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Don't forget to see Reebok at stand G30 at the Australian Fitness Expo, 21-23 April 2006, to get the same fantastic prices on the latest Footwear, Apparel, Fitness Equipment and Accessories.

# Live your passion for aqua fitness!

Whether your interest lies in water based interval training, fusing dance with aqua training, hard core water workouts, team teaching, 101 ways to use a noodle, or discovering the ultimate aqua workout for the arms, butts, back and abs - it's all on offer at FILEX 2006.



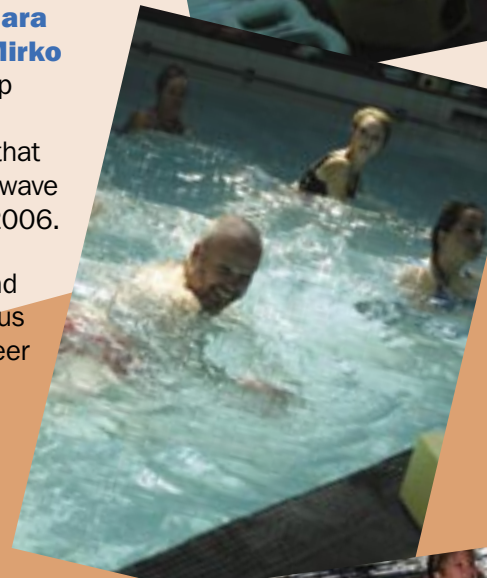
**21 to 23 April, 2006**  
Sydney Convention  
& Exhibition Centre

Never before have you been able to dive into so many practical sessions that are assured to leave you energised and itching to get poolside with your participants to try it all out! For example, if you work in deep water, you'll need to check out **Ken Baldwin's Deep Water Aqua Intensity** (SA2W). If you work with special populations, then **Laura Ribbins' Aquatic Rollercoaster - Kids to Seniors** (SA4W) session will be right up your alley, as will **Laraine Dunn's Action Balance for Seniors** (SU4W) and **Exercise Prescription for Cardiac Conditions** (SA5W).

Plus, **Jennifer Schembri-Portelli, Marietta Mehanni, Rhiannon Czajkowski, Robyn Ellis, Barbra Whitfield, Kerri Parkinson, Jenny Merrick, Stephanie McLennan, Tamara Middleton-Echave, Tim O'Connell, Mirko Turla** and **Gabrielle Harris** all make up two awesome, jam-packed days of aqua masterclasses, workshops and lectures that have all been designed to create a tidal wave of inspiration to fire you up throughout 2006.

At FILEX 2006 you'll live your passion and be inspired by the immense and infectious energy from those around you! Your career needs FILEX 2006! Visit [www.fitnessnetwork.com.au/FILEX](http://www.fitnessnetwork.com.au/FILEX) for full program information and to register online, or phone 02 8424 7200 for a FILEX 2006 brochure.

**The FILEX 2006 convention is strictly for the passionate. Be there - 21 to 23 April at Darling Harbour.**



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