

PRESENTER BIOGRAPHIES – International presenter

Karen Baldwin

Karen is an international presenter and BOSU master trainer for Australia who has over 15 years experience in the fitness industry. She specialises in group dynamics and communications excellence, helping to achieve high level performance in group training and management programs. Karen is also a director of QPEC Fitness Solutions, a company running CEC workshops for the fitness industry.

Ken Baldwin, AssDip AppSc

An ex-military Physical Training Instructor, Ken has been in the fitness industry for over 20 years. He is a master trainer for Schwinn Cycling, president of the IDEA Water Fitness Committee and Australia's master trainer for BOSU. Ken is a director of QPEC, a company specialising in products, education, conditioning and certification courses for CECs.

Steve Boedt

Steve's award-winning career began in Belgium in 1997 when he was awarded Instructor of the Year by FFA. He has travelled extensively as a dancer, teacher, presenter and trainer and as a member of the highly acclaimed Belgian NIKE Elite Team. He is a trainer on TV's 'The Biggest Loser' and 'Celebrity Fitness' and is gaining international acclaim for his boundary-pushing concepts and choreography and his larger than life personality.

Tony Boutagy, BHMS

Tony is a strength coach and the director of the Sydney Sports & Athletic Performance Centre, a state of the art strength training facility located in Cremorne, NSW. He has been a lecturer for the Australian Institute of Fitness, the Australian Catholic University and Netfit, New Zealand. He regularly contributes to fitness publications, and was recipient of Australian Fitness Network's Author of the Year award in 2004.

Ben Butler, BHSc

Ben is the head presenter and main curriculum contributor for the Australian Institute of Fitness, QLD. He runs his own personal training business, Fit Strong and Happy Personal Training, and has extensive national and international presenting experience. He has a fantastic ability to add entertainment to science, making it easy to understand and apply.

Di Clapp, DipRec & Fitness

Di has over 15 years experience as an aqua and group fitness instructor and is a passionate advocate of the benefits of water-based exercise for people of all abilities. She enjoys being a member of the aqua education staff at Cooloola Sunshine Institute of TAFE (CSIT) on the Sunshine Coast, encouraging and mentoring new generation aqua instructors to be their best.

Matty Clarke

Matty is an I.C.E (Indoor Cycling Experience) master trainer, a national presenter and a registered group fitness instructor with an enormous passion for indoor cycling. He takes great pride in educating and inspiring instructors to reach new heights. Matty is sponsored by Cycleworld in Sydney.

Paul Collins, BPE

A former elite athlete, Paul is the director of www.thebodycoach.com.au, an international fitness author, strength and conditioning coach of the Australian Karate team and general manager of the Australian Academy of Sport and Fitness (AASF). His *BodyCoach*® books, DVDs and products are now sold worldwide.

Fiona Cosgrove, MSc Mspt Sc MCounselling BSc

Fiona has owned and managed Health Clubs for over 20 years, the most recent being No 1 Martin Place – The Health Club in Sydney. She has worked as Lecturer, Life Coach, corporate presenter and more recently as a Wellness Coach. Fiona is passionate about helping people, and businesses, discover and fulfil their potential by embracing the various models of change.

Michelle Dean

Michelle is a leading international presenter who has been teaching for 18 years. She is currently the chief of programming for V Club in Sydney. Michelle is recognised as a former co-host of 'Aerobics Oz Style' and is a TRAX sponsored instructor. She is also a Nike chief trainer and a Les Mills BODYCOMBAT®, BODYJAM®, PROINSTRUCTOR® and BODYPUMP® trainer.

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Liz Dene, BHMS

Liz's expertise relates to exercise and pregnancy issues. She is the former education manager for Australian Fitness Network and is actively involved in developing and delivering courses both nationally and internationally. With a degree in human movement, Liz has over 15 years experience in all areas of training and fitness. She merges traditional fitness practices with a holistic approach to wellbeing.

Effe Diamond, BA (Visual Arts) DipEd

Effe has over 12 years teaching experience in group fitness. She is currently a Group Fitness Coordinator for Fitness First where she also conducts instructor training workshops. Both a national and international presenter, she is an Australian Fitness Network master trainer for the I.C.E indoor cycling program. Her passion lies in the development, education and training of instructors.

Kayla Duke

With 17 years experience of stage productions and training in both classical ballet and contemporary dance, Kayla's movement quality adds a unique polish to her presentations. Her passion for exercise has encompassed competitive diving and sport aerobics, but is these days focused on the fitness industry. Kayla currently teaches freestyle group exercise, aqua and Pilates and is highly sought after for Certificate III group exercise and aqua courses around Melbourne.

Alan Gomez, BSc (PE)

Alan is a passionate fitness professional with over 12 years industry experience. Armed with a wealth of dance and elite level sporting experience, he started his career in Paraguay and has worked in fitness centres in South America, Spain and Australia. Through his classes and role in BODYJAM® (LMAP) and RITMIX (RF) workshop presentations, Alan transmits his joy, energy and passion for dance.

Lesley Gray, DipYoga

Lesley has twenty years experience in the fitness industry as an instructor, instructor trainer, convention presenter, club owner and music service provider. She has a background in dance and is a former competitive aerobic choreography coach and judge. Her true passion lies in the field of movement education leading her to specialise in yoga, Pilates and mind body.

Leanne Hammond, BHMS BHSc (Nut & Diet)

Leanne is a sports dietitian and exercise physiologist who runs a successful personal training and nutrition consultancy business. Her extensive industry experience and down-to-earth manner guarantee that you will leave her sessions armed with practical strategies to improve your personal training service.

Craig Harper

A part of the fitness industry since 1982, Craig is one of Australia's leading presenters, educators, motivators and commentators in the areas of health, fitness and personal development. His many roles have included those of personal trainer, corporate consultant, and speaker and writer on health, fitness and personal development. Craig is a successful business owner and also has experience as a university lecturer, AFL conditioning coach, and radio and television commentator and host.

Jill Healy-Quintard, Dip Ed

Jill has been involved in the fitness industry for over 20 years and has been a finalist in the Australian Fitness Industry Awards for her achievements and contributions to the industry. Jill has a holistic and passionate approach to health and fitness and runs 'Body and Balance' Pilates and yoga classes in Sydney. She is currently studying for her diploma in yoga.

Kathy Holewa

Kathy instructs aqua and freestyle classes in Melbourne's leading fitness centres. She is a passionate advocate of deep water training for all abilities, from elite athletes to de-conditioned clients. Kathy uses water's strong resistance qualities to develop wide-ranging and innovative sessions.

Steve Jensen

Steve has been involved in the fitness industry for more than two decades. As the founder and CEO of Impact Training Corporation and the National Sales Academy he has helped boost the profits of thousands of fitness businesses. Steve is a certified DISC™ presenter who presents at conventions worldwide. He is also the creator and master presenter of the popular 2-day Public Speaking and Presentation Mastery courses.

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Manny Katts

Manny has been consulting and teaching in the fitness industry for over 19 years. During this time he has delivered HiLo, Step and boxing presentations at international and domestic conventions. Manny's natural creative ability to make individuals and groups reach their full potential has led to him teaching aerobic classes and programs with instructors extensively in Hong Kong, Canada and Germany.

Craig Kelly

Craig has over 18 years experience in the health and fitness industry in roles which include PT, business owner/operator, lecturer, health club consultant and sport supplement company consultant. An anorexia nervosa sufferer turned bodybuilder, Craig has changed many people's lives with his weight management program, 'The Body Metamorphosis'. Currently health and fitness manager at a large leisure centre in Brisbane, Craig brings years of experience and wisdom to his presenting.

Phoebe Lahey, BHMS

Phoebe is a full time coach/presenter with the Australian Institute of Fitness, NSW. She has a background in teaching dance and coaching various sports and is a popular personal trainer and group exercise instructor at Aussie Stadium, Sydney. Phoebe has worked extensively with adults and children and is passionate about developing fit and healthy kids into fit and healthy adults.

Monica Linford

Based in London and South Australia, Monica is an internationally successful author, educator and mind body fitness consultant. She is the creator of the ChiBall Method™ which has been translated into five languages and is now taught in 16 countries around the world. Monica was the recipient of the Fitness Professionals UK 'Award of Excellence' in 2000.

Naomi Ling

Naomi is an accomplished martial artist, trained in four different styles of martial arts. She regularly presents, mentors new instructors and is actively involved in the delivery of group fitness courses. Naomi also teaches aqua and freestyle group exercise classes and is well known for her energetic, fun and loud sessions!

Peter Manning

A recognised national presenter, Peter has been involved in the fitness industry for over 12 years. He has successfully owned and operated a personal training business in NSW, training corporate businesses and has contracted to the Australian Defence Force as a Physical Training Instructor. In 2006 he launched his innovative exercise card-based training product which is now being showcased in the USA, Australia and the UK.

Andrew May, BAppSc

Andrew is the co-founder of Good Health Solutions, Australia's largest corporate health and productivity company. He is also the founder of PT Plus, an international fitness consultancy based in Australia and the UK. As the former physical performance manager for the Australian Cricket Team and consultant to a range of Olympic and Australian representatives, Andrew works with a number of Australia's highest profile athletes.

Dan McDonogh

Dan is a member of the Nike International Presenting team from Canada who specialises in programming for athletic and play development for all ages. His passion for fitness has taken him around the globe delivering programs and education to thousands of fitness enthusiasts and professionals alike. Most recently, Dan has joined Les Mills International as a program director for the RPM Group Cycling program.

Kerry McEvoy, MHMS

Kerry has been in the fitness industry for 25 years, spending 15 of those as a personal trainer and the past 18 operating fitness businesses. During this time he has owned five fitness businesses and is currently the director of the Australian Institute of Fitness (QLD). His businesses have not only led the market but have been acknowledged by *BRW* and *Wealth Creator* magazines.

Alex McMillan, NASM

Alex was named the 2006 IDEA International Program Director of the Year and, with his wife Sherri, is the owner, president and co-founder of Northwest Personal Training and Fitness Education in Vancouver, Washington and Portland, Oregon. He has written numerous articles and presented hundreds of workshops to thousands of fitness leaders throughout the world. Alex is a Nike, Nautilus, PowerBar, Fitter and Twist Conditioning sponsored athlete.

PRESENTER BIOGRAPHIES



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Sherri McMillan, MExPhys

Sherri has been in the fitness industry for over 18 years and, with her husband Alex, was awarded the 2006 IDEA International Fitness Directors of the Year and 2006 ACE Fitness Educators of the Year - 1st Runner Up. She has presented at conventions throughout the world, and is the author of numerous articles and five fitness books. Sherri is a Nike, Nautilus, Twist Conditioning and PowerBar sponsored fitness athlete. She is the co-owner of NorthWest Personal Training and Fitness Education in Vancouver, Washington and Portland, Oregon.

Marietta Mehanni

Marietta is an award winning instructor and presenter with over 17 years of teaching experience in both land and water-based group exercise. Recently qualified for international accreditation (AFAA and ACE), she presents regularly at national and international conventions. Marietta is also a course coordinator, lecturer and examiner for Certificate III in group exercise and aqua exercise leadership.

Jenny Merrick

With 15 years in the industry, Jenny is a passionate aqua instructor, with deep water running being her forte. Awarded Victorian Aqua Exercise Leader of the year in 2003, her versatility on the wet deck has seen her develop many original and inspiring water workouts. She mentors and challenges her team of aqua instructors at a leading aqua facility in Melbourne.

Nerissa Morley, BA (Social Science)

Nerissa's passion for the health and fitness industry has seen her clientele include Australian sprint cyclists, Malaysian national athletes and SA elite athletes. With her brother, James, she runs Natural Revolution of Growth, a successful business combining personal training and remedial massage. Nerissa also presents with the Australian Institute of Massage (SA).

Nardia Norman, BPE DipMT

Nardia is a senior coach/presenter with the Australian Institute of Fitness and has over 10 years experience in all aspects of the fitness industry. She is a passionate and sought after personal trainer and remedial massage therapist and has been a Fitness First Cluster Personal Training Coordinator in Sydney. Nardia embraces a holistic approach to health, training and fitness and specialises in developing, mentoring and educating new fitness leaders.

Ruth Oliver

Ruth has over 20 years fitness industry experience in the UK, Hong Kong and Australia. She owns her own Pilates/yoga studio, and teaches Pilates and Somachi yoga in some of Melbourne's leading fitness facilities. She is an accomplished presenter who is dedicated to bringing a more holistic approach to group exercise.

Kerri Parkinson

A highly regarded and motivational aqua presenter, Kerri presents internationally on all aspects of aqua fitness, and is a key program developer for Australian Fitness Network's aqua course.

Matt Patti, BSc (ExSc) BLEisureMgt (SptsMgt)

Matt Patti is an international fitness educator, trainer and mentor and is co-founder and managing director of Fit 4 Pty Ltd and exercise science director of AAESS, QLD. An expert in core function and stability training, Matt has a reputation for being dynamic and innovative. He has lectured on postural analysis and core development for Nike UK, the Italian Fitness Association and institutions throughout Australia.

Tanya Piotrowski

Tanya is a veteran of fitness club management, having recently sold one of Melbourne's iconic Re-Creation Health Clubs after 10 successful years. Prior to this she managed clubs in the UK and the Bahamas. In the 1990s Tanya was a Master Trainer for the Step Reebok movement and now leads another industry revolution as the regional agent for Face2Face Retention Systems, in which role she changes lives by helping club owners and leisure centres grow their memberships and profits.

Ann-Marie Pistikakis

Ann-Marie grew up living and breathing entertainment and dance. Qualified in the RAD in ballet and the CSTD in tap, she has an extensive background in musical theatre and dance and is a trainer/presenter for Les Mills Asia Pacific in BODYJAM®, BODYCOMBAT® and BODYVIVE™. Anne-Marie is currently the group fitness manager for one of Melbourne's newest dance/fitness studios.

Jennifer Schembri-Portelli, BEd

JSP has specialised in water based training for over two decades. Her business WETS (Water Exercise Training Service) provides strategic advice to instructors, clients and organisations seeking to use the benefits of exercising in the aquatic environment. JSP has significantly influenced the development and profile of exercising in water within the fitness industry.

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Nathan Schrag

Nathan is acknowledged as a Boot Camp training expert, having trained thousands of people, including military personnel during his time as a Physical Training Instructor with the Defence Force. He has worked exclusively in the areas of Boot Camp style training and team-building and leadership consulting for the last eight years. Nathan is chief instructor and Boot Camp co-ordinator for Consort Fitness and the Navy SEAL Boot Camp.

Jane E Seymour

Jane has been a group exercise leader for over 25 years and a yoga teacher for the past 10 years. She is a certified Level 2 teacher with Yoga Teachers Association of Australia (YTAA), and as director of Resource Performance Workshops conducts classes and workshops year-round which are accredited for continuing professional development and re-certification with the YTAA. She presented a yoga master class at FILEX 2007 and is also a certified BODYPUMP® and I.C.E cycle instructor.

Andrew Simmons, BSpSc

Andrew is the director of Vision Personal Training, Australia's fastest growing personal training franchise. Voted National Personal Trainer of the Year in 2003, Andrew is also author of the book *Fat Loss Take Control*, sales of which have exceeded 30,000 throughout Australia. Andrew has presented for the Australian Institute of Fitness (NSW) and at FILEX conventions since 1995.

Rowena Szeszeran-McEvoy

After running away from home at the age of 14, Rowena developed a burning ambition to become successful. With this ambition she has managed and owned a number of health and fitness businesses in Europe and Australia. She is currently the director of the Australian Institute of Fitness (QLD) and loves to share her knowledge to make other people successful. Her business success has been acknowledged by *BRW* and *Wealth Creator* magazines.

Justin Tamsett

A former personal trainer, Justin has been in the industry since 1998. He now owns Active Health Club and is director of Active Management, a role which sees him solving the marketing needs of fitness facilities. As facilitator for the Australian Fitness Round Table program he helps clubs increase profitability. One of Australia's leading fitness business presenters, Justin is a previous Vice President of Fitness Australia and President of FitnessNSW.

Paul Taylor, MSpSc MSc (Human Nutrition)

A former Royal Naval Officer, Paul is an exercise physiologist, nutritionist and personal trainer. He is director of the Personal Training Academy, a university lecturer in exercise science and owner of Bespoke Health & Fitness. He is also a radio presenter (SEN) and corporate speaker with great expertise and passion for all things health and fitness, particularly in the areas of stress and energy management.

Paul Timms, BSc (Hons)

Paul is an international fitness presenter based in Brisbane. He commenced his career delivering group fitness programs in the outback after stepping foot into his first aerobics class in 1992. Named Queensland's Personal Trainer of the Year (2007), Paul stands as a leading figure in the fitness industry and a specialist in the set up and operation of personal training businesses.

Katherine Tsebelis, BAppSc (Physio)

Katherine is a physiotherapist who is extensively involved in the fitness industry. She has taught group fitness classes for over sixteen years, lectured for many fitness leader courses and is a national instructor trainer in Fitball. Katherine operates her own physiotherapy practice, which specialises in clinical Pilates, back health and corrective exercise classes, as well as working in the mainstream fitness arena.

Lisa Westlake, BAppSc (Physio)

Lisa is a physiotherapist, fitness instructor, author and highly regarded national and international presenter. She was named Australian Fitness Network's Instructor of the Year in 2000 and Presenter of the Year in 2003. Lisa passionately spreads the word about health and fitness through her writing, fitness DVDs, conference appearances, lectures, and her media work. Her classes and presentations are always fun, innovative and inspirational.

Paul Wright, BAppSc (Physio)

Paul is the director of Get Active Physiotherapy & Health Services with clinics in four Fitness First health clubs in Sydney. He is a senior lecturer for the Australian Institute of Fitness (NSW) and a featured presenter at conventions around Australia, New Zealand and the UK. He is a former competitive bodybuilder well known for his entertaining and down to earth lecturing style. Paul was named the 2002 Network Presenter of the Year and the 2006 Author of the Year.