



the FREESTYLE FORMULA eGX SUMMIT

7 CECS

Delivered by **REBECCA SMALL**



**Just \$149 for
Network members,**
*includes FREE
music CD,
valued at \$35!*

Join **Rebecca Small**, one of Australia's most successful Group ex exports, for a phenomenal day of freestyle fun and learning!

Seize this rare opportunity to share in the Group x secrets that have helped turn Rebecca Small into the highly experienced and sought-after international presenter and Group ex specialist that she is! From this unprecedented day of inspiration and education, you'll experience seamless teaching progressions and take home choreography ideas that are not only effective, but memorable for both you and your participants.

WHEN AND WHERE?

Melbourne

Saturday 24 October, 9am – 5.30pm

Fitness First Bourke Street

\$149 Network members / \$199 Non members

Sydney

Saturday 31 October, 9am – 5.30pm

Fitness First George Street Platinum

\$149 Network members / \$199 Non members

Register online at www.fitnessnetwork.com.au/egxsummit

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THE FREESTYLE FORMULA eGX SUMMIT

Designed for the novice or advanced Group ex instructor, this one-day summit is broken down into three components, to ensure you take home the skills and knowledge for you to become the best freestyle Group ex instructor you can be:

- **Future Freestyle Step.** This component will address the skills involved in teaching a modern step class including tap-free choreography, base moves, simple step movements and layering.
- **Future Freestyle Aerobics.** The second part of the day will address floor aerobics classes from a modern perspective, including base moves, simple aerobics movements and layering skills.
- **Future Freestyle Muscle Conditioning.** The final segment will teach you how to create or bring your conditioning classes into the future! Exploring functional bodyweight class formats, you will walk away with a wealth of ideas that your students will love!

Note: Places are limited so book today to avoid disappointment!

To find out more or to register your attendance visit
www.fitnessnetwork.com.au/egxsummit

REGISTRATION FORM

☐ **NETWORK MEMBER \$149** ☐ **NON MEMBER \$199**

Network Membership No.: _____ Expiry date: ____/____/____

Please check expiry date – you must be a Network member at time of booking and during the event.

CONTACT DETAILS

First name: _____ Family name: _____

Company: _____

Postal address: _____

Suburb: _____ State: _____ Postcode: _____

E-mail: _____

Best contact number: _____

I AM REGISTERING FOR: (please indicate which city you are registering for)

☐ **Melbourne**, Saturday 24 October, 9am – 5.30pm

☐ **Sydney**, Saturday 31 October, 9am – 5.30pm

PAYMENT DETAILS

Payment must accompany your registration form for processing to take place.

Please make cheques payable to: **Australian Fitness Network Pty Ltd**

☐ Cheque (attached) ☐ VISA ☐ MasterCard

☐ Money Order (attached) ☐ Cash (do not post)

Credit card holder's name: _____

Credit card number: _____

Expiry date: ____/____/____ Security ID: _____

Signature: _____ Date: ____/____/____

Please send registration form to Australian Fitness Network: PO Box 1606, Crows Nest NSW 1585
 or fax: 02 9437 6511. For more information please call 02 8424 7200

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

WAIVER

Please fill in your details and sign this waiver – you will not be registered for The Freestyle Formula eGX Summit without this signed waiver.

I willingly participate in all aspects of The Freestyle Formula eGX Summit at my own risk. I am in reasonable physical health and acknowledge that when engaging in exercise routines or similarly strenuous activity, I may suffer injury, illness or death. I assume the risk of, and the responsibility for, any injury, illness, death or damage to or loss of 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 my written feedback may be published and/or I may be photographed, filmed, videotaped or audio-taped during The Freestyle Formula eGX Summit and Australian Fitness Network and its affiliates will own all or part of any such film, tape or recording and use it for any and all commercial and non-commercial purposes without providing remuneration or seeking permission. I agree not to videotape, film, photograph or audiotape any part of any session without written authorisation from Australian Fitness Network. I have read and understood this waiver and know how it affects my legal rights.

NOTE: Australian Fitness Network may provide your details to sponsors and affiliates for marketing purposes. If you do not wish to be kept up to date with the latest news, special offers etc, please write to 'The Privacy Officer' at Australian Fitness Network, PO Box 1606 Crows Nest NSW 1585 and state 'I am attending The Freestyle Formula eGX Summit but do not wish to receive promotional offers'.

Signature: _____

Full name: _____

Date: ____/____/____