

this is the session code
A = Friday, B = Saturday,
C = Sunday
The number indicates the time
period of the day. The last
letter indicates the strand.

the type of session (for example, lecture, plenary, and so on). See right for more

grey bars are breaks
between sessions.
These are great times to
visit the Australian Fitness &
Health Expo

The diagram shows a course schedule with two main sections. The first section has a header with 'Strand' and 'Business'. Below this, there are two rows. The first row is for the time slot '10:30am – 12pm' and the session 'A18 // Programming for profit and retention L' by 'Sandy Coffman (p17)'. The second row is for the time slot '12 – 1:30pm' and the session 'Break'. The second section has a header with 'Strand' and 'PT'. Below this, there is one row for the time slot '1:30 – 3pm' and the session 'A26 // Lumbo-pelvic stability and back pain: what's the link? L' by 'Barbara Hungerford (p25)'. A small 'P' icon is in the bottom right corner of the second section. Callouts point to various elements: 'the strand' points to the 'Business' header; 'the page number to see for a detailed session description' points to '(p17)'; 'the name of the session' points to 'A18 // Programming for profit and retention L'; 'the session presenter' points to 'Sandy Coffman'; 'NEW! Physiotherapy & Exercise session' points to the 'PT' header.

Strand	Business
10:30am – 12pm	A18 // Programming for profit and retention L Sandy Coffman (p17)
12 – 1:30pm	Break
Strand	PT
1:30 – 3pm	A26 // Lumbo-pelvic stability and back pain: what's the link? L Barbara Hungerford (p25)

P

L – Lecture
WS – Workshop
OD – Outdoor
SS – Super Session (2 parts)
IL – Interactive Lecture
MC – Master Class
P – Plenary
PA – Panel
S – Shallow water
D – Deep water
L1 – General (content suitable for all delegates)
L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)



ptonthenet



FRIDAY 15 APRIL

8:30 – 10am	KEYNOTE ADDRESS Ignite the spirit of success: changing attitudes, behaviours and outcomes // Amanda Gore (p4)																								
10 – 10:30am	Break																								
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	Aqua	
10:30am – 12pm	11:30am – 6:30pm A1A // Managing a successful fitness business in 2011 WS Justin Tamsett (p17)	A1B // Programming for profit and retention L Sandy Coffman (p17)	A1C // MANA – a values based approach to business L Steven Renata (p17)	A1D // What's the best PT model for your business? L Dominic dos Remedios (p24)	A1E // Training research update L Dr Mark McKean (p24)	A1F // Controversies of the core L Prof. Paul Hodges (p24)	A1G // TRX® – The science of suspension training L Fraser Quelch (p24)	A1H // Run for your life! Causes, treatment & prevention of running injuries L Gavin Aquilina & Kristian Manietta (p24)	A1I // Multi-directional stability ball training WS Helen Vanderburg (p24)	A1J // BOSU® playground WS Jay Blahnik (p24)	A1K // Lightning fast OD Peter Twist (p24)	A1L // Sugar sabotagel L Scott Josephson (p52)	A1M // Client motivation: the glue that makes it stick L Morwenna Kirwan (p58)	A1N // Be a world class group fitness manager L Michelle Dean (p58)	A1O // Body image dysmorphia – The truth will set you free L Misty Tripoli (p55)	A1P // Australian Fitness & Health Expo time for Specialty delegates (p55)	A1Q // blast fx MC Greg Sellar (p39)	A1R // Crazy HiLo WS Steve Boedt (p39)	A1S // Step stylin' MC L1 Ceciley Lyon (p39)	A1T // Visual sensation – Tour of Sydney MC Effe Diamond, Lesley Gray, Alisha Smith & Tony Zonato (p44)	A1U // Upper body yoga therapy WS Bernadette McGree (p48)	A1V // Pilates essential flow MC Liz Dene (p48)	A1W // Multi-dimension fluid fitness WS S L1 Annette Chatterton (p46)	A1X // Aqua classic WS S L1 Jennifer Schembri-Portelli (p46)	
12 – 1:30pm	Lunch Break // Australian Fitness & Health Expo Time																								
Strand	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	Aqua	
1:30 – 3pm	A2B // Use social media to grow your business L Bryan O'Rourke (p18)	A2C // Put the WOW into your branding and customer service L Derek Barton (p18)	A2D // Best of both worlds: what Aussie PTs can learn from the Americans L Jamie Atlas (p18)	A2E // Want more muscle? Training for shape & size L Scott Josephson (p25)	A2F // Challenging the female athlete for better performance IL Diane Vives (p25)	A2G // Lumbo-pelvic stability and back pain: what's the link? L Dr Barbara Hungerford (p25)	A2H // Footwear and function L Michol Dalcourt (p25)	A2I // TRX® planar training WS Fraser Quelch (p25)	A2J // Punchfit kickboxing WS Doug Rouessart (p25)	A2K // Wild bootie camp OD Lisa Marshall (p25)	A2L // Australian Fitness & Health Expo time for PT delegates (p26)	A2M // Neutraceuticals – helpful or just expensive? L Dr Joanna McMillan (p52)	A2N // 25hrs a day: making every minute count L Steve Pettit (p58)	A2O // Building a great attitude L Terry Kew (p58)	A2P // Pelvic fallout in the gym L Michelle Kenway (p55)	A2Q // Fitball for all WS Lisa Westlake (p39)	A2R // Zumba Fitness® Party... Let's get the party started! MC L1 Beto Perez (p39)	A2S // Kickbutt conditioning WS Geoff Bagshaw (p39)	A2T // Schwinn Cycling®: coaching mastery WS Jay Blahnik (p44)	A2U // Posture and mindfulness – The ultimate connection WS Lisa Champion (p48)	A2V // Yoga – Understanding bandha and breath WS Claire Norgate (p48)	A2W // Contemporary Aquilates MC S L1 Kayla Duke (p46)			
3 – 3:30pm	Break																								
Strand	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	Nutrition	Nutrition	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Mind Body	Aqua	Aqua
3:30 – 5pm	A3B // Emerging models & proven strategies for every club L Paul Brown (p18)	A3C // Special sales and communication skills for your staff L Sandy Coffman (p18)	A3D // Grow club profits from personal training L Richard Beddie (p26)	A3E // The evolution of fat loss L Tony Boutagy (p26)	A3F // Training the core for sport and fitness L Prof. Paul Hodges (p26)	A3G // Bootcamp blunders: injury management for trainers L Adam Floyd (p26)	A3H // Isolation to integration – Evolution of an exercise L Mark Davis (p26)	A3I // Learning to function on the ground WS Lenny Parracino (p26)	A3J // TWIST smart muscle training WS Peter Twist (p26)	A3K // Outdoor innovation OD Katrina Cochrane (p26)	A3L // Metabolic motivator L Matt O'Neill (p52)	A3M // Stop killing your kids – Food is your best medicine L Lee Parore (p52)	A3N // Pre-exercise screening: the new standard L Max Martin (p58)	A3O // Affairs of the heart – Considerations regarding cardiac rehab & fitness L Stephen Stone (p55)	A3P // GROOVE your body calm – Peace through movement MC Misty Tripoli (p39)	A3Q // SH'BAM™ WS Rachael Cohen & Michelle Dean (p40)	A3R // One step closer to perfection MC Steve Boedt (p40)	A3S // Power push and pull WS Rachel Kalwy (p44)	A3T // Yoga asana architecture WS Helen Vanderburg (p48)	A3U // STOTT PILATES® matwork interval training WS Lisa Kaye & Wayne Seeto (p48)	A3V // Australian Fitness & Health Expo time for Mind Body delegates (p48)	A3W // Deep to the core WS D L2 Marietta Mehanini (p46)	A3X // Aquatic exercise for age reversal WS S L1 Laraine Dunn (p46)		
5 – 5:30pm	Break																								
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	Aqua	
5:30 – 6:45pm	A4B // Critical health club KPIs L Victor Brick (p18)	A4C // Making MACRO management happen L Nigel Champion (p18)	A4D // Top consumer trends in 2011 L Simon Hall (p18)	A4E // Become a magnet for PT clients L Mark Capelin (p26)	A4F // Sports supplements: promises, pitfalls and the good stuff L Scott Josephson (p26)	A4G // Set it to vibrate: stimulate clients with vibration training IL Amanda Boyle (p26)	A4H // ViPR Sport – Build the ultimate athlete WS Michol Dalcourt (p27)	A4I // Lead with speed, follow with power: nothing but BOXING! WS Christian Marchegiani (p27)	A4J // The psychology of eating L Amanda Jeffreys (p52)	A4K // Wisdom of the mind L Lisa Champion (p58)	A4L // Expose yourself! How to build your fitness profile L Amy Bird, Oliver Kitchingman & Alisha Smith (p58)	A4M // Safely training clients with high blood pressure L Dr William Sukala (p55)	A4N // Exercising for two L Lisa Westlake (p55)	A4O // Les Mills CORE WS Dan Cohen (p40)	A4P // HiLo Showtime MC Effe Diamond, Karen Finucane, Ceciley Lyon & Stephen Parker (p40)	A4Q // HD step! WS Geoff Bagshaw (p40)	A4R // Indo-Row®: the perfect calorie burn WS Jay Blahnik & John Pirlo (p40)	A4S // Creating dynamic team environments WS Fraser Quelch (p44)	A4T // ChiBall gentle moves MC Lynley Gladdis & Judy McKenzie (p49)	A4U // Elixr Pilates: creative matwork with props MC Katharine Millard & The Elixr Pilates Team (p49)	A4V // 'Extra'ordinary aqua WS L1 Melissa Cameron (p46)				
6:45pm	FILEX 2011 Delegate Welcome Drinks																								

	Strand	Business	Business	Business	Business	PT Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua
	8 – 9:30am	B1A // California dreaming – 7 steps to running profitable group fitness events L Steven Renata (p18)	B1B // The secrets to dramatically increasing your sales L Steve Jensen (p18)	B1C // Programming success for older adults L Sandy Coffman (p18)	B1D // 7:30 – 9:30am Business Breakfast – Making sure the price is right PA Expert panel, chaired by Emmett Williams (p19) \$89 or included in Gold Pass	B1E // Attract a swarm of hungry clients L Brad Sheppard (p27)	B1F // 7:30 – 9:30am PT Breakfast – The role of PTs in Australia's obesity epidemic L Michelle Bridges (p27) \$89 or included in Gold Pass	B1G // Women, metabolism & the hormone highway! L Scott Josephson (p27)	B1H // Strength essentials for lower back problems IL Tim Keeley (p27)	B1I // Building effective group circuit workouts L Michol Dalcourt (p27)	B1J // The science and practice of dead lifting L Mark Buckley (p27)	B1K // TRX® power stretch WS Fraser Quelch (p28)	B1L // TEAM training OD Peter Twist (p28)	B1M // Remote control results L Matt O'Neill (p53)	B1N // Group X-cellence: build a winning team L Lynne Brick (p58)	B1O // Strong bones, stable bodies L Sally Castell (p55)	B1P // The inner power of the pelvic floor L Dianne Edmonds (p55)	B1Q // 20/20/20 circuit re-booted WS Greg Sellar (p40)	B1R // Dance like nobody's watching! MC Steve Boedt (p40)	B1S // DIY step WS Geoff Bagshaw (p41)	B1T // re:CREATE your workout... GROOVE it! MC Misty Tripoli (p41)	B1U // Cycle connections MC Claire Norgate (p44)	B1V // Power of tai chi: health and wellbeing MC Ming Shao (p49)	B1W // Loosen up – Freedom for hips and shoulders WS Duncan Peak (p49)	B1X // Aqua synergy WS S L1 Stacey Dolliver (p46)	
	9:30 – 10am	Break																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Prof Dev	Prof Dev	Specialty	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	Aqua
	10 – 11:30am	B2A // How to determine your pricing strategy L Victor Brick (p19)	B2B // Put the WOW into your advertising L Derek Barton (p19)	B2C // Why people don't join gyms PA Justin Tamsett & Panel (p19)	B2D // The 7 secrets to slump-proofing your business L Heidi Dening (p28)	B2E // The new frontier in personal training L Paul Taylor (p28)	B2F // Balancing the variables: the vestibular system and exercise IL Mark Davis (p28)	B2G // Exercising to prevent & manage osteoporosis L Prof. Kim Bennell (p28)	B2H // Squatology WS Lenny Parracino (p28)	B2I // Training for a good time – not a long time WS Alisha Smith (p28)	B2J // BOSU® amped! WS Jay Blahnik (p28)	B2K // Maximising stepping as a PT tool WS Lisa Champion (p28)	B2L // Beyond the baby boomers – Bootcamp or slipper brigade? OD Stephanie McLennan (p29)	B2M // Fighting against fat loss – What trainers need to know about insulin resistance L Gavin Aquilina (p53)	B2N // Group fitness management: big, hairy & scary L Michelle Dean (p58)	B2O // Laughter fit! L Kathy Popplewell (p59)	B2P // Create a healthy body image L Jacqui Jarratt (p59)	10am – 12pm B2Q // The emerging role of exercise medicine in children and adolescents L Dr Carolyn Broderick, Dr Damien McKay, Dr Robbie Parker & Nancy van Doom (p55)	B2R // Lock & LOW'd WS L1 Ceciley Lyon (p41)	B2S // Australian Fitness & Health Expo time for Group Exercise delegates (p41)	B2T // Crank it up WS Karen Finucane (p44)	B2U // STOTT PILATES® Prenatal on the mat WS Lisa Kaye & Wayne Seeto (p49)	B2V // ChiBall fire yoga MC Lynley Gladdis (p49)	B2W // ABC: Aqua Brain Change WS S L1 Jennifer Schembri-Portelli (p46)	B2X // 1,2,3 layer! MC S L1 Kayla Duke, Naomi Ling & Megan Rehlfisch (p46)	
	11:30am – 1pm	Lunch Break // Australian Fitness & Health Expo Time																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	Nutrition	Nutrition	Prof Dev	Prof Dev	Prof Dev	Specialty	Group Ex	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	
	1 – 2:30pm	B3A // Building high performance teams L Terry Kew (p19)	B3B // Sales, sales... and even more sales! L SS Annette & Petar Lackovic (p19)	B3C // Branding impossible: create a personal or mega brand L Greg Hurst (p19)	B3D // Find, win and keep more clients L Paul Brown (p29)	B3E // Movements not muscles – A multi-planar approach to training L Fraser Quelch (p29)	B3F // Eating for energy and performance L Scott Josephson (p29)	B3G // Keep it moving: exercise prescription for knee & hip osteoarthritis L Prof. Kim Bennell (p29)	B3H // Body training explosion WS Peter Twist (p29)	B3I // Punchfit thrash boxing WS Scott Williams & Shaun Vincent (p29)	B3J // Ultimate boot camp OD Helen Vanderburg (p29)	B3K // Losing the last 5kg L Susie Burrell (p53)	B3L // Australian Fitness & Health Expo time for Nutrition delegates (p53) Lisa Westlake (p59)	B3M // Reaching out to the community L Misty Tripoli (p59)	B3N // Find your GROOVE with meditation IL Christophe Andanson (p59)	B3O // Motivating the inactive to exercise L Suzanne Cox (p56)	B3P // Exercise and cancer L Suzanne Cox (p56)	B3Q // Tabata 20:10 WS Geoff Bagshaw (p41)	B3R // BODYATTACK® Lisa Osborne & Nathan Jones (p41)	B3S // Method in the madness WS L2 Andrew Ward (p41)	B3T // Indo-Row®: the perfect calorie burn WS Jay Blahnik & John Pirlo (p41)	B3U // Cycle warrior MC Alani Mala (p44)	B3V // Introduce clients to yoga safely WS John Ogilvie (p49)	B3W // Pilates: secrets to success WS Claire Norgate (p49)	B3X // Aqua Zumba® pool party MC S L1 Maria Teresa Stone (p46)	
	2:30 – 3pm	Break																								
	Strand	Business	Business	Business	PT Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	Nutrition	Prof Dev	Specialty	Specialty	Group Ex	Group Ex	Group Ex	Cycling	Mind Body	Mind Body	Aqua	Aqua
	3 – 4:30pm	B4A // Stop attrition before it starts: integrating the new member L Sandy Coffman (p20)	B3B // Sales, sales... and even more sales! L SS Annette & Petar Lackovic (p19)	B4C // Australian Fitness & Health Expo time for Business delegates (p20)	B4D // Writing as a communication and marketing tool L Amelia Burton (p29)	B4E // Charity challenges: great for others, great for your business! L Diane Westaway (p29)	B4F // Shoulder solutions L Dr Seamus Dalton (p29)	B4G // Complex training: developing explosive speed and strength IL Corey Bocking (p29)	B4H // Program design L Michol Dalcourt (p30)	B4I // Understanding Applied Functional Science WS Lenny Parracino (p30)	B4J // Strength and power training with whole body vibration IL Glenn Ruscoe (p30)	B4K // Kinesio Taping: Revive tired muscles & activate weak ones IL Thuy Bridges (p30)	B4L // Functional training to unleash the fitness athlete WS Diane Vives (p30)	B4M // Quickfeet dynamic warm up – On the move! OD Paul Collins (p30) B4Z // Nordic walking for total fitness OD Maree Farnsworth (p30)	B4N // The language of nutrition labels L Tanya Lewis (p53)	B4O // Pool your assets L Mary Gies & Marietta Mehanni (p59)	B4P // Kids personal training – Let's make fitness fun L Simon Fox (p56)	B4Q // Recharging the batteries: stimulating the mind body link WS Sally Castell (p56)	B4R // Dance revolution MC L1 Alissa Hall (p41)	B4S // GLIDING™+ MC Greg Sellar (p41)	B4T // Indo-Row®: the perfect calorie burn WS Jay Blahnik & John Pirlo (p41)	B4U // Sonic boom – Breaking the sound barrier WS Effe Diamond (p44)	B4V // 360 degree Pilates MC Taryn Polovin (p50)	B4W // Effective spinal movements for energy & health MC Simon Borg-Oliver (p50)	B4X // Fit, fab and over 50 WS S L1 Laraine Dunn (p46)	B4Y // Hydro electric WS D L1 Dominic Gili (p46)
	4:30 – 5pm	Break																								
	Strand	PT			Business		Nutrition			Cycling			PT		Group Ex		PT		Group Ex		Group Ex		Mind Body		Aqua	
	5 – 6:30pm	B5A // Winning at losing – Weight management made simple L P Scott Josephson (p30)			B5B // The impact of technology on the fitness industry L P Bryan O'Rourke (p20)		B5C // Indulgent appetites L P Dr Joanna McMillan (p53)			B5D // RIDE™: a journey with the whys? MC P Matty Clarke & Melinda Woods (p44)			B5E // The missing link: rehab for athletes WS P Anna-Louise Bouvier (p30)		B5F // The boys are back in town MC P Geoff Bagshaw, Steve Boedt & Greg Sellar (p42)		B5G // All-Star equipment boot camp WS P Karen Baldwin, Ken Baldwin, Michol Dalcourt, Fraser Quelch, Peter Twist & Diane Vives (p30)		B5H // GROOVE your body strong MC P Misty Tripoli (p42)		B5I // MMA Fitness: pad training techniques from the cage WS P James McNeill, Marcelo Rezende & Dee Rynkiewicz (p42)		B5J // Yoga to the core WS P Helen Vanderburg (p50)		B5K // Smooth moves MC P L1 Kerri Parkinson (p46)	
	6:30pm	SH'BAM™ Launch Party																								

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