

SATURDAY 16 AUGUST

7am	Delegate Registration - Central Foyer							
Room	Riverside Theatre							
8.30 – 10am	Opening Address: When Opportunity Knocks Steve Pettit <i>Powered by Network</i>							
10 – 10.30am	Break							
10.30am – 12pm	B1A ► Marketing for genuine leads <i>L</i> Justin Tamsett <i>Sponsored by Active Management</i>	B1B ► Creating allied health referral networks <i>L</i> Adam Floyd	B1C ► Train the brain for optimal focus and performance <i>L</i> Cameron McDonald	B1D ► Programming for movement patterns <i>WS</i> Dan Henderson & Tarek Chouja <i>Sponsored by Australian Institute of Kettlebells</i>	B1E ► Overcome shoulder dysfunction <i>IL</i> Trevor Aung Than	B1F ► Understanding HIIT <i>WS</i> Kate Richards <i>Sponsored by Les Mills Asia Pacific</i>	B1G ► Contemporary Pilates flow: a different angle <i>MC</i> Karin Gurtner	B1H ► Inspired group training <i>OD</i> Katrina Cochrane <i>Sponsored by Australian Institute of Fitness</i>
12 – 1pm	Break							
1 – 2.30pm	B2A ► Are children the next big thing in fitness? <i>L</i> Miriam Jaclyn Cohen <i>Sponsored by Les Mills Asia Pacific</i>	B2B ► Training protocols for max strength, hypertrophy and fat loss <i>L</i> Claire Norgate	B2C ► How everyday medicines can affect exercise <i>L</i> Pam Williams	B2D ► Performance pillar training – foundational stability and strength <i>WS</i> Derek Vandenbrink <i>Sponsored by Institute of Motion & QPEC</i>	B2E ► Coffee: good or bad? <i>L</i> Robert Yang	B2F ► Straight and strong intervals <i>MC</i> Kirsty Nield	B2G ► YogaFit basics <i>WS</i> Aimee Marshall <i>Powered by YogaFit & Network</i>	B2H ► High intensity functional metabolic conditioning <i>OD</i> Dan Henderson & Tarek Chouja <i>Sponsored by Australian Institute of Kettlebells</i>
2.30 – 3pm	Break							
3 – 4.30pm	B3A ► 25 hours a day <i>L</i> Steve Pettit	B3B ► Grow your PT business using small group training <i>L</i> Katrina Cochrane <i>Sponsored by Australian Institute of Fitness</i>	B3C ► Nutrition and depression <i>L</i> Cameron McDonald	B3D ► Train the human being, not the human body <i>WS</i> John Polley & Gareth Houley <i>Sponsored by OD on Movement</i>	B3E ► Corrective stretching for every client <i>WS</i> Claire Norgate	B3F ► BOSU tag team partner's challenge <i>WS</i> Ken Baldwin & Jan Hutnan <i>Sponsored by QPEC</i>	B3G ► Slings in motion: Myofascial training <i>MC</i> Karin Gurtner	B3H ► Fit fast – high metabolic training for bootcamps <i>OD</i> Tony Watson <i>Sponsored by Motivate to Train</i>
4.30 – 5pm	Break							
5 – 6.15pm	B4A ► The incoming call is the lifeline to your business <i>L</i> Justin Tamsett <i>Sponsored by Active Management</i>	B4B ► From start up to PT business success <i>L</i> Ryan Hogan <i>Powered by Australian Fitness Network</i>	B4C ► The ABCs of fat loss <i>L</i> Nardia Norman	B4D ► ViPR training for 3D strength <i>WS</i> Derek Vandenbrink <i>Sponsored by Institute of Motion & QPEC</i>	B4E ► The joint by joint blueprint for programming <i>IL</i> Jono Freeman	B4F ► Move: an alternative approach <i>WS</i> Trevor Aung Than & Anthony Tran	B4G ► YogaCore <i>WS</i> Aimee Marshall <i>Powered by YogaFit & Network</i>	B4H ► Chaddy's epic circuit <i>WS</i> Andrew Chadwick <i>Sponsored by PT Academy</i>
6.15pm	Welcome Drinks Reception							

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