



FILEX 10 YEARS
THE FITNESS INDUSTRY
CONVENTION

REGISTRATION FORM

PAYMENT FORM

SESSION SELECTION FORM
(send this form directly to Australian Fitness Network)

&

LES MILLS

1-DAY QUARTERLY WORKSHOP

REGISTRATION FORM
(send this form directly to Les Mills)

REMEMBER!
You can also register online at
www.fitnessnetwork.com.au/FILEX

All Early Bird registrations can win a fantastic weekend holiday for two, donated by the OzAccom Group!



AUSTRALIAN FITNESS NETWORK

can make your
fitness career soar!

Your annual membership provides you with:

- **Discounts** on Human Kinetics courses
- Exclusive **discounts** on Reebok apparel and footwear at the Reebok Alliance website <http://alliance.reebok.com.au>
- Up to **6 Continuing Education Credits** (CECs) per year
- **Discounts** on conventions, Trax aerobics music and products
- **FREE** weekly online chat sessions with leading instructor trainers
- **FREE** monthly specialist online chat forums with industry leaders
- **Discounts** on Australian Institute of Fitness instructor training courses
- **Access** to five cutting edge quarterly publications
- **FREE** subscription to e-newsletters, delivering the latest industry news and research findings as they evolve
- **FREE** resource CDs for clubs to use in their operations (Club Network members only)
- **FREE** online employment advertisement service
- **FREE** access to, and inclusion in, online fitness industry directory

And heaps more!



Go to www.fitnessnetwork.com.au/join
for Network membership information
or e-mail info@fitnessnetwork.com.au or
phone 02 9908 9908.

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LES MILLS ONE DAY WORKSHOP REGISTRATION

Page 1

REGISTRATIONS MUST BE RECEIVED AT THE LES MILLS OFFICE BY FRIDAY APRIL 15 2005

Please tick and follow instructions

☐ I am only attending the Les Mills One Day Workshop

Next step: Complete this form and send with payment direct to Les Mills Australia (contact details at bottom of page)

☐ I am attending the FILEX Convention AND the Les Mills One Day Workshop

Next step:

- 1) Complete this form and send with payment direct to Les Mills Australia (contact details at bottom of page)
- 2) Complete pages B, C and D and send with payment direct to Australian Fitness Network

Please tick and follow instructions

- ☐ I am only attending the Les Mills One Day Workshop
- Next step: Complete this form and send with payment direct to Les Mills Australia (contact details at bottom of page)
- ☐ I am attending the FLEX Convention AND the Les Mills One Day Workshop
- Next step:
- 1) Complete this form and send with payment direct to Les Mills Australia (contact details at bottom of page)
 - 2) Complete pages B, C and D and send with payment direct to Australian Fitness Network

Office Use Only
Foxtrot ID #

Name	Address
Centre	Phone ()

E-mail AddressStatePostcode

Payment Details (Please tick your preferred option. No registrations will be processed without payment)

☐ Credit card holders name:

[illegible]

Expiry date: /

Signature:

Date:

**To secure
your first
Masterclass
preference
you must
BOOK EARLY!**

Pay only \$20* and register for as many programs as you like

REGISTER \$20 (all workshops included)

Registration fee \$20

Prepaid pack includes CD, video and choreography

8.30am - 9.30am	☐ BODY/PUMP ⁵⁴	Session one free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
9.30am - 10.30am	☐ BODY/STEP ⁶⁰	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
10.45am - 11.30am	☐ BODY/COMBAT ²⁴	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
11.30am - 12.30pm	☐ BODY/ATTACK ⁴⁹	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
12.30pm - 1.30pm	☐ BODY/PUMP ⁵⁴ Education	Session two free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
1.30pm - 2.30pm	☐ BODY/YAMF ³³	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
2.30pm - 3.30pm	☐ BODY/YAMF ³³ Education	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
3.45pm - 4.45pm	☐ BODY/BALANCE ²⁹	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
4.45pm - 5.45pm	☐ BODY/YAMF ³³ Education	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
5.45pm - 6.45pm	☐ BODY/BALANCE ²⁹	Session free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
RPW[™]						
12.30pm - 1.30pm	☐ RPW [™] 27	Session one free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
1.45pm - 2.45pm	☐ RPW [™] 27	Session two free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total
4.00pm - 5.00pm	☐ RPW [™] 27	Session three free	☐ CD \$37	☐ CDE/Video \$48	☐ CD/DVD \$48	Sub total

TOTAL \$

SEND TO:
PO Box 3998, Manuka,
ACT 2603
Phone: 02 6282 8192
Fax: 02 6282 0553
E-mail: lesmills@lesmills.net.au
Web site: www.lesmills.com.au

Return this form with your payment and session selection form to Australian Fitness Network to complete your registration.

Attention: Les Mills Instructors

- ☐ I am attending ONLY the Les Mills one day Quarterly Workshop.
Complete the Les Mills Registration Form (page E) and send direct to Les Mills Australia. Do NOT send it to Australian Fitness Network.

- ☐ I am a Les Mills Instructor attending the Les Mills Quarterly Workshop AND FILEX Convention.

Complete the FILEX registration, payment and session selection forms and send these direct to Australian Fitness Network. PLUS complete the Les Mills Registration Form and send directly to Les Mills Australia. Do NOT send it to Australian Fitness Network.

Important information:

- Please use one registration form per person. Photocopy if additional forms required.
- If you are registering as a group, all forms for each delegate must be mailed in the same envelope.
- All payments must be made in Australian dollars.
- Please be familiar with our cancellation policy (page 46).
- Registrations received after Monday 25 April will incur a \$50 administration fee.
- Session selections are not confirmed until you receive written notification from Australian Fitness Network.
- If we receive and process your registration form by Friday 22 April, you will receive a tax invoice and delegate information **BEFORE** the convention takes place. Otherwise you will receive the tax invoice after the event.
- Prizes are not applicable to Commonwealth government funded employees.

Title: ☐ MR ☐ MRS ☐ MS ☐ MISS ☐ Male ☐ Female

First name: _____

Family name: _____

Postal address: _____

Suburb: _____ State: _____

P'code: _____ Country: _____

Is the above a new address? Yes No

Company: _____

Main fitness industry occupation: _____

Ph (W): (_____) _____

Ph (H): (_____) _____

Mobile: _____

Fax: (_____) _____

E-mail: _____

NETWORK
Membership No: _____

Expiry date: _____/_____/_____

Please check
expiry date – you
must be a member
during the event,
otherwise you will
need to become
a member (see
Page C).

WAIVER

Please fill in your details and sign this waiver - we cannot process your registration without this signed waiver.

I willingly participate in al exercise routines or similarly strenuous activity, I may suffer injury, illness, death or property resulting from my participation in any activities and will not seek to penalise, prosecute or claim compensation from the organisers, sponsors, suppliers, presenters or participants. Additionally, I understand that I may be photographed, filmed, videotaped or audio-taped during FILEX 2005 and understand that Australian Fitness Network and its affiliates will own all or part of any such film, tape or recording and understand how it affects my legal rights.

NOTE: The information you provide is used by Australian Fitness Network and affiliates (e.g. mailing house) for the purpose of registering your attendance at FILEX 2005. Australian Fitness Network may, on occasion, provide your details to its affiliates for marketing purposes. If you do not wish to be kept up to date with the latest news, products, special offers, discounts, etc, please write to 'The Privacy Officer' at Australian Fitness Network, PO Box 57, Neutral Bay NSW 2089 and state 'I am attending FILEX 2005 but do not wish to receive promotional offers'.

Full name: _____

Daytime telephone: (_____) _____

Signature: _____

Date: _____/_____/_____

Please select your registration options below, send to Network with your registration and session selection forms.

A CONVENTION REGISTRATION / PACKAGES (all fees include GST)

Individual		
Early Bird rate	Standard rate	
till Monday 7 March 2005 (must be postmarked by this date) 8 March – 25 April 2005		
☐ Early Bird	\$499	☐ Standard \$549

Group (10 or more) - group registrations must be sent together		
Early Bird rate	Standard rate	
☐ Group Early Bird	\$449	☐ Group standard \$499

Business Gold Pass (see page 4 for more details)	☐ Club Network member	\$749
The Gold Pass includes all Business Events.		
Please tick those you <u>will</u> be attending to confirm your space:		
☐ Business summit (Thursday 28 April)	☐ Business breakfast (Sat 30 April)	☐ Business lunch (Sat 30 April)

2005 Fitness Industry Awards Dinner: Saturday 30 April		
☐ \$80pp	No of tickets: _____	☐ Table of 10 for \$750 No of tables: _____ (please attach list of names)

B EXCEPTIONAL EXTRAS (all fees include GST)

Please note there are limited places available on the following courses and events

Pre and Post convention workshops/courses (off-site)	
Perfect Practice to the max	☐ \$180pp
Training for speed, agility & quickness	☐ \$160pp
Network Pilates fundamental matwork	☐ \$690pp
Network Pilates intermediate matwork	☐ \$360pp
Network Pilates personal training	☐ \$360pp
Network indoor cycling	☐ \$170pp
ChiBall teacher training	☐ \$690pp
Flow-yoga	☐ \$360pp
Flow-yoga intermediate	☐ \$199pp

Business summit (off-site)	☐ \$195pp
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Specialty breakfasts (off-site)	
PT Breakfast:	Saturday 30 April \$45pp No. of seats _____
please list additional names _____	
Business Breakfast:	Saturday 30 April \$45pp No. of seats _____
please list additional names _____	

Business lunch (on-site)	Saturday 30 April \$60pp No of tickets _____
please list additional names _____	

ADDITIONAL FEE FOR NON-MEMBERS
It is compulsory for your membership to be current at the time of the event.

For instructors & trainers add	\$60
Choose 1 newsletter:	
☐ PT	
☐ Group Exercise	
☐ Aqua	
OR For club owner & managers add	\$149

C PAYMENT

Payment must accompany your registration and session selection forms for processing to take place
Please make cheques payable to: Australian Fitness Network Pty Ltd

- ☐ Cheque attached ☐ Money order ☐ Mastercard ☐ VISA ☐ Bankcard ☐ Cash (do not post)

Credit card holder's name: _____

Credit card number: ____/____/____ ____/____/____ ____/____/____ ____/____/____

Signature: _____ Expiry date: ____/____/____

A confirmation tax invoice will be sent to you in your name.

Is another person paying?

If another person is paying for your registration please complete their details below.

Name: _____

Company (if applicable): _____

Phone: (_____) _____

TOTALS

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

TOTAL: \$ _____

GRAND TOTAL: \$ _____

Return this form with your Registration and Payment Forms to Australian Fitness Network

WHAT TO DO:

- Step 1: Review the FILEX 2005 Program at a Glance (page 9).
- Step 2: Choose the sessions you wish to attend and read descriptions.
- Step 3: Indicate your 1st, 2nd and 3rd choices on this session selection form by using the session codes in the FILEX 2005 Program at a Glance. Please use a black pen and write clearly.
- Step 4: S registration.

YOU MUST FILL IN ALL 3 CHOICES IN CASE YOUR 1ST OR 2ND CHOICES ARE FULL

FRIDAY 29 APRIL				Aqua program		
Please write your session selection codes clearly						
Timeslot	1 st choice	2 nd choice	3 rd choice	Timeslot	1 st choice	2 nd choice
Please circle participate or spectate						
8.45 – 10am	Opening Address			10.45am – 12.30pm	A2 ____	A2 ____
11am – 12.30pm	A2 ____	A2 ____	A2 ____		Participate / Spectate	
NB. A2I is an all day session (8am-6pm)						
1.30 – 3pm	A3 ____	A3 ____	A3 ____	1.15 – 2.30pm	A3 ____	A3 ____
					Participate / Spectate	
3.30 – 4.45pm	A4 ____	A4 ____	A4 ____			
5 – 6pm	A5 ____	A5 ____	A5 ____			

SATURDAY 30 APRIL				Aqua program		
Please write your session selection codes clearly						
Timeslot	1 st choice	2 nd choice	3 rd choice	Timeslot	1 st choice	2 nd choice
Please circle participate or spectate						
7.15 – 8.30am	B1 ____	B1 ____	B1 ____	12 – 1.15pm	B3 ____	B3 ____
	NB. B1C & B1G (7.30-10.15am) – additional fee of \$45.				Participate / Spectate	
9 – 10.30am	B2 ____	B2 ____	B2 ____	1.45 – 3pm	B4 ____	B4 ____
	NB. B2T is an all day session (9.00am-5.00pm)				Participate / Spectate	
11am – 12.30pm	B3 ____	B3 ____	B3 ____	3.15 – 4.30pm	B5 ____	B5 ____
					Participate / Spectate	
2.30 – 4pm	B4 ____	B4 ____	B4 ____	4.45 – 5.30pm	B6 ____	B6 ____
					Participate / Spectate	
4.15 – 5.15pm	B5 ____	B5 ____	B5 ____			
7.30pm	2005 Fitness Industry Awards Dinner					

SUNDAY 1 MAY				Aqua program		
Please write your session selection codes clearly						
Timeslot	1 st choice	2 nd choice	3 rd choice	Timeslot	1 st choice	2 nd choice
Please circle participate or spectate						
8.30 – 10am	C1 ____	C1 ____	C1 ____	12 – 1.15pm	C1 ____	C1 ____
	NB. C1Q – runs from 8.30am-12.00pm				Participate / Spectate	
10.30am – noon	C2 ____	C2 ____	C2 ____	1.30 – 2.45pm	C2 ____	C2 ____
					Participate / Spectate	
1.30 – 2.30pm	Closing Address		C4B ____	3 – 3.45pm	C3 ____	C3 ____
	NB. C4B – runs from 1.30pm – 5.00pm				Participate / Spectate	
3 – 4.15pm	C5 ____	C5 ____	C5 ____			

CHECKLIST Please send: ☐ FILEX Registration Form
☐ FILEX Payment Form
☐ FILEX Session Selection Form
....to Australian Fitness Network

If you are a Les Mills Instructor attending the Les Mill one day Quarterly Workshop, please complete the Les Mills Registration Form (on Page E) and send it with payment directly to Les Mills Australia. Do NOT send them to Australian Fitness Network.

Australian Fitness Network contact details:

Suite 2, 25 Grosvenor Street,
Neutral Bay NSW 2089, Australia
PO Box 57, Neutral Bay NSW 2089, Australia
Ph: 02 9908 9908 International: +61 2 9908 9908
Fax: 02 9908 9999 International: +61 2 9908 9999
E-mail: info@fitnessnetwork.com.au
Web: www.fitnessnetwork.com.au/FILEX