



» GROUP EXERCISE

From fresh freestyle ideas to pumping pre-choreographed sessions, the FILEX 2010 Group Exercise program showcases the hottest trends and the best instructing techniques to keep you teaching at the top of your game.

» GROUP EXERCISE SESSIONS

Punchfit thrash boxing > A1K Scott Williams

Experience the best Punchfit has to offer in this high intensity thrash boxing session. Learn the essential moves to increase fat burn, strength and endurance in your clients through explosive, authentic techniques. A highly motivating workout to get you boxing your way to fitness! **WS**

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Boot camp boogie > A1O Petra Kolber

Now those are two words you never thought you'd see together. Join Petra in a non-stop circuit workout that alternates cardio grooves with athletic moves. See how each segment, whether it has a dance or athletic feel, can be woven together to create a high intensity workout that is easy to follow, easy to teach and also a kicking good time! **MC L1**

Tone your body, sculpt your mind > A1P Steve Boedt

Are you tired of the same old body shape classes? Join Steve as he demonstrates exciting new ways of working several muscle groups at a time while catering to differing fitness levels. Using compound, asymmetrical moves and stimulating core balance exercises, Steve transforms body toning into a real party! A dynamic session that makes even the simplest exercises feel challenging. **WS L1**

Beat the instructor shortage! > A2N Marietta Mehanni & Ange LaScala

One of the biggest issues facing clubs today is employing and retaining quality, reliable instructors. With more clubs opening and less group exercise instructors emerging, the shortage of instructors has become a crucial issue. Marietta and Ange have developed proven strategies that will have long term positive effects on how your group fitness team works together and teaches together. **L**

Indo-Row®: the perfect calorie burn > A2O Josh Crosby & Jay Blahnik

The hottest workout in LA is coming to Australia, and you don't want to miss it! Indo-Row® is a one-of-a-kind rowing workout that will change the way you think about group exercise. Working in teams, partners and as one crew, Jay delivers world-class coaching and demonstrates a transforming total body workout. Easy to learn, Indo-Row® is perfect for both group exercise instructors and personal trainers. **WS L1**

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Sizzlin' warm ups and chillin' cool downs > A2P

Nathalie Lacombe

Nathalie's trademark topic! Have you and your participants had enough of your grapevine-step touch combos? In this workshop Nathalie shows you how to get a little funky, retro and sexy by getting back in touch with your own creativity. Take home the tools to create memorable beginnings and unforgettable endings. **WS L1**

Athletic step with attitude > A2Q

Karen Finucane

This master class is jam-packed with ideas on how to create a dynamic, athletic step workout. Karen gives you tips on how to add intensity to your classes and shows you how to put the fun and excitement back into step without spinning, twisting, turning and somersaulting. You can leave your compass at home, but be prepared to sweat! **MC L1**

Post natal Pilates – Getting the body back into shape > A2T

Liz Dene

Are you confused about how and when it is safe to train clients after pregnancy? What exercises should you start with? Learn how to develop stability and strength using Pilates principles and discover when it is safe to progress and regress. In this hands-on practical session Liz teaches you the easy system to get your clients' bodies back into shape. **WS**

To break it up or break it down? > A3O Ryan Hogan

Do you create your choreography from the base move up, or from the final product down? Do you get frustrated trying to break down an amazing move you've created? Or do you get stuck trying to modify the same old base moves? Join Ryan as he explores the pros and cons of both methods and gives you the tools to develop world class choreography. **WS L1**

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Tribal FIRE > A3P Kathy Popplewell

Turn up the heat, liberate your inner fire and feel the power in this uplifting, high energy, interactive group exercise experience to the sounds of tribal drums. Join Kathy and unleash your warrior as you learn how to layer simple and easy movements that will have your participants rediscovering a deeply tribal connection as they dance with a freedom and joy that had been long forgotten! **MC L1**

Step flow > A3Q Steve Boedt

Tired of teaching regular step? Steve shows you how to start with basic moves and transform them into amazing new ones! Using his trademark high dynamic build-ups, Steve will make you move like never before. This tap-free high-energy step session caters to all levels and has fun as its number one priority! An unforgettable session guaranteed to get you smiling and sweating! **MC L2**

GFMs – Are you leading people or managing systems? > A4M Nathalie Lacombe

As group exercise managers or coordinators we expect full time commitment from part time instructors. We ask them to take ownership of their time slots, yet need them to embrace schedule changes. Nathalie discusses the struggles of effective leadership within efficient club systems management and explains how getting the delicate balance right can maximise the success of your team, club and members. **L**

HiLo by design > A4N Effe Diamond

Experience a high energy master class that incorporates complexity and intensity variations to suit both novices and more skilled participants. With achievable and interesting class construction, Effe's focal point is the workout. Expand your choreography repertoire and walk away with terrific teaching tools to successfully deliver the ultimate high energy class. **MC L1**

Cardio Ball > A4O Marietta Mehanni

What cardiovascular exercise suits a client who can't 'do' impact? Cardio Ball! The fit ball is renowned for its multiple uses, but cardio training is among its least known. Cardio Ball raises heart rate, trains balance, agility and movement reaction times and develops heightened proprioception. Join Marietta for this unique exercise experience that also aids the development of postural awareness. **MC L1**

Transcendance > A4Q Petra Kolber

The sessions you teach should transcend 'class' status and be 'experiences'. In this workshop Petra blends the grace of dance, the strength of yoga and the mindfulness of tai chi to celebrate the joy of movement and enable you to delight in your dance. By beautifully weaving movement and music together, you can shift from delivering an exercise class, to delivering an experience that your participants will cherish. **WS L1**



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» GROUP EXERCISE SESSIONS

GX Kickboxing > B1L Doug Rouessart

Become part of the group exercise revolution with Punchfit GX Kickboxing. Participate in this physically demanding session and have fun learning modified Muay Thai the Punchfit way. Forget about conventional pads, gloves and shields – with GX the only requirement is a pair of Punchfit Hybrid Gloves and quick wraps. Give your clients the workout they deserve with GX Kickboxer! **WS**

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Systematic cueing > B1O Helen Vanderburg

Develop a systematic technique for coaching and cueing that helps your clients and class participants get more from every exercise you teach. From yoga to resistance training, this systematic approach to exercise technique and alignment cueing will bring mindfulness to everything you teach. Learn how you can advance your coaching and cueing skills to assist your clients in achieving their goals. **L**

Don't stop til you get enough > B1P Steve Boedt

If you 'feel like dancing' when you work out, then don't miss this session based on aerobics hi-lo workouts with lots of dance flavoured moves. The build-up is as clean as water, but the choreography is like champagne! Prepare yourself for the ultimate high energy class! **MC L1**

Step: the Pythagoras experience > B1Q Min Lomo



Just when you thought you'd experienced every 'two-step' scenario possible, think again! Set at a right angle, this inspiring session refreshes familiar concepts. Join Min for an unforgettable journey built from simple base moves, with achievable choreography and flawless delivery. Like the Pythagoras theory in mathematics, the sum of all the fun and 'WOW' factor to be had in this session is exponential! **MC**

BODYVIVE™ > B1R Susan Trainor & the Les Mills Presenter Team

Program director Susan Trainor takes you through the newest program in the Les Mills family – BODYVIVE™. Susan and her team lead you through this ever-evolving program so you can keep up-to-date with the latest information and innovations for this truly unique program. **MC L1**

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Roll, release and stretch > B1T Lisa Westlake

Flowing movement, rhythm and relaxation work in harmony to release tension, relax the body and calm the mind. Experience the invaluable benefits of mobilising and stretching on the ball to lengthen and release every muscle in the body as relaxation techniques settle the energy, leaving you feeling calm, refreshed and ready for anything. **MC**

Boxing in the modern world > B2J Christian Marchegiani

This dynamic workshop is packed full of boxing combinations and cardio drills designed to be used in any group exercise or personal training environment. Join Christian from THUMP as he shows you how to take your boxing sessions to the next level by adapting simple functional training formulas with professional boxing principles. **WS L2**

Lo and lite, outta sight! > B2N Ceciley Lyon

Low impact doesn't have to mean low fun – quite the contrary! Ceciley delivers workable building blocks and options to create a low impact workout that is both physically and mentally challenging. With a little dance flava, rhythm play and spicy arm lines, your low impact class can become an event spectacular! **WS L1**

Step moves new grooves > B2O Petra Kolber



Learn how to transform traditional step moves into imaginative step combinations by simply adding the elements of rhythm, direction and style. In this session, Petra follows the logical progression of layering and demonstrates the elements needed to step your choreography up to the next level of creativity. **WS L1**

Indo-Row®: the perfect calorie burn > B2P Josh Crosby & Jay Blahnik

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BODYJAM® > B3P Gandalf Archer & the Les Mills Presenter Team

Move your feet (and everything else) to the beat as 'G' takes you through BODYJAM®, but not as you know it! Don't miss this opportunity to get up close and personal with The Master of BODYJAM® to ask any questions and tricks of the trade. BYO disco ball...! **WS L1**

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Step by step > B3Q Steve Boedt



The perfect step dance session, combining dance moves with basic step moves. If you love teaching step and adore dancing then this is the session for you! Witness how easy moves can be transformed into high intensity dance moves. Prepare for a great build up, heaps of fun and some great new take-home moves. **MC L2**

BODYBALANCE® > B3S Jackie Mills & the Les Mills Presenter Team

Inhale deeply as Jackie and the team bring some calm to your convention in this peaceful yet powerful display of BODYBALANCE®. Absorb as much wisdom as you can as the crème-de-la-crème put you through your paces to help you become the best you can be. **MC**

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Patterns, rhythms and repetitions for kids > B4O Stephanie McLennan

How many ways can you click, clap, stomp or slap? This session gives teachers and group exercise instructors who work with children loads of ideas to make sessions easy to plan, straightforward to present, fun to do and, most importantly, provide excellent value for children in terms of their ability to develop and practice new movement skills. **WS L1**



» GROUP EXERCISE SESSIONS

3, 2, 1 dance! > B4P

Petra Kolber

Dance is back and in this workshop you'll discover how to bring out the dancer in all of your participants. Learn how to create a dynamic and creative dance-based routine by using three easy-to-do steps. Petra will bring the moves if you bring your style and groove! Together you'll hit the floor and 3, 2, 1... dance! **WS L1**

Australian Fitness Expo time

Group Ex delegates > B4Q

SPONSORED BY 

Yoga dance > B4T

Sara Kooperman

In this invigorating mind body session you'll gain an appreciation for music application in traditional yoga vinyasas. A bit of rock and roll, a taste of jazz and a hint of country and western elevate your yoga program from simple breathing-focused poses to a breathless, dynamic revolution. Leave with a fresh approach to fitness yoga. **MC**

» PLENARY SESSION

20 years and stepping strong! > B5F

Steve Boedt, Marcus Irwin, Min Lomo & Stephen Parker

Let the boys take you on a musical journey to celebrate step's 20th birthday! Mixing it up with old and new music while exploring a range of movement styles, you'll rediscover why, 20 years on, step continues to fill group fitness studios around the world! For an inspirational way to end your convention day, join the fun for a step party like no other! **MC P**

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» PLENARY SESSION

Full body flexibility: yoga-inspired stretch > B5H

Jay Blahnik

Experience stretch training in a whole new light with this perfect combination of athleticism and flowing, yoga-inspired sequences. You'll achieve measurable improvements in your clients' range of motion, posture, coordination and balance skills when you integrate these precise techniques into your classes and training sessions. Perfect for all personal trainers and group exercise instructors. **MC P**

Highway to heaven > C1N

Steve Boedt

Many group exercise instructors find it challenging to effectively build up great HiLo workouts. Join Steve as he shows you how to start with really basic moves and end up with an advanced dance workout suitable for absolutely all levels. Take home the skills to create dynamic build-ups that will have your participants moving like they've never moved before! **MC L2**

EZ steps > C1O

Kinnie Ho

Teaching step to a class of mixed-level participants is not easy, especially when it's your role to keep both the novices and seasoned steppers moving to the same beat. Learn easy and effective methods to build enthusiasm across all skill levels so that you can deliver routines that participants can confidently follow with energetic rhythm, momentum and variety. It really is EZ! **MC L1**

Tribal FyouSION Yoga groove > C1R

Kathy Popplewell

Let go of your inhibitions as Kathy enables you to let your body and mind groove through a fluid fusion of yoga and dance moves layered with tribal rhythms. As well as feeling liberated in body, mind and spirit, you'll leave this enlightening session feeling the satisfying effects of a whole body workout. **MC**

Choreography creation: Latin dance

> C2N

Nathalie Lacombe

Do you love feeling inspired after a dance session at a convention, but feel frustrated later on when you need to create your own and aren't sure where to start? In this interactive session, Nathalie uses hot Latin beats to liberate your feet and shake your hips and gives you the tools and techniques to keep sizzling on the studio floor! **WS L1**

Totally tubular step > C2O

Petra Kolber

Strength and endurance training goes tubular. Using resistance tubing, learn fun and creative ideas to add to your conditioning classes. Join Petra and learn how to add a slight twist to traditional, obvious moves in order to make them totally tubular. **WS L1**

Circus circuit > C2P

Lisa Westlake

Run away to join the circus, or at least enjoy the fun of exploring circus-based activities such as juggling, hula hooping, acro-balance and game-based warm ups. Inject fresh ideas and skills into your training programs and classes by joining Lisa as she shares her 'carny' passion and a range of fabulous ideas to enhance balance, team work, hand-eye coordination, strength, core and more in your classes. **WS L1**

Indo-Row®: the perfect calorie burn > C2Q

Josh Crosby & Jay Blahnik

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» PLENARY SESSION

Mixin' it up > C3F

Steve Boedt, Effe Diamond, Marcus Irwin and Nathalie Lacombe
Featuring DJ Alure

Join Steve, Effe, Marcus and Nathalie for this high-energy, fun-filled session packed with awesome moves and creative choreography! Featuring a live set from DJ Alure, this unique workout promises to have you shaking your hips and grapevining away with a smile on your face. If you're looking for an unforgettable way to wrap up your FILEX weekend, join these all-time favourite presenters for a session you won't want to miss! **MC P**

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