

PROGRAM AT A GLANCE

FRIDAY 9 NOVEMBER – 1-DAY WORKSHOPS

Topic	PT Lecture	PT Business	Group Exercise	Mind Body	Aqua	Business
Time	10am – 5pm	10am – 5pm	10am – 5pm	10am – 5pm	10am – 5pm	9am – 5pm
Session	A1A The big 3 for PT - knee, shoulder & lumbar spine - Functional anatomy, pre-screening, injury prevention & exercise rehabilitation for personal trainers WS	A1B How to maximise your personal training revenues WS	A1C Achieve great instruction with crystal clear choreography and emotional connectivity WS	A1D Creating wellbeing through movement – The mind body connection WS	A1E Excellence in aqua instructing WS	A1F A day in the life of a fitness facility manager WS
Presenter	Paul Wright	Alex & Sherri McMillan	Steve Boedt	Monica Linford	Jennifer Schembri-Portelli	Steve Jensen, Tanya Piotrowski & Justin Tamsett

Session codes: L – Lecture, WS – Workshop, PA – Panel discussion

WOULD YOU LIKE TO BE A PART OF THE NETWORK 07 EVENT CREW?

The event crew program enables you to work half of the convention and attend the other half for free! It's hard work but lots of fun in a great team environment. It really is a unique chance to work behind the scenes on one of the industry's premier fitness events. To receive an event crew application form or to find out more, call the Network events department on 02 8424 7200 or visit www.fitnessnetwork.com.au/applications.

Applications close on Monday 24 September 2007.



PROGRAM AT A GLANCE

SATURDAY 10 NOVEMBER – CONVENTION SESSIONS

8:30 – 10am ★ Keynote Address ★ Exploring, defining and creating success ★ Craig Harper

Topic	PT Practical	PT Lecture	PT Business	Nutrition	Group Exercise	Mind Body
Time	10:30am – 12pm					
Session	B1A The 3 'B' circuit – BOSU®, Bars & Balls WS <i>Sponsored by</i> 	B1B Testing, training & programs for the upper body L	B1C Building financial freedom from personal training L	B1D Combating obesity L	B1E HiLo to the max MC L1	B1F BODYBALANCE®: technique tune-up WS <i>Sponsored by</i> 
Presenter	Karen Baldwin	Tony Boutagy	Andrew Simmons	Paul Taylor	Effe Diamond	Les Mills Team

BREAK

Time	1:30 – 3pm					
Session	B2A Functional abdominal & torso training WS	B2B The heart & soul of your PT session L <i>Sponsored by</i> 	B2C WOW yourself to success L <i>Sponsored by</i> 	B2D Docs, jocks & medical rebates L	B2E Boedtilicious Step WS L2	B2F The magic of mind body WS
Presenter	Alex McMillan	Nardia Norman	Rowena McEvoy	Matt Patti	Steve Boedt	Ruth Oliver

BREAK

Time	3:30 – 5pm					
Session	B3A Strong & stable MC	B3B Strength training for children & youth L	B3C Career options for personal trainers L	B3D Massage: a SMART way to recovery IL	B3E Step games WS L1	B3F Junior Pilates WS
Presenter	Lisa Westlake	Dan McDonogh	Andrew May	Nerissa Morley	Michelle Dean	Jill Healy-Quintard

BREAK

Time	5:30 – 6:30pm					
Session	B4A A physios guide to fitball for rehabilitation WS	B4B Relieve fatigue by tuning into your body L	B4C Effective client retention strategies L	B4D Optimal nutrition strategies for pregnancy L	B4E City jam MC L1	B4F Smooth yoga MC
Presenter	Paul Wright	Monica Linford	Alex & Sherri McMillan	Liz Dene	Steve Boedt	Lesley Gray

Session codes: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary, S – Shallow water, D – Deep water,

AQUA PROGRAM

SATURDAY 10 NOVEMBER

Outdoor	Cycling
B1G Speed for sport OD	B1H Schwinn® Cycling: Instructor's Choice WS
Paul Collins	Sherri McMillan
B2G High intensity interval training OD <i>Sponsored by</i> 	B2H Sublime sound journey WS
Phoebe Lahey	Lesley Gray
B3G Powerful plyometrics OD	B3H Information to instruction WS <i>Sponsored by</i>  
Paul Collins	Matty Clarke
B4G Boot Camp – the secrets of instructional techniques OD	B4H Cycle 4 performance: the undulating ride WS
Nathan Schrag	Manny Katts

Venue	Melbourne City Baths	
Topic	Aqua - Shallow	Aqua - Deep
Time	10:30am – 12pm	
Session	B1K Strictly Ball-Room MC S	B1L Wet force MC D
Presenter	Kerri Parkinson	Marietta Mehanni
BREAK		
Time	1:30 – 3pm	
Session	B2K Punch and pirouette MC S	B2L Take a dip in the deep! MC D
Presenter	Kayla Duke & Naomi Ling	Di Clapp
BREAK		
Time	3:30 – 5pm	
Session	B3K Smiling hands and floating feet! MC S	B3L Deep differences! MC D
Presenter	Marietta Mehanni	Jenny Merrick & Kathy Holewa

L1 – General (content suitable for all delegates), L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)

PROGRAM AT A GLANCE

SUNDAY 11 NOVEMBER – CONVENTION SESSIONS

Topic	PT Practical	PT Lecture	PT Business	Nutrition
Time				
Session	C1A Partner stretching WS	C1B Motivate your clients through results-based programs L <i>Sponsored by</i> 	C1C How to launch a successful speaking career L	C1D Neurobiology for personal trainers L
Presenter	Alex & Sherri McMillan	Ben Butler	Andrew May	Paul Taylor
Time				
Session	C2A BOSU® for PT and group exercise WS	C2B Become a one-stop shop for your clients' health needs L	C2C Create a client base in 28 days L	C2D Nutrient timing for weight management L
Presenter	Dan McDonogh	Leanne Hammond	Paul Timms	Craig Kelly
Time				
Session	C3A Formidable fitball WS	C3B Fit for two L	C3C Wellness coaching for fitness professionals L	C3D Lies, damned lies – the truth about the supplement industry L
Presenter	Katherine Tsebelis	Liz Dene	Fiona Cosgrove	Paul Taylor
Time				
Session	C4A Gliding™ for personal trainers WS	C4B Rapid recovery strategies L	C4C How to become the most successful personal trainer L <i>Sponsored by</i> 	C4D The 6 big chronic diseases – how much do you know? L
Presenter	Alex & Sherri McMillan	Leanne Hammond	Kerry McEvoy	Matt Patti
Time				
Topic	PT Lecture		Group Exercise	
Session	C5A A bunch of 5s L P		C5B Dance party! MC P	
Presenter	Paul Wright		Marietta Mehanni, Alan Gomez & Ann-Marie Pistikakis	

Session codes: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary,

Group Exercise	Mind Body	Outdoor	Cycling
8:30 – 9:45am			
C1E Step in between MC L1	C1F BODYCOMBAT®: technique tune-up WS <i>Sponsored by</i> 	C1G Wake up and rejuvenate OD MC	C1H The cycling maestro WS <i>Sponsored by</i>  
Marietta Mehanni	Les Mills Team	Monica Linford	Effe Diamond
BREAK			
10:15 -11:30am			
C2E HiLo with a sparkling flow MC L2	C2F Asana fusion MC	C2G Outdoor blitz for kids & crazy corporates OD	C2H Deeper into sound WS <i>Sponsored by</i>  
Steve Boedt	Jane E Seymour	Lisa Westlake	Matty Clarke
BREAK			
12:30 – 1:45pm			
C3E Just move MC L2	C3F Breathe through movement MC	C3G Medicine balls – the ultimate training tool OD	C3H RPM™: technique tune-up intensive WS <i>Sponsored by</i> 
Michelle Dean	Kayla Duke	Nathan Schrag	Les Mills Team
BREAK			
2:15 – 3:30pm			
C4E Tone your body, sculpt your mind WS	C4F SynergEase MC	C4G Secret weapon – Circuit style OD	C4H Cycling intervals & intensities – What really works? WS
Steve Boedt	Ruth Oliver	Peter Manning	Ken Baldwin
BREAK			
4 – 5pm			
Mind Body		Cycling	
C5C Add a touch of relaxation WS P		C5D Doin' the cycle boogie! MC P <i>Sponsored by</i>  	
Lisa Westlake		Effe Diamond	