

207 GROUP EXERCISE

To help you navigate your way through the group fitness revolution that we're in the midst of, we have divided the FILEX 2007 Group Exercise program into two streams – Work It and Learn It which together provide you with a complete FILEX experience!

WORK IT

If you are itching to have some serious group exercise fun, then take up the challenge of the Work It sessions! Guaranteed to get you moving, grooving, jumping and jiving with some of the world's top presenters, the Work It sessions are here to add some serious fun to your FILEX experience!

LEARN IT

The FILEX 2007 Learn It stream comprises a series of educational sessions to take your teaching to a new level. Take away a hearty dose of education from the world's leading instructor trainers; whatever your level of experience there is something for everyone. You'll leave each session feeling motivated and inspired to create that perfect class – every time!

Group exercise

A1L ♦ Ola HiLo! MICHELLE DEAN

Join Michelle in a fiesta of moves, music and madness! Rediscover how much fun HiLo aerobics can be with the right mix of creative moves, Latin flavour and innovative choreography. This session incorporates plyometric training, unique rhythms and a focus on upper body sequencing. **MC L2**

A2K ♦ 2007: Step Odyssey MIN LOMO

Join Min on his quest to evolve your step experience with a montage of stomps, tangos and shakes. Explore the journey of a logical progression to an achievable and fun-filled end product which will revolutionise your step class. Do you dare? **MC L1**

A3L ♦ Muy caliente MICHELLE DEAN

Learn to more than mambo! Experience high energy merengue, tango, lambada, cha cha and salsa. This dynamic combination of 'Take the Lead' style choreography and modern fitness movements is the real deal. Guaranteed take home value, and a guaranteed good time! **MC L2**

A4L ♦ Bolly Jam Returns – The Bindi Bash MIKE THOMAS

After the success of last year's session, Mike returns with his unique take on the Bollywood fitness craze. Inspired by moves from blockbusters like Bride and Prejudice, this masterclass is guaranteed to bring a smile to your face. Journey to India and see how the combination of culture and fitness can make you sweat as much as any conventional workout. BYO Bindi! **MC L2**

B1L ♦ Free2Be: FUSION LESLEY GRAY, MARCUS IRWIN, MIN LOMO, CECILEY LYON, MICHAEL JEFFREYS & JARI REHULA

Unleash your inner prima donna and dancing queen or king. Learn the moves to improve your groove on the dance floor and at the gym. Let the music take control of your body while the Free2Be: FUSION team lead you on a magical dance movement journey. **MC L1**

B2K ♦ The step mechanic REBECCA SMALL

Rebecca will help you manoeuvre your way around the Step like a true professional. Through the art of playful choreography

and superb breakdowns, Rebecca will ensure that you glide easily through the most challenging manoeuvres, with minimal effort and maximal enjoyment. An advanced lesson not to be missed by all die hard steppers! **MC L2**

B4K ♦ Step down from it! REBECCA SMALL

What?! We're not going to go up up, down down? That's right! Join Rebecca and sample the latest concept in Step right now... enjoy yourself and step, DOWN from it! This informative workshop comes complete with user friendly choreography to spice up your step classes! **MC L1**

B4L ♦ Latin HiLo fiesta! PATTY KATTS

Spice up your HiLo classes with this amazing session inspired by the best of Latin dance moves. Patty takes four blocks of regular HiLo choreography and transforms them into an explosive salsa, merengue and samba mix. The concepts will give you ideas for the next year on how to give your old HiLo choreography a Latin makeover. **MC L1**

B5C ♦ Drums alive ROB GLICK

Take an ordinary stability ball, drum sticks, great music and cool cardio moves and create an unmatched energy explosion. Rob will change the way you view fitness as your heart pounds to the beat of drumming and your spirits lift to the sky. This is truly a class not to be missed - experience it and you'll be hooked! **MC P**

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C1F ♦ Viva la V MICHELLE DEAN

A session like no other to kick start your day, with live drummers, dancers, singers and instructors. Is it a show, a class or a concert? It's all of the above, featuring you as one of the performers. Prepare for HiLo, dance, martial arts and some mind body. Don't miss this ultimate fitness experience. **MC P**

C3L ♦ Moscow mambo ANDREI CHERNOUSIK

All the way from Russia, Andrei brings you the best hi impact aerobics moves to get you sweating and wanting more. Combining elements of Russian folk dance with HiLo aerobics discover how to incorporate simple themes into your classes to give your participants an inspiring and unforgettable workout. This is sure to be the hottest freestyle class of the future! **MC L2**

C4K ♦ A Step above the rest STEVE SCHIEMER

Steve's back with more Step fabulosity! For great 'take home' choreography, look no further... With perfect breakdown and build-up, you can use Steve's choreography at any point in the teaching process. Use the early layers for your easier classes, and wait until the 'product' is complete to take it back to your more demanding participants. Become a Step above the rest! **MC L1**

C4L ♦ Retro HiLo MIKE THOMAS

Dig out your lycra and legwarmers for this journey back to the days when HiLo was the king of aerobics. Combining simple choreography and innovative formations, this session is easy to follow and a sure way to take your die hard freestyle fans on trip down memory lane. Maximum fun and a guaranteed winner for all. Join Mike to end FILEX 2007 on a high! **MC L1**



PLENARY SESSION

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SESSION TYPES: WS – Workshop, MC – Master Class, P – Plenary, L1 – General (content suitable for all delegates)
L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques), ‡ – Step Session

Group exercise

LEARN IT

A1K ♦ Stomp FX

REBECCA SMALL

Stomp FX is no ordinary step class. This program embraces tap-free choreography and learning curves, which open the door to the less experienced participant due to their logical progressions and achievable routines. Stomp FX targets lower body for strength and tone as well as offering the ultimate butt busting workout. This is a program with a difference! **MC L1**

A2L ♦ BODYVIVE™ - Vive La Resistance!

DIONE WARE AND THE LES MILLS TEAM

Get fit for life with BODYVIVE™! Join the Les Mills team and be one of the first to experience the latest Les Mills Group Fit Formula. This innovative new class combines movement, resistance and mobility. Using resistance bands, balls and bodyweight, BODYVIVE™ blends the power of motivating instructors with choreographed moves, group interaction and inspiring music. BODYVIVE™ is low impact, making it ideally suited for those new to group fitness, pregnant, de-conditioned or for seasoned participants as a rehabilitation option. **WS L1**

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A3K ♦ Making teaching easy - Symfit Systems

STEVE SCHIEMER AND REBECCA SMALL

A problem faced by many group fitness instructors is the lack of repeatable teaching systems which simplify both the

Instructors' and the participants' lives. Many of us use ad hoc systems which combine an assortment of moves and techniques. Symfit Systems is a new, complete approach to teaching classes that is easy to understand and repeat. Join Steve and Rebecca as they show you how this remarkable system works. **WS SS**

B1K ♦ BODYPUMP® technique tune up MICHELLE BRIDGES, KAREN RUSSELL & THE LES MILLS TEAM

This synthesis of hands-on technique correction and movement updating is a 'must do' session for BODYPUMP® teachers of all experience levels. Throughout the workshops, the Les Mills Master Trainers integrate the practical elements with tracks from the latest BODYPUMP® release to elevate your understanding of execution, and ability to enhance the workout for your members. **WS L1**

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B2L ♦ Analyse this STEVE SCHIEMER

Have you ever attended a masterclass that you loved, but wished that you had time to go through the choreography with the instructor afterwards? Steve teaches you a fabulous masterclass, and also allocates time at the end to walk through what he did, and why he did it! This is your chance to ask those questions you've never had the opportunity to ask! **MC L1**

B3K ♦ Just right '07 MICHELLE DEAN

Remember when step was simple and easy to follow? This session takes you back to basics - but with a fresh approach. Maintain the power of the step program while keeping it inspirational and creative. An exciting new twist to a tried and true program. **WS L1**

B3L ♦ BODYJAM® technique tune up GAYLE BRIMBLE & THE LES MILLS TEAM

The Les Mills BODYJAM® master trainers guide you through building and executing the latest BODYJAM® moves so you can feel confident to 'breakout' after this 'breakdown'. A blend of drills and choreography is used to help BODYJAM® teachers of all experience levels look and feel like dance masters and, most importantly, be able to coach their classes to feel that same level of competency. **WS L1**

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C3K ♦ Step to the rhythm ROB GLICK

As Step has evolved, so too has the way we use rhythm. Join the man whose steps are in demand all over the world, for a fun-filled, flowing class, which uses a variety of rhythms to create a tonne of exciting ideas! This class is geared towards Step instructors who are comfortable with cross-phrasing. **WS L2**

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BOXING

A1N ♦ Float like a butterfly, sting like a bee MANNY KATTS

Like the great Ali said. To achieve this we need to re-visit the basics, the fundamentals which make your classes stand out from the rest. Boxing is about focus pads, skipping, conditioning and sweat, but none of this will work without the right basics. Manny shows you the advantages of getting the basics right and explains how to apply them to your class combinations. **WS**

A2N ♦ Put the BOOT into boxing DAVID CROSSLEY

David teaches you how to inject variety into your boxing classes by safely

and effectively incorporating kicking techniques. Careful teaching of the correct leg techniques dramatically increases participants' cardio output, allowing you to deliver effective, streamlined classes with smoothly integrated cardio sections. The use of strike shields for smaller classes is also discussed and demonstrated and tips for class organisation given. **WS**

A3N ♦ Fight Club 2007: the combos GARRY JAMES & JARI REHULA

The boys are back with fifteen brand new boxing combos to challenge your participants for the next twelve months.

This awesome workshop designed for experienced boxing instructors includes advanced punching, elbowing, ducking and weaving combinations that will give you the fight of your life! **WS**

A4N ♦ Fight Club 2007: the workout GARRY JAMES & JARI REHULA

Get set to sweat in this ultimate boxing workout session. Using all new drills, methods and techniques, the boys will demonstrate how to use basic boxing equipment to get the most out of your fitness training and achieve breathtaking results. Drive your clients to the next level of fitness. Don't miss out! **WS**