

FRIDAY 29 APRIL

8.45 - 10am	OPENING ADDRESS Your achievement is only as good as your aim! Kerry Chikarovski Page 3																		8am-6pm A2I The 5 golden steps to quality management Justin Tamsett Page 13	
10 - 11am AUSTRALIAN FITNESS EXPO OPENING																				
11 - 12.30pm	A2A Training for strength: nutrition for muscle Dr Len Kravitz L Page 17	A2B Bands & balls Lisa Westlake WS Page 20	A2C What makes a pain in the neck? Anna-Louise Bouvier L Page 17	A2D Balance training for all populations Peter Twist IL Page 21	A2E Marketing magic that boosts sales but costs you nothing Steve Jensen L Page 15	A2F Rethinking your business model for optimal growth Will Phillips L Page 14	A2G Keep 'em coming back for more Paul Brown & Jan Spattichia L Page 15	A2H Are carbs back in favour? Joanna McMillan-Price L Page 37	A2J Ageing and the role of physical activity & Improving Australia's quality of life Community Health L Page 34	A2K Gravity: amplified resistance Rob Glick & Joanne Melbourne WS Page 25	A2L ChiBall dance Eva Winskill MC Page 30	A2M Rock your body Steve Schiemer MC L2 Page 27	A2N Free2Be: rise Marcus Irwin & Zosha Piotrowski WS L1 Page 26	A2O Fight club 2005 - the basics Jari Rehula & Garry James WS Page 29	A2P Essential teaching techniques Lisa Williams WS Page 29	A2Q How to massage more dollars into your business Kerry McEvoy L Page 22	A2R Easy-peasy outdoor circuits Deslea Wrathall OD Page 19	A2S Zen of leadership & life Rod Macdonald L Page 23	A2T Pilates & yoga for PTs Claire Norgate WS Page 30	
12.30 - 1.30pm LUNCH & DESIGNATED AUSTRALIAN FITNESS EXPO TIME																				
1.30 - 3pm	A3A Beyond theory: advanced cardio training Rod Macdonald L Page 17	A3B Integrated flexibility Peter Rouse WS Page 20	A3C Getting to the core of stability training Stuart Baptist L Page 17	A3D Technology and trends in sports conditioning Jason Weber IL Page 21	Dedicated Australian Fitness Expo time for Business delegates	A3F Creating mind blowing customer service systems Rowena McEvoy L Page 15, 17	A3G Maintaining movement in older adults Community Health L Page 34	A3H Sports nutrition for endurance athletes Kira Sutherland L Page 37	A3J Exercise, diabetes and eating disorders in children and adolescents CHISM L Page 33	A3K Gravity: up close & personal training Donal Carr L Page 32	A3L Flow-yoga: ball series DeDe Daniels & Denise Klatte WS Page 30	A3M Get funkier Vanessa Vassallo MC L2 Page 27	A3N Step manoeuvres Rebecca Small WS L2 Page 26	A3O Punch pad training Bruce Townhill WS Page 29	A3P Cycle spectacular Effe Diamond WS Page 29	A3Q Making sense of massage therapy Vicki Tuchtan L Page 22	A3R Boot camp - high intensity for maximum results Joanne Melbourne OD Page 19	A3S Displaying a positive personal image Louise Watts L Page 22	A3T Feldenkrais for instructors and PTs Tina Hedren WS Page 30	
3 - 3.30pm AUSTRALIAN FITNESS EXPO BREAK																				
3.30 - 4.45pm	A4A Movement analysis & exercise prescription for shoulder pain Bryce Hastings L Page 17	A4B Systemising your core stability training Darren Stuchbery L Page 20	A4C Shifts, drifts and pivots - bringing variety to function Mark Davis L Page 17	A4D Go further & faster in endurance sport Allan Bolton L Page 21	A4E The leadership agenda Will Phillips L Page 14	A4F Superb sales management Petar Lakovic L Page 15	A4G Replicating magic Paul Brown & Jan Spattichia L Page 15	A4H Weight management for women Dr Len Kravitz L Page 37	A4J Linking the fitness industry to schools and the issue of hypermobility in children and adolescents CHISM L Page 33	A4K Gravity: Pilates with a slant Helen Tardent & Helen Noble WS Page 32	A4L Free2Be: synergy Marcus Irwin & Lesley Gray MC Page 26, 30	A4M Feeling fine Steve Schiemer MC L2 Page 27	A4N Slave to the rhythm John Sheehan WS L2 Page 27	A4O Fight club 2005 - the combos Jari Rehula & Garry James WS Page 29	A4P World tour - culture shock Mario La Marra MC Page 29	A4Q The Olympic experience - massage as an elite training aid Brad Hiskins L Page 22	A4R Challenging older adults in the outdoors Deslea Wrathall & Stephanie McLennan OD Page 19	A4S Coach yourself at work Dr Anthony Grant L Page 23	A4T Stott Pilates Fitness Circle Carla Hayes WS Page 30	
4.45 - 5pm BREAK																				
5 - 6pm	A5A NUTRITION PLENARY Overcoming the Australian diet Dr Rosemary Stanton Page 37				A5B BUSINESS PLENARY Making a difference with customer service Derek Barton Page 14				A5C MIND BODY PLENARY Pilates progressions Zosha Piotrowski Page 30				A5D GROUP FITNESS PLENARY Fusion HiLo Rob Glick Page 25				A5E CYCLING PLENARY Ascending El Diablo Jari Rehula Page 29			
6pm WELCOME DRINKS AND PRIZE DRAWS																				

Session codes: **IL** = Interactive lecture, **L** = Lecture, **L1** = General (content suitable for all delegates), **L2** = Intermediate to advanced (content may contain complex choreography and advanced techniques),**MC** = Masterclass, **OD** = Outdoor, **PA** = Panel, **PL** = Plenary, **SS** = Super session (double session), **WS** = Workshop

PROGRAM AT A GLANCE



SATURDAY 30 APRIL

7.30-10.15am										7.30-10.15am											
B1C PT Breakfast: the totally awesome trainer Rod Macdonald L Page 18 \$45pp (pre bookings required)										B1G Business Breakfast: a global view of marketing PA Page 14 \$45pp (pre bookings required)											
7.15 - 8.30am	B1A Harnessing hormones Stephen Bird L Page 17	B1B F.U.N: Fitball Utilising Novelty Katherine Tsebelis MC L1 Page 20, 27		B1D Strength & stability training for champion swimmers Annette Chatterton L Page 21	B1E Be the most knowledgeable PT in Australia, without going to university Ben Butler & Luke Smith L Page 18	B1F Psycho-neuro-immunology for fitness professionals Judy Lovas L Page 31,34		B1H Networking for success Laraine Dunn L Page 15		B1J Flow-yoga: the science behind the mind body connection DeDe Daniels & Denise Klatte L Page 31	B1K Gravity: Pilates with a slant Helen Tardent & Helen Noble WS Page 32	B1L Release your spirit Ruth Oliver WS Page 31	B1M Take a walk Jayne Evans WS L2 Page 27	B1N Rise up Steve Schiemer MC L2 Page 27	B1O The best of RPM Les Mills MC Page 29	B1P Pole walking = profitability Joe Waide OD Page 19	B1Q Fat loss success stories Matt O'Neill & Amanda Coombe L Page 37	B1R Belly dance body sculpt Sandra Young MC Page 31	B1S Group exercise innovations Kinnie Ho L Page 27		
	8.30 - 9am BREAK																				
9 - 10.30am	B2A Movement analysis & exercise prescription for lower limb pain Bryce Hastings L Page 18	B2B BOSU sports conditioning Peter Twist WS Page 21	B2C Where do bad backs come from? Dr Seamus Dalton & Anna-Louise Bouvier SS Page 18	B2D The need for speed Mark McKean IL Page 21	B2E Family fat loss Matt O'Neill L Page 37	B2F ExRx for osteoporosis & osteopenia Dr Mike Climstein L Page 34	B2G Ten steps to a terrific team Kayley Riddle L Page 15	B2H The psychology of phenomenal selling Annette Dobbins L Page 15	B2I Weight loss - big profits or big losses? Martha Lourey-Bird L Page 15	B2J Creating raving fans Michael Vincent L Page 15	B2K Up close and personal training Donal Carr WS Page 32	B2L Flow-yoga: athletic series DeDe Daniels & Denise Klatte WS Page 31	B2M Boot box blast David Crossley MC Page 29	B2N The wild card Rebecca Small MC L2 Page 26	B2O Fitness First cycle fiesta Fitness First team MC Page 29	B2P Plyometrics: how to jump high & move fast Paul Collins OD Page 19	B2Q Discover and live your genius Peter Barr-Thomson L Page 23	B2R Pilates release Lynley Gladdis WS Page 31	B2S It's in your hands Vicki & Charles Tughtan SS Page 22	9am-5pm B2T Group Fitness Management Summit Les Mills Page 13	
	10.30 - 11am AUSTRALIAN FITNESS EXPO BREAK																				
11 - 12.30pm	B3A More feats of strength - upper body exercises you've never tried before Tony Boutagy L Page 18	B3B Bones & balance Lisa Westlake WS Page 20	B2C Part II SS Page 18	B3D Crawl before you walk - the importance of general physical preparation in athlete conditioning Jason Weber IL Page 22	B3E Coach yourself to better health Joanna McMillan-Price & Judy Davis L Page 37	B3F Age-appropriate activities for kids and adolescents CHISM L Page 33	B3G Using the 'now' factor to dramatically increase sales Steve Jensen L Page 15	B3I Overcoming objections & advanced closing techniques Karen Wischmann L Page 14	B3J The risky business of fitness: prevention, privacy & liability Dr Dion Klein PA Page 15	B3K Stott Pilates ultimate body sculpting Carla Hayes WS Page 31	B3L ChiBall qi gong Rafael Moreno WS Page 30	B3M Free2Be: move Marcus Irwin & Zosha Piotrowski WS L1 Page 26	B3N Advanced step combos Rob Glick WS L2 Page 25	B3O The spin cycle John McKenzie MC Page 29	B3P Corporate health training - warm up for work Sonja Barbour OD Page 19	B3Q Self esteem & peak performance Dr Len Kravitz L Page 17, 23	B3R The best of BODYBALANCE® Les Mills team MC Page 31		B2S Part II SS Page 22		
	12.30 - 2.30pm LUNCH & AUSTRALIAN FITNESS EXPO BREAK BUSINESS LUNCH (\$60pp, pre bookings required)																				
2.30 - 4pm	B4A Seven ways to market your business for under \$7 Rowena McEvoy L Page 18	B4B Winning warm ups Peter Twist WS Page 21	B4C What do knees need? Dr Seamus Dalton L Page 18	B4D Transferring postural control to sport Mark McKean IL Page 22	B4E Proven weight loss techniques Dr Neil Peace L Page 37	B4F Child's play and core conditioning for kids CHISM WS Page 33	B4G Are you being served? Sandi Raey L Page 16	B4H Tapping into the corporate market Andrew May L Page 16	B4I Do you have an exit strategy? PA Page 16	B4J To sell with love Steve Ibrahim L Page 16	B4K Functional fitness for golf with Stott Pilates reformer Carla Hayes WS Page 32	B4L Long, lean & elegant with ChiBall Pilates Eva Winskill & Lynley Gladdis WS Page 30	B4M HiLo highway John Sheehan MC L2 Page 28	B4N The best of BODYPUMP® Les Mills team MC L1 Page 28	B4O The ride of your life Darryl Preston MC Page 29	B4P Speed, agility & quickness - a new method of personal training Darren Burgess OD Page 19	B4Q Great leaders are great coaches Tony Derbyshire L Page 23	B4R Peace of mind Fiona Reid MC Page 32	B4S An introduction to myofascial therapy Francine St George WS Page 22		
	4.00 - 4.15pm AUSTRALIAN FITNESS EXPO BREAK																				
4.15 - 5.15pm	B5A PT PLENARY Muscle, strength & hypertrophy Dr Len Kravitz Page 17					B5B BUSINESS PLENARY Getting better teams Will Phillips Page 14					B5C MIND BODY PLENARY ChiBall yoga Monica Linford Page 30					B5D GROUP FITNESS PLENARY Free2Be: fusion Marcus Irwin & Zosha Piotrowski Page 26					

7.30pm 2005 FITNESS INDUSTRY AWARDS DINNER

SUNDAY 1 MAY

8.30 - 10am	C1A Earn more dollars, pesos & euros: fitness adventure travel for PTs Gay Elliott L Page 18	C1B Exploring the core need not be a bore Katherine Tsebelis IL Page 18	C1C Great expectations Lisa Westlake WS L1 Page 20, 28	C1D Exploring the effects of ageing Dr Chris Driver & David Miers L Page 22	C1E Attracting the baby boomers & deconditioned markets Community Health L Page 34	C1F Nasty shoulder injuries & what happens to them Dr Seamus Dalton L Page 18	C1G No secrets to success Richard Chew L Page 16, 23	C1H Getting the biggest bang for your advertising buck Derek Barton SS Page 14	C1I Demystifying the law - legal for leaders Nigel Myers L Page 16	C1J Stott Pilates intensifying essential reformer Carla Hayes WS Page 32	C1K Pilates on the BOSU Eva Winkill WS Page 32	C1L Take the Lo road John Sheehan WS L2 Page 28	C1M Creative HiLo Kanae Takegahara WS L2 Page 28	C1N Schwinn cycling - class designs for serious results Rob Glick WS Page 25	C1O How massage can add WOW for your clients Rowena McEvoy L Page 22	C1P Posture management & trigger point releasing Dr Michael Hubbard & Paul Collins WS Page 20	8.30am-noon C1Q Your frontline team: the heart and soul of a successful club Impact Training Page 13
	10 - 10.30am AUSTRALIAN FITNESS EXPO BREAK																
10.30 - noon	C2A Movement analysis & exercise prescription for lower back pain Bryce Hastings L Page 19	C2B The little black book of training secrets Tony Boutagy L Page 19	C2C Partner stretching for PTs Rod Macdonald WS Page 20	C2D The abbreviated periodised plan Mark McKean IL Page 22	C2E Retaining active seniors - the secret to success Community Health L Page 34	C2F How to be a powerful woman Rowena McEvoy L Page 16, 23	C2G The challenge of change Jan Spattichia L Page 16	C1H Part II SS Page 14	C2I Selling personal training at point of sale Karen Wischmann L Page 14	C2J Just walk it Stephanie McLennan WS Page 34	C2K Cardio fusion Rob Glick WS Page 25	C2L Six moves, fight! Michael Jeffreys WS Page 29	C2M Hi-Loaded Rebecca Small WS L2 Page 26	C2N Creative cycle Claire Norgate WS Page 29	C2O The club rub - mastering the 5 minute massage Vicki & Charles Tughtan L Page 22	C2P Balancing act Lisa Champion WS Page 20	
12 - 1.30pm LUNCH & AUSTRALIAN FITNESS EXPO BREAK																	
1.30 - 2.30pm	CLOSING ADDRESS Good to great Justin Tamsett																1.30pm-5pm C4B Your sales team: making the difference to your bottom line Impact Training Page 13
2.30 - 3pm AUSTRALIAN FITNESS EXPO BREAK																	
3 - 4.15pm	C5A Lactate threshold training: the newest type of cardio prescription Dr Len Kravitz L Page 17	C5B Building athleticism Peter Twist WS Page 21	C5C Menopause & the role of exercise Dr Robbie Parker & Lisa Westlake WS Page 34	C5D What about profit? Will Phillips L Page 14	C5E Playas a team Klinton Hoare L Page 16	C5F Stott Pilates Total body sculpting Carla Hayes WS Page 32	C5G 2D - 2 dimensional Marcus Irwin, Zosha Piotrowski, John Sheehan, Steve Schiemer, Rebecca Small MC L1 Page 26										
5pm AUSTRALIAN FITNESS EXPO CLOSES																	

FILEX 2005 AQUA FITNESS PROGRAM

Friday 29 April

SYDNEY CONVENTION CENTRE		
7.00am	Registration	
8.45am – 10.00am	Opening keynote (page 3)	
Bus leaves Convention Centre at 10am for Cook & Phillip Park		
COOK & PHILLIP PARK		
	MAIN POOL (shallow)	MAIN POOL (deep)
10.45am – 12.30	A2U Aqua circuit Linda Dorrington WS Page 35	A2V A wet PT session Jennifer Schembri-Portelli WS Page 35
	LEISURE POOL	MAIN POOL (deep)
1.15pm – 2.30pm	A3U Hook into combat Gabrielle Harris WS Page 35	A3V Advanced intervals Marti Boutin WS Page 35
Bus leaves Cook & Phillip Park at 3pm for Sydney Convention Centre		
SYDNEY CONVENTION CENTRE		
3.30 – 4.30pm	Australian Fitness Expo Time	
4.30 – 5.30pm	Plenary sessions. Mark your choice on the session selection form	
6.00pm WELCOME DRINKS RECEPTION AND PRIZE DRAWS Tumbalong Foyer, Sydney Convention Centre		

Saturday 30 April

SYDNEY CONVENTION CENTRE		
7.15 – 8.30am	Convention sessions Mark your choice on the session selection form (page D)	
8.30am – 9.00am	Break	
9.00 – 10.30am	Convention sessions Mark your choice on the session selection form (page D)	
10.00am	Expo opens	
Bus leaves Convention Centre at 11.15am for Cook & Phillip Park		
COOK & PHILLIP PARK		
	LEISURE POOL (shallow)	MAIN POOL (shallow/deep)
12.00 – 1.15pm	B3U Active balance for seniors Laraine Dunn WS Page 35	B3V Deep melting pot Tamara Middleton-Echave WS Page 35
1.15pm – 1.45pm BREAK		
1.45pm – 3.00pm	B4U Abs in motion Marti Boutin WS Page 35	B4V It's a "wet hair" day - aqua fitness for the older adults Gay Elliott WS Page 35
3.00 – 3.15pm BREAK		
3.15pm – 4.30pm	B5U Successful aqua team teaching Rhiannon Czajkowski MC Page 35	B5V Aqua fundamentals Linda Dorrington WS Page 35
4.30pm – 4.45pm BREAK		
4.45pm – 5.30pm	B6U Hydro fabulous Marietta Mehanni MC Page 35	B6V Beethoven & Mozart do aqua-fit Gay Elliott MC Page 36
Bus leaves Cook & Phillip Park at 6pm for Sydney Convention Centre		
7.30pm - midnight FILEX 2005 Fitness Industry Awards Dinner (bookings essential)		

Sunday 1 May

SYDNEY CONVENTION CENTRE		
8.30am – 10.00am	Convention sessions Mark your choice on the session selection form (page D)	
10.00am – 11.15am	Australian Fitness Expo Break	
Bus leaves Convention Centre at 11.15am for Cook & Phillip Park		
COOK & PHILLIP PARK		
	LEISURE POOL (shallow)	MAIN POOL (shallow/deep)
12.00 – 1.15pm	C1U Active to frail Jennifer Schembri-Portelli WS Page 36	C1V KISS aqua condition Deslea Wrathall WS Page 36
1.15pm – 1.30pm BREAK		
1.30pm – 2.45pm	C2U The cutting edge – the latest aquatic equipment Marrietta Mehanni & Tim O'Connell MC Page 36	C2V Back to basics Margaret Ryall-Egan WS Page 36
2.45pm – 3.00pm BREAK		
3.00pm – 3.45pm	C3U Poolatés Kerri Parkinson WS Page 36	C2V ABC – concept aqua Jennifer Schembri-Portelli WS Page 36
Bus leaves Cook & Phillip Park at 4.15pm for Sydney Convention Centre		
SYDNEY CONVENTION CENTRE		
4.15pm – 5.00pm	Australian Fitness Expo Time	
5.00pm FILEX 2005 and The Australian Fitness Expo closes		