

EVENT HIGHLIGHTS

The Network 07 program is packed to the brim with opportunities for education and inspiration. Here are just some of the highlights that you'll want to mark into your diary!

KEYNOTE ADDRESS

Exploring, defining and creating success

CRAIG HARPER

In our quest for success, it is up to each of us to design, create and enjoy our own version of an amazing existence. We do this by discovering ourselves and exploring our identity beyond our job, bank balance, looks and achievements. Craig will help you discover how, by swimming against the tide in a sea of mediocrity, you can gain clarity, certainty and perspective in your quest for success. Learn the secrets to success in our amazing industry from inspiring real-life stories. Discover how to overcome your fears, become a more effective decision maker and create opportunities for achievement in Craig's motivating keynote address.

1-DAY WORKSHOPS

Held on Friday 9 November, you can attend a 1-day workshop of your choice, which is already included in the 3-day convention rate.

CHOOSE FROM THE FOLLOWING WORKSHOPS:

Strand

Business

Personal training

PT Business

Mind Body

Group Fitness

Aqua

Presented by

Justin Tamsett, Tanya Piotrowski, Steve Jensen

Paul Wright

Alex and Sherri McMillan (Canada)

Monica Linford

Steve Boedt (Belgium)

Jennifer Schembri-Portelli

For more details on these workshops, please see pages 6 to 8

WAKE UP AND REJUVENATE

Join Monica for this unique early morning workout featuring movements from Tai Chi and Qi Gong to regulate the breath, the mind and the emotions. Follow this by experiencing classical yoga breathing with postures to eliminate toxins, strengthen the whole nervous system and revitalise the body. Nourished by nature, this early morning session increases your vitality, balances your energy and focuses the mind for the day ahead.

Be quick and book your place today by filling in session code C1G on the session selection form (page D of the registration form)



EVENT HIGHLIGHTS

MELBOURNE FITNESS EXPO

FRIDAY 9 – SUNDAY 11 NOVEMBER 2007

The Melbourne Fitness Expo is setting up shop at the Melbourne Exhibition Centre, where more than 100 exhibitors will deliver you the latest fitness equipment, clothing, accessories and innovations. And as a Network 07 delegate you will have unlimited access to all these key industry suppliers over the three convention days.



Organised by **diversified**
EXHIBITIONS & AUSTRALIA

BELGIAN BEER CAFÉ EUREKA

With its distinctly European charm, located in the landmark Eureka Tower, the world's tallest residential building, Belgian Beer Café Eureka is an elegant and sophisticated place to meet. Arguably one of the city's most popular brasseries, it is considered to be a Melbourne institution and is renowned for serving quality beer poured in the traditional way alongside a Belgian inspired menu. Draught beers include Stella Artois, Hoegaarden, Leffe Brune, Leffe Blonde and Belle-Vue Kriek. With a special offer for Network 07 delegates, this is the perfect place to wind down and catch up after an action-packed day!



PRE CONVENTION CERTIFICATION

Indoor Cycling Experience (I.C.E)

STAGE 1

Become an industry leader by gaining the indoor cycling qualification which is now available in Oz after having taken Europe and the UK by storm! Stage 1 is suited to the novice cycling instructor, as the course focuses largely on music and technique, teaching you how to effectively accommodate the range of experiences and fitness levels that you typically see in your classes. Don't miss this opportunity to experience what indoor cycling can really be about, and to take home the proven skills, drills and techniques that keep participants around the globe returning class after class!

Date: Wednesday 7 and Thursday 8 November 2007

Time: 9am to 5pm

Venue: Fitness First Collins Street

Price: \$295 (Network member)

\$380 (Non member)

CECs: 15

Pre-requisite: Certificate III in Fitness (SRF30201 or SRF030204). Stage 1 is suitable for instructors with minimal group exercise to music qualification or cycling experience.

All participants must be Network members.

Note: This course has limited places. Registrations will be processed on a first-come, first-served basis.

Sponsored by **TOMAHAWK** | **HF**
HF Industries