

GROUP FITNESS

ROB GLICK

USA



Rob is known worldwide as a respected fitness educator, instructor and choreographer and has been presented at hundreds of fitness conferences in more than 25 countries. Rob has been featured in 20 exercise videos, including the highly acclaimed G-Force videos, and he is a regularly featured trainer in Shape Magazine in the USA.

A2K GRAVITY: amplified resistance

With Joanne Melbourne

NSW

Explore how using bodyweight as resistance against gravity individualises workouts within a group setting. This GRAVITYGroup™ class is your opportunity to amplify resistance training in a brand new way! **WS**

Sponsored by



A5D Fusion HiLo

Indulge in this awesome session that's just a whole lot of HiLo fun, featuring cardio choreography infused with a touch of dance, and taught in a way so everyone can play! **PL L2**

PLENARY

B3N Advanced step combos

Advanced step students – get set to turn up the heat! You'll turn, twist (and maybe even do a few cartwheels?!) as we fly on, around and over the step. You'll also discuss breakdown methodology so that no matter how complex the end piece of choreography is, the journey remains simple and clear. **WS L2**



C1N Schwinn cycling – class designs for serious results

Based on Schwinn Cycling's six unique class designs, this workshop will help you create rides that are not only fun, but will help your students get serious results! Walk away with at least three brand new rides all mapped out, and the skills to create new rides that are more effective than ever before. **WS**



C2K Cardio fusion

Experience a blend of your favourite cardio options – low impact, step patterns and a little dance – all using the BOSU balance trainer to add challenge and variety. You'll learn expressive, power-packed choreography with the BOSU, to create results that deliver! **WS L1**



MAKE YOUR FREESTYLE FREE2BE

Whether you are new to group fitness, or an established instructor, the Free2Be series of sessions will empower you with the tools to effectively construct and teach consistent, innovative and memorable group exercise classes. Presented by two of the world's best, you'll explore a systemised creativity process for freestyle group exercise classes, and take home class templates, developmental choreography blocks and step-by-step breakdown techniques. By removing the mystery of the journey and refocusing the energy into the workout, the overall experience of freestyle teaching becomes an exciting and stimulating career path.

MARCUS IRWIN

NSW

A former dual world aerobics champion, Marcus has presented in over 50 countries. He is a co-owner of the Sydney based Elix'r Health Clubs and currently divides his time developing instructor training and education programs internationally, as well as producing his own range of Evolution training videos.



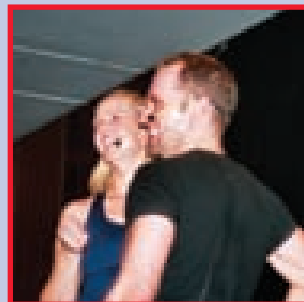
ZOSHA PIOTROWSKI

NSW

Zosha is an international instructor trainer and convention presenter. She is involved in developing instructors and talent in freestyle group exercise and Pilates. Her goal is to motivate and inject her energy within others and to bring about wellness and entertainment to people's lives.

A2N Free2Be: rise

Treat yourself to a great total body blitz. Achieve plenty of huff and puff with the dynamic of stylised foot patterns on an adjustable height step platform. You'll take home adaptable choreography that results in an aerobic workout that challenges all 206 of the body's muscles. **WS L1**



A4L Free2Be: synergy

With Lesley Gray

NSW

Experience an intense and compelling combination of far eastern, isometric and isotonic strengthening exercises which puts this conditioning and relaxation workout in a class of its own. The body and mind are connected through the use of the breath creating a moving meditation.

WS L1

B3M Free2Be: move

Crank up the heat, burn energy and feel the heart pumping while performing high and low impact stylised floor movements. Explore the essence of traditional aerobics with a modern flavour. You'll take home aerobic choreography that can be applied to all levels of fitness.

WS L1

B5D Free2Be: fusion

Feel the rhythm of life and the powerful beat, experience the freedom of movement in this dance orientated workout. Simple and achievable steps are fused together and layered with the flavours of hip hop, Latin, jazz, club and funk dance styles. **PL L1**



C5G 2D – 2 dimensional

With:

John Sheehan
Steve Schiemer
Rebecca Small

UK
GERMANY
GERMANY

Join this supreme international team for a mind-blowing, leg stomping convention finale that will blow your socks off! This session is so innovative and energetic they'll need to use two stages! Don't miss this rare chance to jam with the world's best in one class!

MC L1

REBECCA SMALL

GERMANY

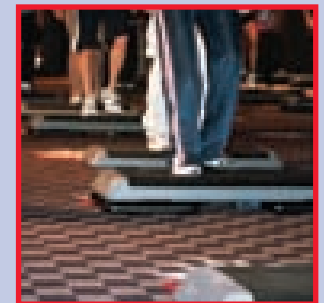


In the six years since she moved to Europe from her Sydney home, Rebecca has established herself as one of the foremost female presenters on the international circuit. Recognised as one of the premiere step presenters worldwide, Rebecca's immaculate teaching skills are also clearly

evident in every style of aerobics she teaches, be it HiLo, low impact, kickboxing or stretch.

A3N Step manoeuvres

Learn how to manoeuvre your way around the step like a true professional. A fantastic lesson in the playful art of choreography and superb breakdowns, Rebecca ensures you will be gliding easily through the most challenging manoeuvres, with minimal effort and maximal enjoyment. **WS L2**



B2N The wild card

The new concept of the 'wild card' will open your mind to the endless possibilities your choreography can contain. Rebecca will teach you some regular step choreography and then insert two wild cards to create an amazing choreography transformation. This one's a must for the experienced stepper! **MC L2**

C2M Hi-loaded

With a focus on all new rhythm and directional changes, Rebecca will show you ways to spice up your choreography that you never thought possible. You will not only leave this session loaded with new ideas but armed with the skills required to teach them. **WS L2**

AEROBICS AND STEP

A2M Rock your body

Steve Schiemer

GERMANY

He has the tunes, he has the moves, now all he needs is YOU! Rock your body with Steve, in another action-filled session. With lots of choreography ideas that you can use in your next class, this session is all about taking the fun home. **MC L2**

A3M Get funkier!

Vanessa Vassallo

HONG KONG

This sequel to the previous Get Funked, gives you even more groovy, hip and funky dance moves for your classes! Easy to teach and fun to do, we got funky last FILEX – now let's get funkier! **MC L2**

A4M Feeling fine

Steve Schiemer

GERMANY

The thing that keeps people coming back to a great aerobics class is that fine feeling they have when they leave. Steve is up to his tricks again, using all his skills to create a class that will work you out, lift you up and have you leaving feeling fine! **MC L2**

A4N Slave to the rhythm

John Sheehan

UK

'And 1,2,3,4,5,6,7,8...' Sound familiar? Sound boring? Speed up, slow down, freeze frame and break a beat to add variety to an otherwise humdrum routine. Join John in this step class and learn how to use rhythm to free your choreography from the shackles of predictability. **MC L2**



B1B F.U.N: Fitball Utilising Novelty

Katherine Tsebelis

VIC

Come along to this fantastic fitball class, where you are guaranteed to leave feeling challenged, yet energised with a grin on your face and sweat on your brow! Be warned - you will work hard but expect FUN to form the basis of this super class. **MC L1**

B1M Take a walk

Jayne Evans

NSW

Learn how to manipulate simple movement ideas to create and teach exciting and achievable choreography. Put diversity back into your group fitness timetable and take your centre forward as you design custom-made classes to meet the needs of your clients. **WS L1**

B1N Rise up

Steve Schiemer

GERMANY

Add some rise to your repertoire – on the step and in spirit! Let Steve build a session that will lift you up with its clever choreography and great music. Rise up to the challenge and have the time of your life in this dynamic and energetic session. **MC L2**

B1S Group exercise innovations

Kinnie Ho

NSW

Whether you are a novice or an experienced instructor, seize this opportunity to expand your thinking beyond your usual ways of teaching. In this energetic and entertaining session you'll explore innovative concepts to help you deliver successful sessions and sustain your teaching passion. **L**





GROUP FITNESS

FILEX 10 YEARS

B4M HiLo highway

John Sheehan

UK

Put your foot to the gas as you successfully steer the hills and bends, and pull out onto the HiLo highway. Join John for traditional aerobics with some twists, spins and even handbrake turns! No running on empty, get ready to overtake everything in your way!

MC L2



C1L Take the Lo road

John Sheehan

UK

Want the intensity but not the impact? Switch to cruise control as John navigates you through a creative mix of high intensity moves without the congestion of the high impact highway. **MC L2**

C1M Creative HiLo

Kanae Takegahara

JAPAN

This class incorporates 3D movements with basic steps which eventually turn into challenging and creative choreography! After going through a layering process, you'll learn new moves, enjoy a great workout and have fun! Come and experience the magic! **WS L2**

B4N The best of BODYPUMP®

Tommy Koutsonikolis

Michelle Bridges

Karen Russell

Alani Mala

NSW

NSW

QLD

NSW

Experience this flagship program from Les Mills, as showcased by leading master trainers, including Tommy K and Michelle Bridges. You'll be inspired by a great mix of music, combining resistance with rhythm – come join in the ultimate body pumping experience! **MC L1**

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C1C Great expectations

Lisa Westlake

VIC

Learn how to identify the exercises and techniques that are suitable for women in the pre and post partum stages. From this awesome, scientifically designed session, you'll take home the skills to modify exercises for women with various aches, pains and other pregnancy related conditions. **WS L1**



'Better than I ever could have imagined. A great experience and will definitely recommend to others.'

Stuart Greaves, WA





CYCLING

A2P Essential teaching techniques

Lisa Williams

NSW

Participate in an awesome session to learn five advanced teaching techniques to take your cycle classes from good to great. Based on the latest research from the best instructors, this session promises maximum take home value! **WS**

A3P Cycle spectacular

Effe Diamond

NSW

Take home a mass of ideas on how to inject serious fun, motivation and entertainment to your sessions, taking your cycle classes to another level. You'll explore strategies for optimal audience participation such as organised action, teamwork and even karaoke! **WS**

A4P World tour – culture shock

Mario La Marra

NSW

Take an exhilarating journey with theme music from around the world. This awesome session explores creative communication as a means to inject fun and create a memorable, flowing and dynamic workout. **MC**

A5E Ascending El Diablo

Jari Rehula

NSW

PLENARY

El Diablo is the mythical monster climb that is every indoor cyclist's nightmare. Challenge yourself on the ultimate ride up this, the most challenging of all mountain roads. You'll get heaps of drills, techniques and tips on this climb that will be instantly usable in your next class. **PL**

B10 The best of RPM™

Michelle Bridges

NSW

Alani Mala

NSW

Experience raw power in motion in this very best of RPM session, featuring music by Les Mills. Heading the journey will be master trainer, Michelle Bridges. Don't miss the ride of your life! **MC**
Sponsored by



B20 Fitness First cycle fiesta

Fitness First team

NSW

Take this opportunity to join the Fitness First team for a fun filled cycle fiesta. Test your body and your senses as you journey with us over various terrains and environments. Don't forget your party hats! And ride with attitude! **MC**

Sponsored by *FitnessFirst*

B30 The spin cycle

John McKenzie

NEW ZEALAND

Explore various creative approaches to incorporate themes and cycle racing techniques in your classes for optimal success. This energetic session is definitely not for the light hearted - buckle up and join in a ride guaranteed to be entertaining, informative, bloody hard work and lots of fun. **MC**

B40 The ride of your life

Darryl Preston

UK

Experience the hottest ride of your life with a master of indoor cycling. Join Darryl for an amazing ride with variations in rhythm, velocity and resistance, all matched to the best sounds around. **MC**

C1N Schwinn cycling – class designs for serious results

Rob Glick

USA

Based on Schwinn Cycling's six unique class designs, this workshop will help you create rides that are not only fun, but will help your students get serious results! Walk away with at least three brand new rides all mapped out, and the skills to create new rides that are more effective than ever before. **WS**



C2N Creative cycle

Clare Norgate

NSW

This dynamic session explores alternative motivation techniques to loud music and the overuse of power words. You'll learn how to motivate through risk taking, story telling and entertainment, as well as how to persuade your members into working hard. **WS**

BOXING

A20 Fight club 2005 – the basics

Jari Rehula

NSW

Garry James

ACT

Whether you're just starting out or wanting to brush up on your existing boxing skills, this awesome workshop is designed to teach you everything you need to train your clients in the fundamentals of boxing. **WS**

A30 Punch pad training

Bruce Townhill

NSW

Learn the basics of Blackbelt Pro's punch pad trainer system for safe, effective and fun boxing workouts. Proven in the ring and 'tested on humans' this seminar is not to be missed for personal trainers interested in adding boxing to their programs. **WS**

A40 Fight club 2005 – the combos

Jari Rehula

NSW

Garry James

ACT

The boys are back with the latest offering of awesome combos for your PT clients. A whole year's worth of boxing in just 90 action packed minutes. This workshop is designed for intermediate to advanced level boxing instructors. **WS**

B2M Boot box blast

David Crossley

NSW

This awesome session gives you the tools to smoothly integrate martial arts choreography into your HiLo or cardio kick classes. All blocks are properly phrased, logically flowing and complete for 150 to 170 BPM classes. **MC**

C2L Six moves, fight!

Michael Jeffreys

NSW

Ever wanted to choreograph your own kickbox-to-music class but it seems too hard? Understand what to leave in what to leave out and what works best, in this awesome workshop designed for you to pick and choose from six easy moves, then fight! **WS**

EXPERIENCE THE CHIBALL METHOD™ FROM THE WORLD'S BEST

From all over the globe, the international ChiBall team comes together at FILEX 2005 and consists of Monica Linford, Eva Winskill, Rafael Moreno and Lynley Gladdis. Join this international ChiBall team for some maximum relaxation, rejuvenation and education.

A2L ChiBall dance

Eva Winskill

FRANCE

Experience a unique dance session teaching you how to apply ChiBall methods of choreographic sequencing, breakdowns and transitions. You'll enjoy ChiBall dance sequences that are fluid, rich and energetic. **MC**

B3L ChiBall qi gong

Rafaël Moreno

FRANCE

In this sensational workshop you'll explore correct posture, stance and technique for teaching and practising qi gong and tai chi. You'll examine the principles of yin and yang, the philosophy of *chi* and how to rejuvenate its flow, and the art of relaxation within movement. **WS**

B4L Long, lean and elegant with ChiBall Pilates

Eva Winskill

Lynley Gladdis

FRANCE

SA

Explore a mix of Pilates based exercises to promote the principles associated with Chinese medicine's Earth element – self confidence, centredness, concentration, calmness of the mind, and an inner sense of space, strength and elegance. **WS**

B5C ChiBall yoga

Monica Linford

UK

PLENARY

Experience yoga using the ChiBall method and Fire element, to stretch, strengthen, detox, tone, rejuvenate your internal organs, and stimulate all the body's meridians. ChiBall yoga helps you develop total health and the energy to create the life you want. **PL**



A2T Pilates and yoga for personal trainers

Claire Norgate

NSW

In this dynamic session, you'll use Pilates and yoga principles to learn how to create an unstable, yet safe, environment to develop your client's kinaesthetic awareness and body control. You'll also learn how to modify positions according to your client's posture and movement patterns. **WS**



A3L Flow-yoga®: ball series

DeDe Daniels

USA

Denise Klatte

USA

Experience the Flow-yoga® method, which fluidly links hatha yoga poses in a safe and effective way. Incorporating the use of stability balls to Flow-yoga® choreography, this awesome session challenges your coordination, balance, strength and mindfulness. **WS**

A3T Feldenkrais for instructors and personal trainers

Tina Hedren

SWEDEN

Feldenkrais is a gentle explorative movement method, which is sometimes dismissed due to the lack of force required to achieve desired outcomes. In this enthralling session you'll experience how flexibility, strength and stamina can be improved in an easy and effortless way. **WS**

A4L Free2Be: synergy

Marcus Irwin

NSW

Lesley Gray

NSW

Explore your inner and outer muscles through a variety of movement planes, while focusing on a mind muscle connection. This culmination of Eastern, modern and alternative mind and body practices is a synergistic exploration of grace and control through dynamic motion and sensation. **MC**

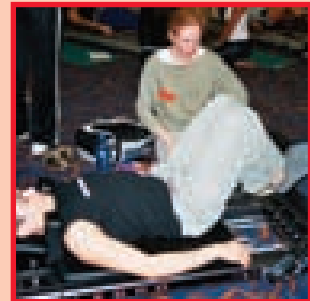
A4T STOTT PILATES™ Fitness Circle challenge workshop

Carla Hayes

CANADA

Experience the STOTT PILATES™ Fitness Circle – a resistance ring workout of intermediate level exercises. This invigorating session will challenge your strength, flexibility and core stability. Tips and cues for optimal safety and effectiveness will be included. **WS**

Sponsored by



A5C Pilates progressions

Zosha Piotrowski

NSW

Conclude your day with a true experience of the flowing movement principle of Pilates. This sensational class will challenge your awareness and coordination and create a genuine connection with the mind and body. **PL**

PLENARY

'Great convention! Even after having attended 7 conventions, I still find them really motivational and enjoyable.'

David Baldwin, NSW

B1F Psycho-neuro-immunology for fitness professionals

Judy Lovas

NSW

PNI is the science of mind body health. In this dynamic presentation, Judy brings to life the scientific research that fitness professionals need to educate clients on the links between thoughts, emotions and physical health. **L**



B1J Flow-yoga®: the science behind the mind-body connection

DeDe Daniels

USA

Denise Klatte

USA

Check out the science and current research behind yoga's 5,000 year success. From this insightful session you'll learn how mental, emotional and physical wellbeing is accessed and sustained with yoga practice. **L**

B1L Release your spirit

Ruth Oliver

VIC

Take a journey that incorporates your physical fitness needs, addresses your mental and emotional needs, and allows your spirit to soar. Take home awesome ideas for adding Eastern magic to your classes and still ensure you create that 'just worked out' feeling. **WS**

B1R Belly dance body sculpt

Sandra Young

QLD

East meets West when this mix of belly dancing, Pilates and resistance exercises blend together for the most exciting low impact body sculpt class ever! Not restricted to the Goddesses only, as this class has proved popular with both genders. **MC**

B2L Flow-yoga®: athletic series

DeDe Daniels

USA

Denise Klatte

USA

Experience the athletic series of Flow-yoga®, which uses sport-specific poses and movement patterns to improve performance in such activities as golf, soccer and tennis. Walk away with the choreography, class formatting and methodology to put it all together! **WS**

B2R Pilates release

Lynley Gladdis

SA

Explore common areas of muscle tightness and learn release movements that help to facilitate ease of movement for strong exercise execution. This dynamic session provides maximum take home value. **WS**

B3K STOTT PILATES™ ultimate body sculpting

Carla Hayes

CANADA

By incorporating the Flex-Band exerciser into moves based on those performed on the STOTT PILATES™ Reformer, you'll work the upper and lower body, while maintaining correct alignment and form. Cues and corrections to help ensure safety and effectiveness will be provided. **WS**
Sponsored by



B3R The best of BODYBALANCE®

Garry Hart

NSW

Kylie Gates

ACT

Matt Sadler

NSW

Dorota Rynkiwicz

NSW

Experience BODYBALANCE®, which calls upon the ancient arts of hatha yoga, Feldenkrais, Pilates and tai chi. Loosen and strengthen your muscles, improve your posture and flexibility and learn valuable relaxation techniques. **MC**

Sponsored by

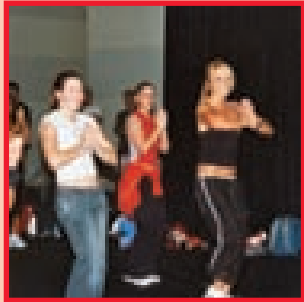


B4R Peace of mind

Fiona Reid

NSW

Join Fiona on a wonderful experiential relaxation journey where you'll learn how to effectively include relaxation in your workouts and classes that will keep them coming back for more. This session will be as rewarding as a long hot bath after a hard day! **MC**



C1K Pilates on the BOSU

Eva Winskill

FRANCE

This awesome and interactive class integrates Pilates movements with the BOSU. Sometimes the BOSU will help you to find your centre and sometimes the BOSU will make it more difficult. Explore and experience how to blend two sensational practices seamlessly. **WS**

C5F STOTT PILATES™ total body sculpting

Carla Hayes

CANADA

Explore the STOTT PILATES™ Flex-Band exerciser and take home exercises to increase core and peripheral strength and add variety and challenge to existing matwork routines that use the Flex-Band exerciser. You'll take home tips and cues to help ensure safety and effectiveness. **WS**



PILATES REFORMER and GRAVITY TRAINING

A3K & B2K Gravity: up close and personal training

Donal Carr

NSW

Energise and revitalise your private, semi-private and small group personal training sessions, with an extensive exercise library developed for use on the highly adaptable GTS™. You'll see how GRAVITYPersonalTraining™ creates new ways to make more from your valuable time. **WS**

Sponsored by



A4K & B1K Gravity: Pilates with a slant

Helen Tardent

Taryn Noble

NSW

NSW

Discover a revolutionary Pilates evolved repertoire where traditional mat and reformer exercises blend on the GTS™ by efi Sports Medicine. This GRAVITYPilates™ course challenges core strength, dynamic stability and coordination, and ensures new clients gain results from the start. **WS**

Sponsored by



B4K Functional fitness for golf with STOTT PILATES™ reformer

Carla Hayes

CANADA

Understand the conditioning requirements of golfers by breaking down the essential components of the golf swing and learning a series of cues and sensational golf specific STOTT PILATES™ exercises using the reformer. **WS**

Sponsored by



C1J STOTT PILATES™ intensifying essential reformer

Carla Hayes

CANADA

Challenge your clients with maximum safety and effectiveness, by taking STOTT PILATES™ essential reformer to a higher level of intensity. You'll learn how to add variety and increase the pace of the workout to keep clients continually motivated and progressively challenged. **WS**

Sponsored by



Would you like to be part of the event crew?

The event crew program enables you to work for half of the convention and attend the other half for free! It's hard work but loads of fun in a great team environment and a unique chance to work behind the scenes on one of the industry's premier fitness events.

To receive an event crew application form, or to find out more, call the Network convention department on 02 9908 9908 or visit www.fitnessnetwork.com.au/FILEX. Applications close on Monday 21 March 2005.