

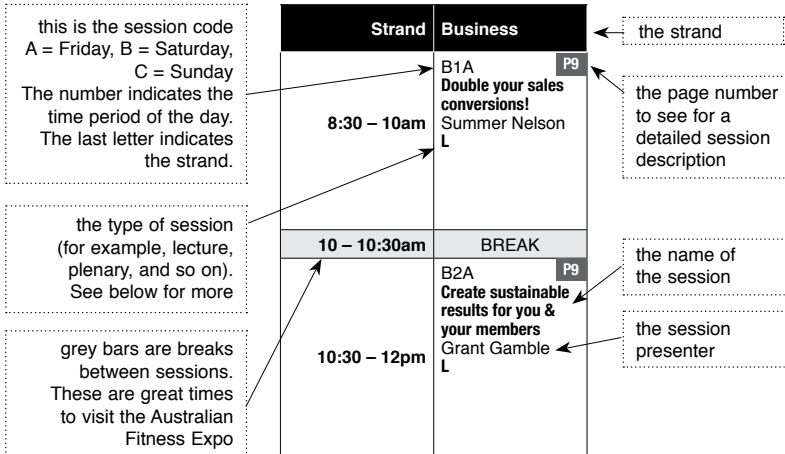
FILEX 2007 AQUA PROGRAM
FRIDAY 20 APRIL 2007

	Main Pool	Leisure Pool
10am	Bus leaves Convention Centre for Cook & Phillip Park	
10:45am – 12pm	A1U Extremely deep! Gabrielle Harris MC D	A1V Fluid Yoga-tai-lates Katharine McLarty MC S
12 – 1:30pm	LUNCH	
1:30 – 2:45pm	A2U Pilaqua – The sequel Mirko Turla MC D	A2V Take it on – Take it away Kayla Duke WS S
2:45 – 3pm	BREAK	
3 – 4:15pm	A3U E-Aqua – energetic, effective & easy to follow Jennifer Schembri-Portelli WS S	A3V Liquid rhythms Marietta Mehanni MC S
4:15 – 4:30pm	BREAK	
4:30 – 5:30pm	A4U Aqua intervals Kerri Parkinson MC S	A4V 101 ideas for dumbbells Annette Chatterton MC S
5:45pm	Bus leaves Cook & Phillip Park for Convention Centre	

SATURDAY 21 APRIL 2007

	Main Pool	Leisure Pool
9:15am	Bus leaves Convention Centre for Cook & Phillip Park	
10 – 11:15am	B1U Noodles and more noodles Kerri Parkinson MC D	B1V Aqua cycle Lawrence Biscontini WS S
11:15 – 11:30am	BREAK	
11:30am – 12:45pm	B2U Even more aqua antics for kids Stephanie McLennan MC D	B2V Tranz4m™ wet! Katharine McLarty WS S
12:45pm – 1:45pm	LUNCH	
1:45 – 3pm	B3U E.Q.U.I.P.P.E.D. for success Linden Cowan WS D	B3V Four-middable Mirko Turla MC S
3 – 3:15pm	BREAK	
3:15 – 4:30pm	B4U Get WET with the 80s Marietta Mehanni MC S	B4V Fit, fab and over fifty! Laraine Dunn MC S
4:45pm	Bus leaves Cook & Phillip Park for Convention Centre	

HOW TO READ THE PROGRAM AT A GLANCE



SESSION TYPES:
L – Lecture, **WS** – Workshop, **OD** – Outdoor, **SS** – Super Session (2 parts),
IL – Interactive Lecture, **MC** – Master Class, **P** – Plenary, **PA** – Panel, **S** – Shallow,
D – Deep water, **L1** – General (content suitable for all delegates),
L2 – Intermediate to advanced (content may contain complex choreography and
advanced techniques)

FILEX 2007 PROGRAM AT A GLANCE + FRIDAY 20 APRIL 2007

8:30 – 10am	Room: Parkside Auditorium + KEYNOTE ADDRESS + Power of the pride + Ian Schubach																	
10 – 10:30am	BREAK																	
Strand	Business	Business	PT	PT Practical	PT Outdoor	PT/Business	Specialty	PT	Nutrition	Group Exercise	Group Exercise	Cycling	Group Exercise	Mind Body	Mind Body	Pilates Reformer	PT Practical	Business
10:30 – 12pm	BUSINESS TIME IN THE AUSTRALIAN FITNESS EXPO		A1C Functional stability (Part 1) Paul Chek SS L <i>Sponsored by HQH</i>	A1D Partner stretching for PT clients Krista Popowych WS	A1E Survival of the sensational session Suellen Dennehy OD	A1G How to attract, retain & inspire superstars to your PT company Heidi Dening L	A1H Healthy eating for kids: make your clients take notice Susie Burrell L <i>Presented by CHISM</i>	A1I The science of cycling Jason McLaren IL	A1J Protein metabolism Shane Bilsborough L	A1K Stomp FX Rebecca Small MC L1	A1L Ola HiLo! Michelle Dean MC L2	A1M Crossing the Abyss – Information to instruction Matty Clarke WS <i>Sponsored by Tomahawk/RBK</i>	A1N Float like a butterfly, sting like a bee Manny Katts WS	A1P flow-yoga®: Evolution DeDe Daniels WS	A1Q Mind body bento Lawrence Biscontini WS	A1R STOTT PILATES®: Essential Reformer Lisa Kaye WS <i>Sponsored by STOTT PILATES & Life Fitness</i>	A1S BOSU® lower body solution Rob Glick WS <i>Sponsored by HQH</i>	8am – 6pm A1T The 5 steps to quality management Justin Tamsett WS <i>Sponsored by Active Management</i>
12 – 1:30pm			LUNCH & AUSTRALIAN FITNESS EXPO TIME															
1:30 – 3pm	A2A How to develop a praise culture Victor Brick L <i>Sponsored by Active Management</i>	A2B The common mistakes in setting up & running fitness facilities Richard Beddie L	A2C Periodisation for the personal trainer Tony Boutagy L	A1C Functional stability (Part 2) Paul Chek SS WS <i>Sponsored by HQH</i>	A2E Electrify your sessions Peter Manning OD	A2G Building financial freedom from PT Andrew Simmons L	A2H Exercise interventions for childhood obesity: are they effective? A scientific review Brendan Kennedy & Dr Robbie Parker L <i>Presented by CHISM</i>	A2I The secrets of longevity & quality of life Paul Taylor L	A2J Optimal nutrition for pregnancy Liz Dene L	A2K 2007: Step Odyssey Min Lomo MC L1	A2L BODYVIVE® · Vive La Resistance! Dione Ware & Les Mills Team WS L1 <i>Sponsored by Les Mills Australia</i>	A2M Rock star cycle John McKenzie MC	A2N Put the BOOT into boxing David Crossley WS	A2P Moving into stillness Lynley Gladdis MC	A2Q Yoga: a true balance between strength, flexibility & focus Simon Borg-Olivier WS	A2R Group Reformer workout Zosha Piotrowski WS	A2S Strong and stable 2 Lisa Westlake MC	
3 – 3:30pm	BREAK																	
3:30 – 5pm	A3A Leadership lessons from elite athletes Andrew May & David Misson L	A3B Build a club business with exponential growth potential Grant Gamble L	A3C Ground breaking research on obesity, resistance training, dieting and exercise prescription Len Kravitz L	A3D Beyond the basic ball Katherine Tsebelis WS	A3E BOOTCAMP – The secrets of instructional technique Nathan Schrag OD	A3G Divorcing your clients & other tricky training situations Krista Popowych L	A3H Unlock your client's potential to achieve results fast Donal Carr & Matt Brady L <i>Sponsored by Fitness First</i>	A3I Train the brain Lawrence Biscontini L	A3J Different people: different diets Joanna McMillan-Price L	A3K Making teaching easy – Symfit Systems (Part 1) Steve Schiemer & Rebecca Small SS WS	A3L Muy caliente Michelle Dean MC L2	A3M Journey into sound Karen Bruk-Finucane WS	A3N Fight Club 2007: the combos Garry James & Jari Rehula WS	A3P SynerChi Karin Sharp-Gurtner WS	A3Q Pilates in sitting & standing: a PERFECT PRACTICE™ workshop Lisa Champion WS <i>Sponsored by PERFECT PRACTICE</i>	A3R STOTT PILATES®: Progressing from Essential to Intermediate Reformer Lisa Kaye WS <i>Sponsored by STOTT PILATES & Life Fitness</i>	A3S Engaging overweight kids in exercise Liz Wells WS <i>Presented by CHISM</i>	
5 – 5:15pm	BREAK																	
5:15 – 6:30pm	A4A Marketing your fitness business on the internet Victor Brick L <i>Sponsored by Active Management</i>	A4B Play as a team Klinton Hoare L	A4C Optimal strength techniques & loading parameters for the lower limbs Tony Boutagy L	A4D BOSU® DSL Trainer Lisa Westlake & Karen Baldwin WS <i>Sponsored by QPEC</i>	A4E Outdoor games for the young at heart Stephanie McLennan WS	A4G Client injury pre-screen Tim Keeley IL	A4H The impact of obesity on children's health & the role of exercise: how fitness instructors can help Dr Robbie Parker L <i>Presented by CHISM</i>	A4I Motherhood to menopause Anna-Louise Bouvier WS <i>Sponsored by PERFECT PRACTICE</i>	A4J Exercise endocrinology for beginners Paul Taylor L	A3K (Part 2) See above	A4L Bolly Jam Returns – The Bindi Bash Mike Thomas MC L2	A4M Hell on wheels David Crossley WS	A4N Fight Club 2007: the workout Garry James & Jari Rehula WS	A4P flow-yoga®: Strength 2007 DeDe Daniels WS	A4Q Push and pull Pilates Zosha Piotrowski WS	A4R STOTT PILATES®: Intermediate Reformer Lisa Kaye WS <i>Sponsored by STOTT PILATES & Life Fitness</i>	A4S Dynamic warm-up & stretching Paul Collins WS	

FILEX 2007 PROGRAM AT A GLANCE + SATURDAY 21 APRIL 2007

7:15 – 8:30am	EXPO EARLY MORNING WORKOUT																		
7:30 – 10am	BUSINESS BREAKFAST (OFF-SITE AT DOCKSIDE) + The secrets to successful pricing strategies + Expert Panel + Chaired by Greg Hurst + PA P8									PT BREAKFAST (OFF-SITE AT STAR ROOM) + Building your client base from the ground up + Krista Popowych + L P13									
Strand	Business	Business	PT	PT Practical	PT Outdoor	PT/Business	Specialty	Professional Development	Nutrition	Group Exercise	Group Exercise	Cycling	Interactive Lecture	PT	Mind Body	Mind Body	PT Practical	Military	
8:30 – 10am	B1A Double your sales conversions! Summer Nelson L P9	B1B Manage the activities and the results will take care of themselves! Glenn Dobson L P9	B1C Weight management for women Dr Len Kravitz L P13	B1D Awesome abdominals Paul Collins WS P15	6am – 10am B1E The adventure fitness experience Diane Westaway OD P18	B1G Nasty shoulder injuries & what happens to them Dr Seamus Dalton L P13	B1H Psychology of success Andrew May L P35	B1I Lifestyle goal coaching at its greatest! (Part 1) Lisa Champion & Janette Gale L SS Sponsored by Health Coaching Australia P35	B1J Supplement science: replacing research with results Dr Stephen Bird L P33	B1K BODYPUMP® technique tune up Michelle Bridges, Karen Russell & The Les Mills Team WS L1 Sponsored by Les Mills Australia P21	B1L Free2Be: FUSION Lesley Gray, Marcus Irwin, Min Lomo, Ceciley Lyon, Michael Jeffreys & Jari Rehula MC L1 P20	B1M Ride like a pro Claire Norgate WS Sponsored by Tomahawk/RBK P23	B1N Take the sweat out of growing your PT business Adam Broadway L P17	B1O Wicked workouts – Get inside their head Gavin Aquilina L P15	B1P Pilates on the ball Lisa Westlake MC P25	B1Q The art of forward bends June Jones & Assumptious Cowley WS P26	B1R 3D Movement patterns Donal Carr & Alani Mala WS Sponsored by Fitness First P15	B1T Injuries as a result of intense training Mark Davis L Sponsored by Australian Institute of Fitness P18	
10 – 10:30am	BREAK																		
10:30 – 12pm	B2A Create sustainable results for you & your members Grant Gamble L P9	B2B Building your business in record time Dominic & Melony dos Remedios L P10	B2C Integrating whole-brain techniques with exercise for superior results Paul Chek L Sponsored by HQH P15	B2D Upper body express: plateau-busting exercise selection & load management Jason Weber WS P15	B2E Backpack full of fun & fitness Suellen Dennehy OD P18	B2G Managing hip osteo-arthritis, hip resurfacing and hip replacement clients Tim Schleiger IL P13	B2H Falls related issues & the facts behind falls Prof. Debra Rose, Ass. Prof Stephen Lord & Dr Jacqui Close L Presented by NSW Health P28	B2I (Part 2) See above P35	B2J Metabolic makeover Matt O'Neill L P33	B2K The step mechanic Rebecca Small MC L2 P20	B2L Analyse this Steve Schiemer MC L1 P21	B2M Funky flywheelin' Effe Diamond WS Sponsored by Tomahawk/RBK P23	B2N The best exercises, programs & methods for optimal fat loss Tony Boutagy L P15	B2O Muscle energy techniques – Interactive stretching for results! Brendon Harris L P15	B2P flow-yoga®: Equilibrium DeDe Daniels WS P26	B2Q Mind your matter Lynne Brick MC P26	B2R Stability devices – Expanding the PT tool box Kerrie Hains & Paul Molinia WS P15	B2T Foundation training as a precursor to intense training Mark Davis L Sponsored by Australian Institute of Fitness P18	
12 – 1:30pm	LUNCH & AUSTRALIAN FITNESS EXPO TIME									Bayside Terrace + BUSINESS LUNCH + 12.30 – 2.00pm + Planning ahead – The key to financial security + Rick Cosier L P8									
1:30 – 3pm	B3A Six cylinder marketing Gary Bertwistle L P10	B3B Create an annual theme & quarterly focus for maximum growth Victor Brick L Sponsored by Active Management P10	B3C Metabolism: reality vs. controversy Dr Len Kravitz L P17	B3D Lower body express: plateau-busting exercise selection & load management Jason Weber WS P15	B3E Plyometrics: how to jump high and move fast Paul Collins OD P15	B3G Advanced cardio ideas Krista Popowych L P15	B3H Triple P – People; Principles; Program planning Sally Castell & Helen Palethorpe L Presented by NSW Health P28	B3I Turn the action plan into action! Michael Vincent L Sponsored by Impact Training P10	B3J Tucking into takeaways – without tipping the scales! Leanne Hammond L P33	B3K Just right '07 Michelle Dean WS L1 P21	B3L BODYJAM® technique tune up Gayle Brimble & the Les Mills Team WS L1 Sponsored by Les Mills Australia P21	B3M Cycle 4 performance Manny Katts MC P23	B3N Exercise & depression Paul Taylor L P16	B3O Personal training people in pain – a PERFECT PRACTICE™ workshop (Part 1) Anna-Louise Bouvier & Lisa Champion IL SS Sponsored by PERFECT PRACTICE P13	B3P BODYBALANCE® technique tune up Garry Hart & the Les Mills Team WS Sponsored by Les Mills Australia P26	B3Q Yoga symmetry Jane E Seymour MC P26	B3R Restorative exercises Claire Norgate WS P16	B3T The next level – Performance based training Tony Boutagy L P18	
3 – 3:30pm	BREAK																		
3:30 – 5pm	B4A Referral programs that work Lynne Brick L P10	B4B Rapport – The only way to make more sales! Steve Jensen L Sponsored by Impact Training P10	B4C What do knees need? Dr Seamus Dalton L P13	B4D Swiss ball techniques for corrective posture & stability deficits Paul Chek WS Sponsored by HQH P16	B4E These streets are made for walking! Stephanie McLennan OD P18	B4G Stand out from the crowd Rob Hale L Sponsored by Fitness First P10	B4H Falls, balls & balance Sally Castell, Prof. Debra Rose & Helen Palethorpe L Presented by NSW Health P28	B4I Chronic Fatigue – Why M.E? Monica Linford L P35	B4J Insulin resistance: what fitness professionals need to know Susie Burrell L P33	B4K Step down from it! Rebecca Small MC L1 P20	B4L Latin HiLo Fiesta Patty Katts MC L1 P20	B4M The cycling coach Zosha Piotrowski WS P23	B4N Cardiovascular progressions: guaranteeing your clients results Gavin Aquilina L P16	B3O (Part 2) See above P13	B4P Just BE: Balanced Equilibrium Lawrence Biscontini MC P26	B4Q Yoga synergy Simon Borg-Olivier MC P26	B4R 30 minute Pilates programs for personal trainers Marena Digby WS P16	B4T Latest research in strength training and exercise prescription Dr Robbie Parker L P18	
5 – 5:15pm	BREAK																		
5:15 – 6:30pm	B5A + CYCLE PLENARY Peak performance + Matty Clarke & Danielle Woodcock MC P Sponsored by Tomahawk/RBK P23		B5B + NUTRITION PLENARY The world wide obesity crisis – Challenges and opportunities for the fitness industry + Prof. Adrian Bauman L P P33		B5C + GROUP EXERCISE PLENARY Drums alive + Rob Glick MC P Sponsored by HQH P20		B5D + SPECIALTY PLENARY The great balancing act + Prof. Debra Rose, Sally Castell, Helen Palethorpe WS P Presented by NSW Health P28		B5E + PT PRACTICAL PLENARY Ultimate PT group training – LIVE! + Rob Orr WS P P16			B5F + MIND BODY PLENARY flow-yoga®: Core stability 2007 + DeDe Daniels WS P P26			B5G + PT LECTURE PLENARY All about muscles and how best to train them + Len Kravitz L P P16			B5H + BUSINESS PLENARY Compete on value not price + Grant Gamble L P P10	
7:30pm	FILEX @ HOME PARTY (See page 6) + All delegates welcome + Entry by invitation only																		

FILEX 2007 PROGRAM AT A GLANCE + SUNDAY 22 APRIL 2007

7:15 – 8:30am		EXPO EARLY MORNING WORKOUT																														
8:30 – 9:30am		C1A + BUSINESS PLENARY + Work less, achieve more + Robert Gerrish L P				P10	C1C + PT LECTURE PLENARY + First things first: the absolute essentials of health & wellbeing + Paul Chek L P <i>Sponsored by HQH</i>				P16	C1D + NUTRITION PLENARY + The problems of male obesity + Matt O'Neill L P		P33	C1F + GROUP EXERCISE PLENARY + Viva la V Michelle Dean MC P				P20	C1G + CYCLE PLENARY + Outlast, outspin, outride + Krista Popowych MC P				P23	C1H + MIND BODY PLENARY + Network Pilates: the fab five way + Liz Dene, Lynley Gladdis, Claire Norgate, Zosha Piotrowski & Lisa Westlake MC P <i>Sponsored by Network Pilates</i>				P26			
9:30 – 10am		BREAK																														
10 – 11:30am		Room: Parkside Auditorium + KEYNOTE ADDRESS + Why Generation Y? Bridging the generations for success + Avril Henry																														
11:30am – 1pm		LUNCH & AUSTRALIAN FITNESS EXPO TIME																														
Strand	Business	Business	PT	PT Practical	PT Outdoor	PT/Business	Aqua	Professional Development	Nutrition	Group Exercise	Group Exercise	PT	PT	Cycling	Mind Body	Mind Body																
1 – 2:30pm	C3A How to lead your business team to victory Rowena McEvoy L <i>Sponsored by Australian Institute of Fitness</i>	P10	C3B The seven steps to a successful marketing plan Victor Brick L <i>Sponsored by Active Management</i>	P10	C3C Functional anatomy for health & exercise professionals Paul Chek L <i>Sponsored by HQH</i>	P16	C3D Exercising for Two (Part 1) Lisa Westlake SS WS	P13	C3E The need for speed: speed, agility & quickness Brendon Harris & Matt McCorkindale OD	P16	C3G What you're doing wrong in sales! Annette & Petar Lackovic L <i>Sponsored by Impact Training</i>	P10	C3H PT H ₂ O – Just add water! Jennifer Schembri-Portelli L	P16	C3I How to be a highly paid corporate speaker Andrew May L	P35	C3J Let's talk about food Joanna McMillan-Price L	P33	C3K Step to the rhythm Rob Glick WS L2 <i>Sponsored by HQH</i>	P21	C3L Moscow mambo Andrei Chernousik MC L2	P20	C3M PERFECT PRACTICE™: cutting edge core control Anna-Louise Bouvier L <i>Sponsored by PERFECT PRACTICE</i>	P16	C3N Stability of the cervical spine Merrin Martin IL	P13	C3O The all terrain workout Claire Norgate WS <i>Sponsored by Tomahawk/RBK</i>	P23	C3P Gliding: enter the zen den Lawrence Biscontini WS	P26	C3Q Yoga in motion Lesley Gray WS	P26
2:30 – 3pm		BREAK																														
3 – 4:30pm	C4A The art and science of growing your business Grant Gamble L	P10	C4B Venus mangers in mars world Lynne Brick L	P10	C4C Maximise the caloric burn Dr Len Kravitz L	P17	C3D (Part 2) See above	P13	C4E Get outside & drill 'em Suellen Dennehy OD	P18			C4H Contraindications in the deep Margaret Ryall-Egan L	P31	C4I From ordinary to extraordinary Klinton Hoare L	P35	C4J Fat metabolism during exercise Shane Bilsborough L	P33	C4K A Step above the rest Steve Schiemer MC L1	P20	C4L Retro HiLo Mike Thomas MC L1	P20	C4M Predictable performance – Systems-based client management Jason Weber IL	P17	C4N The science of running Jason McLaren IL	P17	C4O Sonic cycle rhythm Tim O'Connell MC	P23	C4P Loaded core Taryn Polovin MC	P17	C4Q The art of elegance and tranquility Monica Linford MC	P26
4:30pm		FILEX 2007 ENDS																														

CANCELLED