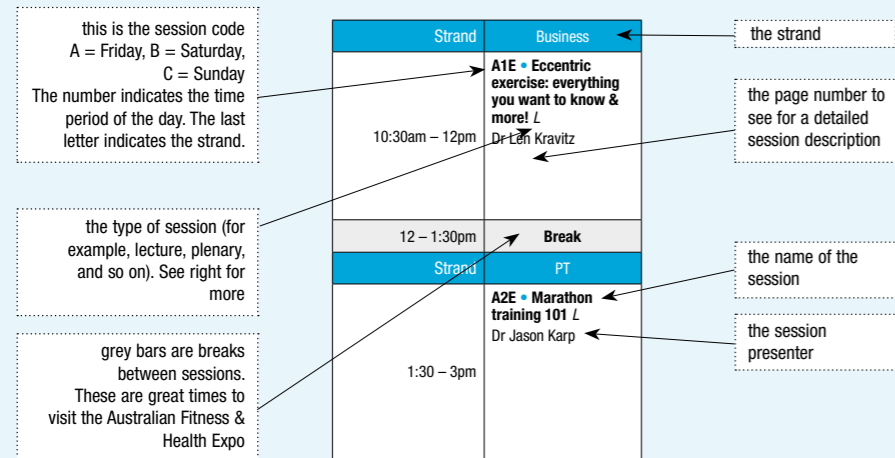


# HOW TO READ THE PROGRAM AT A GLANCE



- SESSION TYPES:**
- L – Lecture
  - WS – Workshop
  - OD – Outdoor
  - SS – Super session (2 parts)
  - IL – Interactive lecture
  - MC – Master class
  - P – Plenary
  - PA – Panel
  - S – Shallow water
  - D – Deep water



# PROGRAM AT A GLANCE



FRIDAY 27 APRIL 2012

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KEYNOTE ADDRESS																									
8:30 – 10am																									
10 – 10:30am																									
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Nutrition	Development	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
How to have ideas on purpose, presented by Dan Gregory • Sponsored by Australian Institute of Fitness																									
Break																									
10:30am – 12pm	A1A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett Sponsored by Active Management	A1B • Change-proof your brand L Dan Gregory Sponsored by The Impossible Institute™	A1C • 50 new angles, models & methods to make your club rumble! L Emmett Williams Sponsored by MYZONE	A1D • Build a prosperous & profitable PT business L Aaron Whear	A1E • Eccentric exercise: everything you want to know & more! L Dr Len Kravitz	A1F • Chasing Phidippides: the top 7 lessons for coaching runners L Dr Jason Karp	A1G • Change the game and impact more lives L Fraser Quelch Sponsored by TRX®	A1H • Training movements, not muscles IL Chuck Wolf	A1I • VIPR training for sport WS Michol Dalcourt Sponsored by QPEC	A1J • Bodyweight – The only 'equipment' a PT needs! OD Rob Di Francesco & Gary Mullins Sponsored by MilitaryFitness.com.au	A1K • Lower body rehab essentials WS Tim Keeley	A1L • The vital role of fitness professionals in exercise & lifestyle medicine L Garry Egger	A1M • Working with menopausal clients L Shira Kramer	A1N • Ladies & gentlemen, please take your seats WS Jennifer Schembri-Portelli Sponsored by WETS	A1O • Fuelling happiness: mental health & nutrition L Tara Diversi	A1P • Group Fitness Management: Mentoring Mastery L Michelle Dean Sponsored by Les Mills Asia Pacific	A1Q • Stomp the yard! MC Alissa Hall	A1R • Super step WS Rebecca Small	A1S • Indo-Row®: the perfect calorie burn MC Jay Blahnik & John Pirlo Sponsored by Indo-Row®	A1T • I.C.E 2.0 – Advanced riding positions MC Effe Diamond, Lesley Gray & Tony Zonato Sponsored by I.C.E	A1U • Australian Fitness & Health Expo time for Mind Body delegates	A1V • Acoustic yogahhh WS Julz Arney	A1W • Pilates, posture and the third dimension WS Zosha Piotrowski	A1X • Classically deep MC D Marietta Mehanni	
Lunch Break • Australian Fitness & Health Expo Time																									
1:30 – 3pm	A2A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett Sponsored by Active Management	A2B • Simple marketing rules for the independent club owner L Thomas Plummer Sponsored by MYZONE	A2C • Keep 'em coming all year round: how to fill your calendar with retention events L Paul Brown Sponsored by Fit Professionals	A2D • Generating referrals from allied health professionals L Adam Floyd	A2E • Marathon training 101 L Dr Jason Karp	A2F • Back strong & betless L Donal Carr & Cameron Nell Sponsored by Place of Chi	A2G • The neuroscience of behaviour change L Paul Taylor	A2H • Fitness vs. fatness: what is the best for the obese client? L Dr Robbie Parker Sponsored by CHISM	A2I • Upper body rehab essentials WS Tim Keeley	A2J • Suspended Rotation Training: MMA-style workout for maximum results WS Jeremy Strom Sponsored by HF Industries & FreeMotion Fitness	A2K • Outdoor essentials for trainers WS Katrina Cochrane	A2L • Kettlebell essentials for trainers WS Emily Friedel Sponsored by Iron Edge	A2M • Older adults: the best is yet to come L Thamsin Dunn Sponsored by Australian Institute of Fitness	A2N • PTs on trial L Ken Baldwin Sponsored by QPEC	A2O • Get lean! L Dr Joanna McMillan	A2P • Australian Fitness & Health Expo for Career Growth & Development Delegates	A2Q • Zumba Gold® MC Joy Prouty Sponsored by Zumba Fitness®	A2R • New body revival WS Effe Diamond	A2S • Punchfit® thrash boxing: roundshield workout WS Scott Williams Sponsored by PUNCH Equipment	A2T • Schwinn Cycling®: HIIT it! WS Jay Blahnik	A2U • Pilates: exploring planes, progression and play WS Claire Norgate	A2V • Buddha boot camp WS Leslee Bender	A2W • Body mind balance for baby boomers WS S Laraine Dunn		
Break																									
3:30 – 5pm	A3A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett Sponsored by Active Management	A3B • Develop your fitness dream team L Ingrid Owen Sponsored by Active Management	A3C • The four elements of ultimate customer service L Michael Jordan Sponsored by CustomerCall & MemberDrive	A3D • Communicate and grow your PT business using online networking L Amelia Burton	A3E • Female training advantages L Dr Len Kravitz	A3F • Heavy pressing: will it damage your shoulders? L Mark Buckley Sponsored by FMA Strength Training	A3G • Everything you should know about fascia L Michol Dalcourt Sponsored by QPEC	A3H • Strength training alternatives for blockbuster results IL Paul Wright	A3I • Anatomy of a lunge IL Chuck Wolf	A3J • Prime your clients for rapid skill development IL Mark Davis Sponsored by Australian Institute of Fitness	A3K • TRX® Rip™ Training foundations WS Fraser Quelch Sponsored by TRX®	A3L • Reduce shoulder injuries with Indian Clubs OD Scott Howe	A3M • 360 Warrior™ WS Alissa Hall Presented by V Club	A3N • All stressed out: depression and the role of exercise L Morwenna Kirwan	A3O • Australian Fitness & Health Expo time for Lifestyle & Exercise Medicine delegates	A3P • Is sugar making us fat? L Susie Burrell	A3Q • Concentrated core for radical results WS Michael Steel	A3R • Dance about it – Funky, fierce and fit! MC Julz Arney	A3S • Indo-Row®: the perfect calorie burn MC Jay Blahnik & John Pirlo Sponsored by Indo-Row®	A3T • The cycling coach MC Zosha Piotrowski	A3U • Perfecting posture through Pilates MC Kayla Duke	A3V • ChiBall moves – Shake your chi! WS Lynley Gladdis	A3W • The art of alignment in yoga WS Duncan Peak	A3X • Create aqua choreography that works! L Melissa Cameron & Stacey Dolliver Sponsored by WETS	
Break																									
5:30 – 6:45pm	A4A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett Sponsored by Active Management	A4B • POP! Stand out online and crush your competitors L Casey Conrad Sponsored by Healthy Inspirations	A4C • Emotional selling L Amanda Bracks Sponsored by Fit Professionals	A4D • Capture the female training market L Edwina Griffin	A4E • The fat burning zone: fact or fiction? L Dr Jason Karp	A4F • Applied strongman training for every client L Joseph Coyne	A4G • Flatten your abs forever L Jo Rushton Sponsored by Place of Chi	A4H • Suspended Rotation Training: the key to power! L Jeremy Strom Sponsored by HF Industries & FreeMotion Fitness	A4I • Self myofascial release: the forgotten tool IL Ian O'Dwyer	A4J • BOSU® Crush it! WS Greg Sellar & Jay Blahnik	A4K • STOTT PILATES®: Programming for osteoporosis management IL Wayne Seeto Sponsored by STOTT PILATES®	A4L • Pelvic floor three ways L Shira Kramer, Marietta Mehanni & Michelle Wright	A4M • MMA Fitness: pad training for cage fitness WS Dee Rynkiewicz, James McNeill & Marcelo Rezende	A4N • Step, jump and fly MC Karen Finucane	A4O • CXWORX™ WS Matt Sadler Sponsored by Les Mills Asia Pacific	A4P • Strong to the core WS Lisa Westlake	A4Q • Pro race: indoor cycling competition MC Andrew Conolly	A4R • Yoga for women MC Kathy Popplewell	A4S • Dance & stretch with Spirals MC Michael King	A4T • Pumping iron; treading water L Jennifer Schembri-Portelli Sponsored by WETS					
Delegate Welcome Drinks																									
6:45pm																									

