

ss**celebrate**fitness**celebrate**fitness**celebrate**fitn



29 April – 1 May 2005 • Sydney Convention and Exhibition Centre • Darling Harbour

Proudly sponsored by

Reebok 

Network's official footwear and apparel supplier

Brought to you by



Australian fitness
network



The FILEX fitness convention and Australian Fitness Expo have thrived during this mammoth decade of development, largely because they consistently provide you with the unique opportunity to extract the very latest information from industry specialists from all over the world.

The staggering growth of these events is a direct reflection of the evolution our industry has experienced. As well, it is a reinforcement of how crucial it is to keep your technical knowledge up to date and your finger on the ever changing pulse of fitness.

There has never been a better time to celebrate fitness, and by this we refer to your career, your successes, your clients' achievements and your future.

On behalf of the entire Australian Fitness Network team, I welcome you to FILEX 2005 and the Australian Fitness Expo, and invite you to participate in this unique and memorable celebration of our industry.

Nick Champion

Nigel Champion
Managing Director
Australian Fitness Network

Event highlights	3
Business summit & Gold Pass	4
Pre/post conventions	5
Social program	8
Program at a glance	9
Business & facility management	13
Personal training	
- lectures	17
- outdoor	19
- practical sessions	20
- sports conditioning	21
- massage	22
Personal & professional development	23
Les Mills Quarterly Workshop	24
Group fitness	25
- aerobics & step	27
Cycling / Boxing	29
Mind body	30
- Pilates reformer & Gravity training	32
Specialty	33
Aqua	35
Nutrition & fat loss	37
Presenter biographies	
- International	38
- Australian	40
Delegate information	46
Travel & accommodation	47
Australian Fitness Expo	48

Your time is precious, so to make things as easy as possible, you can register for FILEX 2005 in three simple ways:

MAIL - to **PO Box 57, Neutral Bay NSW Australia 2089**
FAX - to **02 9908 9999**
ONLINE - at **www.fitnessnetwork.com.au/FILEX**
(using your Bankcard, Mastercard or Visa).

First 25 online registrations
will receive a free gift!

For more details on how to register go to page 46.

**Dankie / Hvala / Tak / Dank u / Merci / Arigato / Komawoyo /
Xie xie / Tika hoki / Gracias / Khawp khun / THANK YOU!**

In any and every language, we thank our sponsors and event partners for their contributions to the organisation of the FILEX convention and Australian Fitness Expo. Without their financial support and equipment provision, we could not provide you with the quality that allows these events to be the largest of their kind in the South East Asia region.

Proudly sponsored by

Brought to you by

Reebok 
Network's official footwear and apparel supplier



Co-Sponsors



OPENING ADDRESS

Your achievement is only as good as your aim!

Kerry Chikarovski

NSW



There aren't too many kids, who at the age of 14, know exactly what they want to do with their life. But when Kerry Chikarovski met Robert Kennedy as a young teenager, it provided an inspirational moment that set her on a path, which eventually led to the most difficult and confrontational parliament in Australia, the NSW Legislative Assembly, a.k.a. the bear pit. As she travelled on that journey, through the good and bad times, Kerry learned how to deal with all the uncertainties that political life threw at her. Using her own life as an illustration, and in her refreshingly frank way, Kerry explains why everyone should dream big dreams, and have the courage to achieve them.

CLOSING ADDRESS

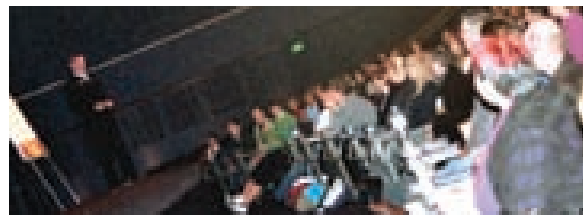
Good to great

Justin Tamsett

NSW



The enemy of great is good. At the end of our lives, should we look back and feel happy because we have had a good life, or should we reassess our lives now and start seizing every opportunity to create a truly GREAT life? From this inspiring and thought-provoking closing address, you will take home the principles of greatness to enhance your worth as an instructor, personal trainer, business operator and human being!



BUSINESS LUNCH

Date: Saturday 30 April 2005

Time: 12.30pm

Venue: Sydney Convention Centre

Price: \$60 pp

Sponsored by TJA Communications, the Business Lunch involves a delicious meal and the opportunity to network with fellow business associates over an informative and entertaining presentation. **PLUS** the Club Network prize draw will take place for a \$10,000 Cardio Theater Personal Viewing System, donated by TJA Communications.

Permit no's. TPL 04/12278, NT04/11624, TP04/4910.

Read terms and conditions at www.fitnessnetwork.com.au



Delivering inspirational leadership

Nigel Watts

NSW



Inspirational leadership comes from having a clear purpose and understanding of how to track key performance measures, including staff, customers and financials. As the speed and scale of change increases, it is important for teams to adapt quickly, and modify their goals and behaviours to suit their competitive environment. This takes both self management and discipline. In this enlightening presentation, Nigel will outline a range of processes that leaders can conduct with their teams.

FILEX A WORKOUT FOR THE BODY, AS WELL AS THE MIND

While you're exercising your mind, you don't need to miss out on exercising your body! Grab an early morning workout in the Australian Fitness Expo from 7.15am to 8.30am, on Saturday 30 April and Sunday 1 May. Seize the unique opportunity to work out on the newest and greatest equipment our industry has on offer.

FitnessFirst

As a FILEX 3-day delegate, you can work out for FREE at Fitness First facilities between Thursday 28 April and Monday 2 May inclusive. Simply present your FILEX name badge and personal identification at any of the clubs listed on www.fitnessfirst.com.au or call the Fitness First Hotline on 1300 55 77 99 for your nearest location.

RISE & SHINE TO A FILEX BREAKFAST!

BUSINESS BREAKFAST

Date: Saturday 30 April 2005

Time: 7.45am – 10.15am

Venue: Dockside, Darling Harbour

Price: \$45pp



PT BREAKFAST

Date: Saturday 30 April 2005

Time: 7.45am – 10.15am

Venue: Dockside, Darling Harbour

Price: \$45pp

PLENARY SESSIONS

NEW

Welcome to the newest addition to the FILEX program – plenary sessions. At the end of every convention day, there are 4 plenary sessions on offer, ensuring you can spend more time with more delegates in the one space! Please note: there are limited spaces in plenary sessions, so be sure to select your plenaries on the Session Selection Form to reserve your place. Choose from:

- A5A Overcoming the Australian diet (page 37)
- A5B Making a difference with customer service (page 14)
- A5C Pilates progressions (page 30)
- A5D Fusion HiLo (page 25)
- A5E Ascending El Diablo (page 29)
- B5A Muscle, strength and hypertrophy (page 17)
- B5B Getting better teams (page 14)
- B5C ChiBall yoga (page 30)
- B5D Free2Be: fusion (page 26)

BUSINESS SUMMIT Winning in a competitive market

Winning in a competitive market does not mean that you have to overwhelm your competitors in order to be successful. It means that if you get the fundamentals right you can set realistic club goals and have a healthy club membership without being worried about what your competitors are doing or not doing. The FILEX 2005 Business Summit focuses on four fundamentals for winning in a competitive market: effective branding, targeted advertising, planning for growth and committed managers.

Venue: Intercontinental Hotel, Sydney
Date: Thursday 28 April
Time: 9am to 5pm
Price: \$195

What is a successful facility?

Justin Tamsett

NSW

Why are some clubs considered more successful than others? Is competition always a threat? To set the tone for the day, Justin examines exactly what competition is, and explores when you should feel threatened by it and when it should be welcomed.

Positioning your brand ahead of the pack

Derek Barton

USA



Most health club owners tend not to think of their club as a brand, but whether you own one gym or a chain, branding your club properly is the first step towards success. In this compelling session you'll learn from the companies who have made their brand a success.

Ensure your media advertising is targeted and delivers

Gary Bertwistle

NSW

Anybody can place an advertisement. Anybody can spend money on advertising. The real secret is knowing what needs to be done to ensure that you get great results. In this dynamic session you'll learn how to get the most from your advertising buck by generating hundreds of leads.

The imperative of growth: why and how?

Will Phillips

USA

Growth is the foundation of many business solutions. For every challenge, you have four choices, each of which can potentially drive or retard growth. Do you recognise when you make a 'no growth' choice? Come and learn about these four choices, and find out how to assess yourself and your business.

Facility management – the key to a successful club

Karen Wischmann

USA

Learn the 15 practices that will make you a better manager, the 10 ways to build trust with your staff, and the best strategies to motivate your staff. From this compelling session you will understand exactly what it takes to be a better manager.

The wrap

Facilitator: Justin Tamsett

NSW

The wrap reviews the entire day, with input from the presenters and delegates. Here's where you can ask questions, outline successes, seek opinions or simply sit back and relish in the fact that when you get your branding correct, your advertising focused, your management trained and a true desire to grow your business, then winning in a competitive market will be a natural result!

Take advantage of the BUSINESS GOLD PASS

The FILEX Business Gold Pass is a convention package that has been designed specifically for fitness business operators. The Gold Pass provides you with participation in the following events:

• FILEX 2005 Business Summit (Thursday 28 April)

This one-day Summit brings together Australian and internationally acclaimed business experts to share with you their wealth of knowledge, experiences and the keys to winning in a competitive market.

• Business Breakfast (Saturday 30 April)

The Business Breakfast not only provides a hot breakfast, but also a rare opportunity to interact with fellow owner/operators and to learn from the experiences of an esteemed panel of business experts.

• Three-Day FILEX Convention (Friday 29 April – Sunday 1 May)

The FILEX convention includes an unrivalled fitness business program, presented by professionals from both within and outside the fitness industry. The three-day FILEX convention is your greatest opportunity to network with, and learn from, leading business presenters from all over the world. Your three-day experience will leave you motivated, inspired and full of cutting-edge information and ideas to make your profits soar.

• The Australian Fitness Expo (Friday 29 April – Sunday 1 May)

Your Gold Pass provides you with unlimited access for three days, to the largest fitness exhibition in the Asia Pacific region! See back page.

• Business Lunch (Saturday 30 April)

Sponsored by TJA Communications, the Business Lunch involves a delicious meal and the opportunity to network with fellow business associates over an informative and entertaining presentation. PLUS the Club Network prize draw will take place for a \$10,000 Cardio Theater Personal Viewing System, donated by TJA Communications.

• Business Lounge (Friday 29 April – Sunday 1 May)

Gold Pass holders receive unlimited access to the Business Lounge, situated in the Australian Fitness Expo. The Business Lounge provides you with free internet access and complimentary tea and coffee facilities for the duration of the Expo.

• FILEX 2005 Business Compendium

Organisation is the key to success, so to help you remain organised we've provided you with an exclusive FILEX 2005 Business Compendium.

Save big \$\$\$'s with the Business Gold Pass

Book yourself a BUSINESS GOLD PASS for only \$749pp!

Please note: When you fill in the registration form on pages B, C, D remember to fill in your session selections for the FILEX business program. Business sessions book out so it is important to fill in all three choices in case your first choice is full.

Perfect Practice to the max: more length, more control, more power

Anna-Louise Bouvier

NSW

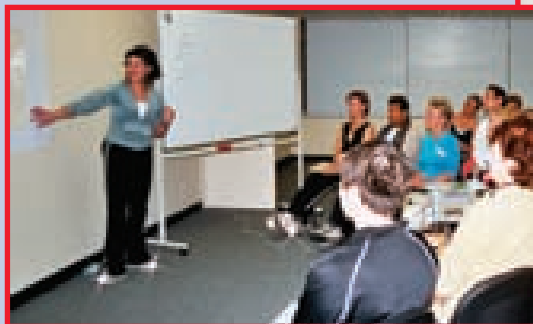
Lisa Champion

NSW



Perfect Practice is a series of workshops that have been developed by physiotherapist, Anna-Louise Bouvier, with the assistance of exercise specialist, Lisa Champion. Great personal training is about teaching new skills, fine tuning existing skills, and maximising your client's functional exercise potential. In this one-day workshop, you'll take the handbrake off your clients' tight muscles, by linking key stretches with specific exercises before you start their strength training. Be prepared to think outside the square and you'll take home new ways to incorporate specific stretching into your personal training sessions, as well as technique tips for some of the most commonly prescribed exercises. You'll also leave understanding how to apply the information you've learned to every training situation.

Date: Thursday 28 April
Time: 9am to 5pm
Venue: St Leonards
Cost: \$180pp
CECs: 5



Training for speed, agility, and quickness

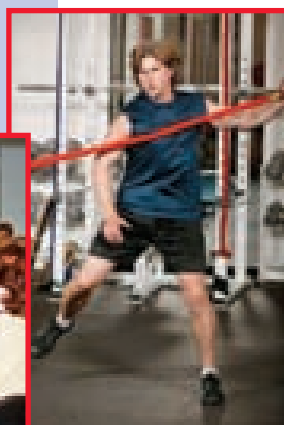
Peter Twist

CANADA



Join Peter Twist as he introduces you to speed, agility, and quickness (SAQ) drills designed to increase athleticism, body awareness and movement skills. You'll explore functional agility and reactive drills for fitness clients, and multi-directional movement patterns for elite athletes. Scientific theory, exercises and drills, training guidelines and coaching cues will all be examined during this combined theoretical and practical session. You'll experience the process by participating in SAQ drills with prescriptions for multiple sports, functional fitness, and youth athleticism. Learn the drill mechanics, teaching cues and program sequences to successfully implement these future trends in fitness.

Date: Thursday 28 April
Time: 9am to 3.30pm
Venue: TBA
Price: \$160pp
CECs: 5



Network Pilates fundamental matwork certification

Zosha Piotrowski

NSW

Clare Norgate

NSW



Network Pilates is a functional method that has a unique approach to body awareness, postural work and stability training. The Network Pilates matwork course is designed to introduce fitness instructors to teaching group based Pilates classes in a safe, effective and informative way, while integrating the mind and body to achieve muscle control and balance. In this dynamic course, you'll explore the essential application of functional anatomy and movement mechanics to Pilates based exercises, and learn how to challenge mobility and stability to suit participants of all ages and fitness levels.

Date: Monday 25 April to Thursday 28 April
Time: 9am to 5pm
Venue: TBA
Price: \$690pp
CECs: 15
Prerequisite: Registered group exercise instructor or personal trainer



Network Pilates intermediate matwork certification

Zosha Piotrowski

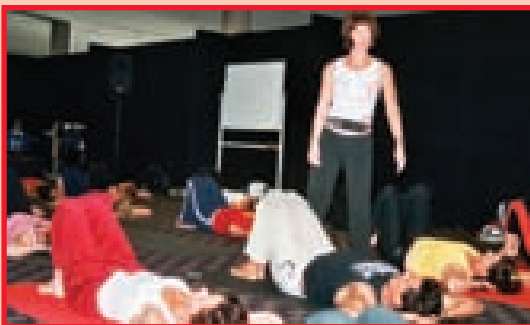
NSW



Take your Pilates teaching to the next level. This dynamic training course is a natural progression for those who have already completed

a Matwork training course, and focuses on learning and mastering intermediate moves. If you are teaching Pilates you can't afford to miss this intensive training program.

Date: **Monday 2 May to Tuesday 3 May**
Time: **9am to 5pm**
Venue: **TBA**
Price: **\$360pp**
CECs: **10**
Prerequisite: **Successful completion of Pilates matwork course**



Network Pilates personal training: functional Pilates training for the personal trainer

Zosha Piotrowski

NSW

Clare Norgate

NSW



Become a Network Pilates personal trainer, with this exciting extension of the Pilates fundamental



matwork course. This innovative course provides you with the tools and knowledge to prescribe the Pilates techniques to individual clients, based on their posture, mobility and strength. Using Pilates matwork movements and functional mobility and conditioning exercises, you'll learn how to incorporate Pilates principles

into your client's programs. The addition of Pilates into your personal training repertoire will add a unique dimension and bring about specific gains as well as an increase in body awareness, movement and control in your clients.

Date: **Monday 2 May to Tuesday 3 May**
Time: **9am to 5pm**
Venue: **TBA**
Price: **\$360pp**
CECs: **10**
Prerequisite: **Successful completion of Pilates matwork course**



Network indoor cycling certification

Lisa Williams

NSW



Become a sought after cycling instructor by completing Network's indoor cycling certification course, with leading instructor trainer, Lisa Williams. In this awesome one-day course, you'll learn how to pedal your way to success, gaining a thorough understanding of the biomechanics and

physiology of cycling. You will also learn how to create and structure different class styles, how to choose and use appropriate music, how to project your voice, how to use visualisation and focus techniques, and more! You'll leave this course with world class instructor skills.

Date: **Thursday 28 April**
Time: **9am to 5pm**
Venue: **TBA**
Price: **\$170pp**
CECs: **5**



Level 1 ChiBall™ teacher training

Monica Linford

UK

With

Eva Winskill

France

Rafael Moreno

France

Tina Hedren

Sweden

Lynley Gladdis

SA

Based on traditional Chinese medicine (TCM) the ChiBall Method™ uses a synergistic blend of six ancient and modern exercise and movement concepts to integrate TCM's theory of yin and yang, chi (our vital energy), the meridian system, and the five elements. This four-day course offers an insight to the foundations of ChiBall and how to create a unique holistic mind body teaching experience. Through the ChiBall teacher training program you will gain a deeper understanding of how energy flows through the body, and how combining tai chi-qi gong, ChiBall dance, yoga, Pilates, Feldenkrais method and meditation can help develop vitality, strength and greater self-awareness.

Date: Monday 25 April to Thursday 28 April

Time: 9am – 5pm

Venue: Sydney CBD

Price: \$690pp

CECs: 15



Flow-yoga®

DeDe Daniels

USA

Denise Klatte

USA



This comprehensive two-day teacher training workshop is designed for personal trainers, group exercise instructors and fitness enthusiasts, to start you on the path from 'student' to 'teacher'. A relaxed but focused environment is maintained throughout this intensive course, leading each participant through a 'can't fail' journey to becoming a yoga teacher. Topics covered include breathing, mind body teaching skills, in-depth pose breakdown, relaxation/meditation, cueing, class structure, the sun salutation, special populations, plus much more!

Whether you want to teach, learn more about teaching or deepen your existing practice of fitness-based yoga, this is the training workshop for you.

Date: Wednesday 27 April to

Thursday 28 April

Time: 8am to 6pm

Venue: TBA

Price: \$360pp

CECs: 10

Prerequisite: Registered group exercise instructor or personal trainer. Yoga experience recommended (teaching, or as a participant).



Flow-yoga® intermediate

DeDe Daniels

USA

Denise Klatte

USA



This one-day teacher training intensive will expand your yoga teaching skills. You'll learn intermediate and advanced poses, teaching techniques, modifications and breathing styles, including a review of the basics. Whether you have been teaching or practising fitness-based yoga for years, or even if you have just recently begun, you will find this workshop useful, practical and fun!

Date:

Monday 2 May

Time:

8am to 6pm

Venue:

TBA

Price:

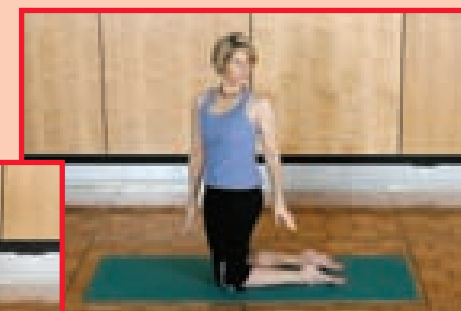
\$199pp

CECs:

5

Prerequisite:

Registered group exercise instructor or personal trainer. Some intermediate yoga experience is required, or successful completion of the Flow-yoga® course.





CELEBRATE THE FUN OF FITNESS

As valuable as the educational sessions are, the social activities at FILEX can be of equal value to help you further your career and gain a professional edge – after all, so often in life it's not only what you know, but who you know as well! So, regardless of whether you attend the event solo or as part of a group, the social events are not to be missed and are just another way that FILEX gives you maximum value for your fitness dollar! PLUS, we believe there should never be work without play! Therefore, in addition to it being the best educational opportunity of the year, FILEX also provides you with unique opportunities to network and socialise with around 2,000 like minded people!

Welcome Drinks and Prize Draws

Date: Friday 29 April

Time: 6.30pm

Where: Tumbalong Foyer, Sydney Convention Centre

By the end of Friday, you will have definitely earned some liquid sustenance! Seize this time to process the day's knowledge, and unwind at the Welcome Drinks. Simply bring your drink ticket to enjoy a beverage with the Network team, convention presenters and fellow delegates! It's here that the early bird holiday prize draw will take place, as well as the other draws for fantastic prizes, and of course, you need to be there to take them home!

Please note: All prize draws at FILEX are not applicable to Commonwealth government funded employees.



2005 Fitness Industry Awards

Featuring the Brazilian Fantasy Dance Group and DJ Paul Goodyear (whose events include Sydney New Year and Mardi Gras)

Date: Saturday 30 April

Time: 7.30pm to midnight

Where: Ballroom, Sydney Convention Centre

Dress: Smart

Price: \$80pp

Tables of 10: \$750 each

Price includes dinner and one complimentary drink on arrival

Please note: If booking more than one ticket, you will need to provide all the names at the time of booking.

Over the years, this prestigious event has grown to become one popular night of fun, food, entertainment and admiration! The annual fitness industry awards are presented to people who have made significant contributions to the development of our industry.

So why not take a break from your educational schedule and enjoy a night of indulgence and dancing with your industry peers? The award winners will be announced in the following categories:

- Industry Exhibit of the Year
- Author of the Year
- Presenter of the Year
- Fitness Facility of the Year
- Personal Trainer of the Year
- Fitness Instructor of the Year
- Lifetime Achievement Award



ATTENTION ALL FITNESS PROFESSIONALS:

Nominations are invited for the annual Australian Fitness Industry Awards! Download the application forms today at www.fitnessnetwork.com.au/awards or phone 02 9908 9908 for a copy.