SEE OUR
AD ON PAGE
33



STAND D47

Manage your club better in one Smart move.



FFA PaySmart, one of Australia's leading direct debit billing companies, introduces ClubSmart, the revolutionary new club management software that provides all the benefits of seamless integration. Billing, reporting, sales & marketing functions, this software is unmatched by anything in the market.

Just imagine having complete control of your membership data base including options to suspend, pay periodically, track GST and referrals. 20 different membership reports are available within 2 clicks.

Financial details include daily takings, members' finance, revenue report, time payment report...all seamlessly integrated with PaySmart Direct Debit Billing. Marketing tools include letters to remind members due for renewal, mass emails, new opening times and timetable changes.

ClubSmart club management software will dramatically improve the way you manage your club and bring new levels of efficiency and business control.



Freecall 1800 801 797 now for details!