

NETWORK CATALOGUE

essential resources for fitness professionals

WINTER 2008

REEBOK ALLIANCE



Network's official footwear and apparel supplier

Save 35% on the retail prices of RBK gear! With just a click you can save \$\$\$s on the latest and greatest RBK footwear and apparel. Check out the ever-changing range at <http://alliance.reebok.com.au> – and remember, this is only available to Network members! Get online, get into it, and get the savings!

<http://alliance.reebok.com.au>



AUSTRALIAN FITNESS NETWORK RESOURCE CENTRE

ANOTHER FANTASTIC MEMBERSHIP BENEFIT

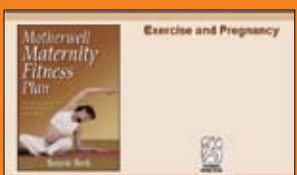
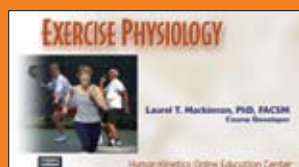
As a Network member you can generate valuable CECs through Network's Resource Centre.

Network's Resource Centre offers special member prices on an array of dynamic, informative and educational resources delivered via distance education.

Choose from courses including;

- Advanced Strength Training
- Fitness Cycling
- Fitness Through Walking & Running
- Methods of Group Exercise Instruction
- Nutrition for Human Performance
- Flexibility Assessment & Prescription
- Exercise Nutrition
- Advanced Power Training
- Functional Training for Sport

For the full range of distance education courses and materials visit www.FitnessNetworkCentre.com.au or phone 08 8372 0999



Brought to you by



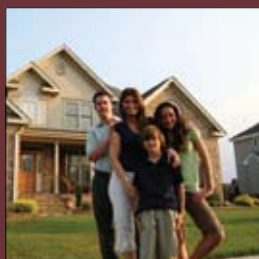
CHOREOGRAPHY DVDs

LIMITED STOCK
HURRY!**Hi Energy
Dance**Steve Boedt
\$59.00**Step Power**Steve Boedt
\$59.00**The
Fantastic
Four**

\$59.00

**Movin' It**
Aerobic
& Dance
showdown 3
\$59.00**Stompin'**
Step
Showdown 3
\$59.00Ph: 02 8424 7200
www.traxmusic.com.au

SUPPLEMENT YOUR SALARY WITH MORTGAGE REFERRALS



It's easy – lead generation is what makes a mortgage referrer successful. Fitness professionals and facility owners already have access to an established client base, and they are often a ready ear for clients who want to discuss their personal finances during sessions. Australian Fitness Network is working with Mortgage Solutions Network and Firstfolio, one of Australia's top 10 mortgage companies, to train fitness professionals in the provision of mortgage referral guidance. As a mortgage referrer, you'll get paid a fee on each loan

settled, supplementing your fitness income in no time. To find out more, call 02 8424 7200 or visit www.mortgagesolutionsnetwork.com.au

ONLINE CERT III AND CERT IV IN FITNESS
BECOME AN ELITE PERSONAL TRAINER!

Become an Elite PT (ePT), using Australian Fitness Network's interactive eLearning campus.

Network's Elite PT (ePT) course gives you a nationally-recognised qualification as a personal trainer, with a Certificate III and IV in Fitness qualification. This online delivery mode is flexible, so you can complete your study in your own time, and in a familiar environment. Completing your

course online makes learning fast, interactive and environmentally-friendly. It's also engaging and enjoyable, so you'll learn much more, much faster!

Support is only an e-mail away, with our online trainers available to answer any questions or queries you have during your studies. Our trainers provide insight and experience to assist you throughout your course.

For more information visit www.elitepersonaltrainer.com.au

www.fitnessnetwork.com.au/elitept

CLUBS! ATTRACT MORE
MEMBERS & RETAIN
YOUR CURRENT ONES –
FOR FREE!

Are you part of the Network Reciprocal Fitness program yet?

This program places you within a national network of fitness facilities, who accept and refer existing members, when they are travelling or relocating to clubs outside a 50km radius.

Find out more, or join up today by visiting www.fitnessnetwork.com.au/membership/reciprocal

FREE PROMOTIONS FOR
YOUR BUSINESS

Personal Trainers and Club Network members – have you signed up for your FREE promotion yet?

You can receive national promotion and be associated with household brand names like Braun, Mitsubishi and ANZ.

And because you are a network member it's completely FREE!

To sign up simply download your participation form:

www.theleapfroggroup.com/fitness

or for more information contact:

Leapfrog Promotions:

promotions@theleapfroggroup.com
or call 1300 737 003



NETWORK MEMBERSHIP FORM

MAIL, FAX OR PHONE Please print clearly in BLOCK letters

As the leading source of information, education and events in fitness, Australian Fitness Network has a membership to suit your needs! Visit www.fitnessnetwork.com.au/membership for your full list of benefits or contact our Membership Services Consultants by phoning 02 8424 7200 or e-mail info@fitnessnetwork.com.au

MEMBERSHIP

☐ Yes I'd like to join/renew ☐ Please send me more information on membership

☐ Professional Membership (tick one):	☐ \$89 Aust/NZ	☐ \$A119 Asia	☐ \$A139 Int	\$
Choose 1 FREE Specialty Publication:	☐ Group Exercise, Mind Body & Aqua	☐ Personal Trainer		
☐ Club Network Membership	☐ \$159 Aust	☐ \$A189 Asia	☐ \$A219 Int	
☐ Business Membership	☐ \$289 Aust	☐ \$A319 Asia	☐ \$A339 Int	
You can purchase additional specialty publications.	☐ Group Ex, Mind Body & Aqua (\$30) ☐ Personal Trainer (\$30) ☐ Fat Loss (\$33)			
☐ I want to save trees & time! Please automatically deduct my annual membership fee from my bank account or credit card until I inform you otherwise**				TOTAL
<i>**You will need to complete a Direct Debit Request Form, which we will send to you. Renewal fees may be automatically adjusted in accordance with CPI increases. You will be notified in advance should there be any other increase.</i>				

CONTACT DETAILS

Are you an existing Network member: ☐ YES ☐ NO **MEMBERSHIP NO.:** (if applicable) _____

Family name: _____ **First name:** _____

Address: _____

Suburb/City: _____ **State:** _____

Postcode: _____ **Country:** _____

E-mail: _____

Ph (W): (____) _____ **Ph (H or M):** (____) _____

☐ Cheque (attached) ☐ Money order (attached) ☐ Mastercard ☐ VISA

Credit card no.: _____ / _____ / _____ / _____ **Expiry date:** ____ / ____

Credit card holder's name: _____ **Cardholder ph:** (____) _____

Signature: _____ **Date:** ____ / ____ / ____

INTERNATIONAL ORDERS

CREDIT CARD ONLY All orders are shipped by air mail or courier depending on country. We will find the lowest rate and your credit card will be debited for the cost of shipping. If you require alternative mail arrangements, please specify when ordering.

GUARANTEE

Products sold by Network are guaranteed for quality. If you receive a faulty product, please return to Network within 14 days for a replacement, credit or refund. An administration fee will be applied to all refunds. Postage and handling is non-refundable. While all care is taken to deliver your goods, we cannot accept responsibility for lost or stolen post, whereas courier service is guaranteed.

CONTACT US



ABN 61 003 325 424

AUSTRALIAN FITNESS NETWORK
 Street: Ground Floor, 40 Oxley St, St Leonards,
 NSW 2065, AUSTRALIA
 Post: PO Box 1606, Crows Nest,
 NSW 1585 AUSTRALIA
 Fax: 02 9437 6511
 Phone: 02 8424 7200
 E-mail: info@fitnessnetwork.com.au
 Web: www.fitnessnetwork.com.au

NETWORK COMMUNITY NOTICEBOARD



As I'm writing this message from the office in Sydney I think I'm experiencing a touch of what Network team members call the PCBs (Post-Convention-Blues)! After the fantastic, fun-filled weekend of learning, networking and development which was FILEX 2008, we're back to the day-to-day happenings of Network and, as always, planning and developing the rest of the year and even looking ahead to FILEX 2009! Make sure you write down the date for next year's FILEX in your diaries, 17 to 19 April at the good old Sydney Convention Centre at Darling Harbour – you won't want to miss it!

An exciting development in regards to Network education is our new streamlined Certificate IV in Pilates. The team in our education department has been working very hard to make the course much quicker to finish. While still encompassing the whole seven modules, it is

now delivered in a time-efficient 3 block format, with the assessments being done on-the-spot, eliminating the need for take-home and filmed assessments which should make life much easier for all of our students. Check out www.fitnessnetwork.com.au/education/pilates for more information and course timetables.

There has been some speculation recently regarding the nature of our end of year Network event. Well, the good news is that it is going ahead – full steam ahead in fact, as it motors around this wide brown land, delivering a stunning 1-day program across 4 states. Designed to be more accessible to even more of our members, Network 08 On Tour will feature Freestyle group exercise and personal training strands, and will be visiting SA, VIC, QLD and NSW in November – check out the dates for your nearest event below!

Healthily yours,

Ryan Hogan, Membership & Sales Manager
ryan.hogan@fitnessnetwork.com.au, ph: 8424 7223

**SAVE THE DATE
FOR NETWORK 08
ON TOUR!**

Adelaide – 1 Nov
Melbourne – 2 Nov
Brisbane – 8 Nov
Sydney – 9 Nov

MEET NETWORK'S MOST FANATICAL FILEX DELEGATE!

At our recent FILEX Convention, Network member and personal trainer, Desanka Outram, from Wanneroo in WA proved her love of the event by having her photo taken with the presenter of every session she attended – say cheese!



excite your clients ...



... not your bank manager



AUSTRALIA'S OWN ...

The Integrity Functional Trainer will reinvigorate both you and your clients' enthusiasm.

The only limit to the exercise possibilities with our Functional Trainer will be your imagination. Designed and built right here in Australia, this machine is a personal trainer's dream – a machine that will excite everyone, except your bank manager!

Integrity Strength Systems, an Australian company taking on the world – and winning.

Integrity Strength Systems

www.integritystrength.com Phone 1300 666 058

Manufactured in Australia by International Fitness Pty Ltd



INNOVATIVE FUNCTIONAL AUSTRALIAN