

GROUP EXERCISE SESSIONS



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Featured presenters

Geoff Bagshaw



One of Canada's most energetic and inspirational fitness leaders, Geoff has over 25 years industry experience. Through his classes and workshops, he reaches over 30,000 people annually.

The recipient of Can-Fit-Pro's Canadian Fitness Presenter of the Year 2009, Geoff has presented in 16 countries and starred in several fitness DVDs. He currently resides in Miami, where he is the Group Fitness Manager for Equinox's Aventura club.

Rachael Cohen



Rachael is co-program director for BODYCOMBAT® with husband Dan, and an International Master Trainer and presenter for BODYJAM®. She has attended a Wing Chun Kung Fu school, undertaken Muay Thai training in Thailand and been tutored in other martial arts. An inspiring educator, she is passionate about up-skilling BODYCOMBAT® and BODYJAM® instructors, and is devoted to working with the worldwide army of LES MILLS® people.

Beto Perez



Beto is the creative genius behind the incredibly successful Zumba® group exercise formula. A passionate fitness instructor in Colombia, he created Zumba® by chance when he forgot to bring his usual aerobics music to class. After moving to the US and overcoming many obstacles, Beto teamed up with business partners to transform Zumba® into a worldwide movement with 10 million weekly class attendees. He still teaches master classes around the world and produces music for Zumba®'s popular soundtracks.

Be a world class group fitness manager // A1N

Michelle Dean

The Group Fitness Manager is the heart of every group exercise operation. A GFM with the passion, drive and vision to develop and lead a world-class team has the potential to become as important as a sales manager in any facility. Michelle reveals how the Les Mills GFM Leadership tools can help you create clarity, mobilise people into action and deliver world class assessments. **L**

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blast fx // A1Q

Greg Sellar



Join Greg to experience the evolution of body conditioning. Out goes ineffective 'legs, bums and tums' programming, and in comes a physiologically smarter and more dynamic form of bodyweight-only conditioning. Featuring segments focusing on upper and lower body complexes, interval, propulsion and balance, you'll take away a workout that brings truly effective training to your group ex participants. A great session for PTs as well! **MC**

Crazy HiLo // A1R

Steve Boedt



Many group ex instructors struggle to effectively break down fantastic HiLo choreography. In this high-energy workout based on classical HiLo with added dance flavour, Steve teaches you how to cater to participants of every level by starting with basic moves and progressing to an advanced dance workout. Featuring dynamic build-ups and heaps of fun, you'll take home a workout to drive your class crazy! **WS**

Step stylin' // A1S

Ceciley Lyon



Go from drab to fab by accessorising your step choreography with rhythm play, direction, flow and the odd injection of booty shakin' funk! Join Ceciley as she delivers combinations based on staple basic moves, methodically building and layering to create a stylish finished product that will get the heart pumping and the atmosphere buzzing! **MC L1**

Punchfit kickboxing // A2J

Doug Rouessart

Get ready to work up a sweat in this dynamic kickboxing workshop. Learn effective padwork drills that you can add to your PT sessions or group classes using PUNCH Thai Pads and kickshields. This physically demanding session will see your heart rate soar and give you the tools to ensure your clients keep coming back for more! **WS**

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Fitball for all // A2Q

Lisa Westlake

Experience a selection of exercises on the ball including warm ups, conditioning, stability, balance, mobility, flexibility and relaxation. Focusing on technique, modifications and teaching tips, discover how varying your training approach and music allow you to apply innovative fitball options to gentle exercise, mainstream strength and mind body sessions. A great introduction for those new to fitball and innovative ideas for those looking to expand their repertoire. **WS**

Zumba Fitness® Party...

Let's get the party started! // A2R



Beto Perez

Injecting fun into fitness, Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a fitness program that will blow your participants away! Join Zumba®'s creator, Beto, for this session featuring interval training in which fast and slow rhythms and resistance training combine to tone and sculpt the body while burning fat. Discover exactly why Zumba has become nothing short of a revolution – because it's the best party around! **MC L1**

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Kickbutt conditioning // A2S

Geoff Bagshaw



Using just a step, dumbbells, tubing and bodyweight, Geoff demonstrates a total body toning workout to sculpt and define every muscle. No wasting time here because we're using functional multi-tasking moves that will help you deliver the physique and results your clients are looking for. This is extreme conditioning for extreme results; you have been warned! **WS**

GROOVE your body calm –

Peace through movement // A3P

Misty Tripoli



Discover one of the most powerful tools, not just for teaching but for life; the ability to soothe, restore and relax your mind and body. Enjoy the bliss of slowing down, elongating your muscles, decompressing your joints and diving into the well of peace within. A fusion of creative movement, yoga, breath and meditation, the Groove concept can be integrated into any class format you teach. **MC**

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SH'BAM™ // A3Q

Rachael Cohen & Michelle Dean



Be one of the first to experience the latest dance class on the block – SH'BAM™! EVERYONE can own a piece of the dance floor with this seriously simple dance workout by Les Mills. Work up a sweat and shake that booty to the latest chart hits and wicked remixes with two of the industry's best of the best. **WS**

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PLUS – get your name on the VIP list for the Official SH'BAM™ Launch Party on 16 April! See page 5 for more details.

One step closer to perfection // A3R

Steve Boedt



Tired of teaching traditional step? Join Steve as he shows you how to revitalise your classes by adapting basic moves to transform them into spectacular new ones! Experience Steve's incredible build-ups and take home the skills to make your participants move like they've never moved before. Tap-free and energy-fuelled, this inspired session allows you to cater to participants of every level, delivering an awesome workout and heaps of fun! **MC**

Lead with speed, follow with power: nothing but BOXING! // A4I

Christian Marchegiani

The combat instinct lies within us all and can drive our emotions in many areas of life. It is an energy that comes from within and can be channelled for the advancement of physical and mental strength as well functional fitness developments. This dynamic workshop is packed full of boxing combinations and cardio drills designed to be used in any PT or group exercise environment. **WS**



Les Mills CORE // A4Q

Dan Cohen



It's time to get serious about training – it's time for CORE. Be part of the global launch of the latest smash from Les Mills; the 30-minute workout dedicated to strengthening, toning and conditioning the core. Dan guides you through correct movement and posture with warm ups, isolation, integration and total functional moves for a workout that will challenge participants and help them realise their training goals. **WS**

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HiLo Showtime // A4P

Effe Diamond, Karen Finucane, Ceciley Lyon & Stephen Parker

Join the team from Fitness First as they showcase HiLo at its finest! Learn how to add the WOW factor to your HiLo classes and experience both tried and tested, as well as new breakdown teaching methodologies. Lose yourself in the music and take home the skills to deliver choreography more effectively so your participants get it right first time. **MC**

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HD step! // A4Q

Geoff Bagshaw



Learn how to convert old step technology into the new standard... high definition! Join Geoff as he demonstrates the most vibrant, colourful step choreography around today and provides tips for teaching it to participants. With breakdowns and moves that will appeal to the broadest audience, your transition into the new HD era will be a smooth one! **WS**

Indo-Row®: the perfect calorie burn // A4R

Jay Blahnik & John Piro



The hottest workout in LA is coming back 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 and John deliver world-class coaching and demonstrate 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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7 steps to running profitable group fitness events // B1A

Steven Renata



Discover the power of group fitness events for your business. Join Steve to learn the 15 latest research trends in this field and how to plan group fitness



events, taking inspiration from a case study of California's biggest group fitness event of 2010. Covering everything from event registration and marketing tools, to event evaluations and the metrics that drive attendance and profit, take home the keys to accessing this revenue stream. **L**

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Group X-cellence: build a winning team // B1N
Lynne Brick



Every group exercise department should aim to deliver a world class experience. However, many group exercise managers face challenges corralling their team players to work together. A superstar instructor does not necessarily equate to a winning program. Join Lynne and learn the tips to build a winning team, how to use results-focused KPIs and how to reward and recognise your team to keep them motivated and committed. **L**

20/20/20 circuit re-booted // B1Q
Greg Sellar



The 20/20/20 concept was popular at a time when instructors sought to provide the programming variety of three different class types within the one session. Using the BOSU®, med balls and bodyweight-only training, Greg reboots this concept, providing you with the necessary skills to deliver a broad cross section of classes that deal with progression, overload and creativity. **WS**

Dance like nobody's watching! // B1R
Steve Boedt



If you find yourself 'in the mood for dancing' when you instruct your HiLo classes, then you need to join Steve for this session. A dance-drenched HiLo workout, familiar moves are spiced up with some incredible dance-flavours. With a build-up as clean as water, but choreography as effervescent as champagne, this ultimate high energy class will reignite your passion for instructing HiLo! **MC**

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DIY step // B1S

Geoff Bagshaw



Are your step sessions in need of some maintenance – or perhaps a complete refit? Geoff equips you with all the tools required for crafting memorable, challenging, and fun step choreography blocks. Take home the skills to 'do it yourself' with some tricks of the trade that will get you truly professional results. **WS**

endurance in your clients through explosive, authentic boxing techniques. A highly motivating workout to get your clients boxing their way to fitness! **WS**

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Tabata 20:10 // B3Q

Geoff Bagshaw



Don't miss this opportunity to learn how to skyrocket your participants' results! Utilising the Tabata protocol (20 seconds of work followed by 10 seconds of rest), Geoff pushes you to the limit. With full body compound exercises and intervals designed to increase athletic performance, develop VO_2 Max and decrease body fat, this workout gets the results your participants crave. A great session for PTs too! **WS**

re:CREATE your workout...

GROOVE it! // B1T



Misty Tripoli

How often do you allow your participants to flex their creative muscles? Misty explores ways of functionally training the body to improve agility, speed, explosive power, endurance and the muscle of creativity. Learn how to simplify and groove in this ultimate functional workout and discover what is possible when you empower your classes to use their minds and bodies creatively! **MC**

Group fitness management: big, hairy and scary // B2N

Michelle Dean

To reach your Big Hairy Audacious Goal of business growth you need to manage attendance, budget and profit targets and hit them every time. Group fitness makes up approximately 30% of club visits – does your club invest 30% of its time, effort and budget in group fitness? Learn from the success of Les Mills' most profitable clubs to see your stats grow to 60% and beyond! A must-attend for all owners, managers and future GFM's. **L**

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BODYATTACK® // B3R

Lisa Osborne & Nathan Jones



Double knee, superman, tap repeater and high knee your way through this high energy sports inspired workout that's guaranteed to leave you breathless and dripping with sweat! For the novice participant, Les Mills BODYATTACK® features options to get everyone over the finish line, and for the super fit front-rowers, it provides enough challenge to test even the hardest athlete. **WS**

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Method in the madness // B3S

Andrew Ward



Teach me, don't show me! It is tempting for step teachers to take shortcuts or give in to member demands for more 'choreography' by delivering end products without proper breakdown. Join Andrew for a reminder of how 'watch me' teaching can hurt your long term ability to attract and retain participants, and how solid teaching and progression 'with choreography' delivers results and keeps step alive! **WS L2**

Lock & LOW'd // B2R

Ceciley Lyon

Is Low Impact the new cool? It can be! Join Ceciley as she looks at ways to get the heart pumping without the feet jumping. Treat your hips and upper body to a party as you're guided through user-friendly combinations flavoured with hip hop and Latin dance styles. Take home the skills to give your participants the most fun they'll have with one foot on the floor! **WS L1**

Australian Fitness & Health Expo time for
Group Exercise delegates // B2S

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Punchfit thrash boxing //

Scott Williams & Shaun Vincent

Experience the best Punchfit has to offer in this high intensity thrash boxing session. Learn the essential moves to increase fat burn and improve strength and

Dance revolution // B4R

Alissa Hall

Join Alissa for some sizzling new dance fitness concepts. Discover how to grab participants' full attention in the first five minutes to start your class with a bang; explore different dance styles and team work with a Glee-inspired class concept; and sample the exotic flair of the street-jazz inspired Burlesque Dolls. Take home the inspiration to help your participants lose their inhibitions and have heaps of fun! **MC L1**

GLIDING™+ // B4S

Greg Sellar



Using the patented GLIDING™ disc system, Greg takes you beyond the basics and adds other small pieces of equipment into the mix. Making this affordable and portable sliding disc even more versatile, your repertoire of exercises will increase dramatically. Take away a plan for a total body workout which will leave participants feeling muscles they didn't know they had. **MC**

Indo-Row®: the perfect calorie burn // B4T

Jay Blahnik & John Pirlo



The hottest workout in LA is coming back 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 and John deliver world-class coaching and demonstrate 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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PLENARY SESSION

The boys are back in town // B5F

Geoff Bagshaw, Steve Boedt & Greg Sellar



Hailing from all corners of the globe, join Geoff, Greg and Steve for a high energy step session. With tonnes of choreography ideas, awesome music and three world-class instructors, this inspirational session guarantees to reignite your passion for step. Wrap up your convention day with an unforgettable session that's guaranteed to leave you smiling, sweating and wanting more! **MC P**

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PLENARY SESSION

GROOVE your body strong // B5H

Misty Tripoli



Learn creative ways for developing a strong and supple body and cultivating the mind body connection in this truly unique strength training class. Misty shows you how to develop integrity and presence as well as a strong physique by navigating your joints, ligaments, muscles and range of motion. By swimming in a sea of unlimited possibilities, we can each find the perfect movement to groove our bodies strong. **MC P**

PLENARY SESSION

MMA Fitness: pad training techniques from the cage // B5I

James McNeill, Marcelo Rezende & Dee Rynkiewicz

Learn how to incorporate the fastest growing sport in the world into your training! Join the team for a pad session utilising authentic Mixed Martial Arts (MMA) training and conditioning workout techniques. The next step beyond boxing and kick-boxing, discover how you can utilise these great new training techniques to deliver real fitness results to one-on-one clients and group workouts at all levels. **WS P**

Managing the magic // C1N

Andrew Ward



Build a rock solid foundation and transparent organisation for your group exercise team to work within so that they can – and will – perform beyond your expectations. Andrew reviews philosophies and systems for compensation, communication, planning and performance management, specific to your group exercise team. Take home tools which can be easily implemented to improve your member experience and business success. **L**

Step up your freestyle game! // C1Q

Steve Boedt



Focusing on crystal clear build ups and basic moves, learn how Steve – the master of step – creates his choreography. Perfect for freestyle step instructors looking to add some extra oomph to classes by adding turns, directions and more than a dash of pizzazz! Take away a library of new moves and a head full of inspiration to get your classes stepping like they've never stepped before. **WS**

Full-body flexibility formula: yoga-inspired stretch // C1R

Jay Blahnik



Experience stretch training in a whole new light with this perfect combination of athleticism and flowing yoga-inspired sequences. Join Jay to find out how you can facilitate a huge improvement in your clients' range of motion, posture, coordination and balance skills by integrating these precise techniques into your classes and training sessions. A perfect session for both personal trainers and group exercise instructors. **MC**

GROOVALICIOUS dance party! // C2Q

Misty Tripoli



If you love to dance then it's time to join the GROOVOLUTION! Dance, wiggle, shake and shout and get lost in Misty's no-holds barred ultimate dance experience. Come play, move, explore and boldly express your unique funky groove. This is a dance PARTY – so don't come to take notes, allow yourself to get lost in the groove and rejuvenate your mind, body and spirit! **MC**



Zumba® Toning // C2R

Jani Roberts



Looking to deliver participants an intense, easy-to-follow and fun workout? Welcome to Zumba® Toning – The Workout. Learn how to sculpt and tone the body by incorporating the hottest, most challenging choreography using the Zumba® Toning Sticks. Get your heart and muscles pumping while you dance to the new Zumba® routines. Take this opportunity to expand your group exercise instructing horizon! **MC**

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PLENARY SESSION

Zumba® Fitness music experience! // C3D

Beto Perez & the Zumba® Performance Team



The moves, live music, the passion and non-stop dance can mean only one thing... the Zumba® Fitness Concert has invaded Sydney! From Colombia to China, Europe to Australia, millions of participants are dancing to the Zumba® beat of Latin and international tunes. Join Zumba® creator Beto and his team to discover why this dance fitness workout has become the big thing in group exercise. Experience the excitement, the beat and exotic sensations like no other. The perfect way to round off your FILEX weekend, this fun-filled session will leave you panting for more! **MC P**

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