

this is the session code
A = Friday, B = Saturday,
C = Sunday
The number indicates the time
period of the day. The last
letter indicates the strand.

the type of session (for example, lecture, plenary, and so on). See right for more

grey bars are breaks
between sessions.
These are great times to
visit the Australian Fitness &
Health Expo

The diagram shows a session schedule table with the following structure:

Strand	Business
10:30am – 12pm	A1E • Eccentric exercise: everything you want to know & more! L Dr Len Kravitz
12 – 1:30pm	Break
Strand	PT
1:30 – 3pm	A2E • Marathon training 101 L Dr Jason Karp

Annotations explaining the components:

- the strand**: Points to the 'Strand' header in the first row.
- the page number to see for a detailed session description**: Points to the 'L' (Level) in the session title 'A1E • Eccentric exercise: everything you want to know & more! L'.
- the name of the session**: Points to the session title 'A2E • Marathon training 101 L'.
- the session presenter**: Points to the presenter name 'Dr Jason Karp'.

L – Lecture
WS – Workshop
OD – Outdoor
SS – Super session (2 parts)
IL – Interactive lecture
MC – Master class
P – Plenary
PA – Panel
S – Shallow water
D – Deep water



PROGRAM AT A GLANCE



Australian fitness
network



ptonthenet



FRIDAY 27 APRIL 2012

8:30 – 10am	KEYNOTE ADDRESS How to have ideas on purpose, presented by Dan Gregory • Sponsored by Australian Institute of Fitness																								
10 – 10:30am	Break																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Nutrition	Development	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
10:30am – 12pm		A1A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett <i>Sponsored by Active Management</i>	A1B • Change-proof your brand L Dan Gregory <i>Sponsored by The Impossible Institute™</i>	A1C • 50 new angles, models & methods to make your club rumble! L Emmett Williams <i>Sponsored by MYZONE</i>	A1D • Build a prosperous & profitable PT business L Aaron Whear	A1E • Eccentric exercise: everything you want to know & more! L Dr Len Kravitz	A1F • Chasing Phiedippides: the top 7 lessons for coaching runners L Dr Jason Karp	A1G • Change the game and impact more lives L Fraser Quelch <i>Sponsored by TRX®</i>	A1H • Training movements, not muscles IL Chuck Wolf	A1I • ViPR training for sport WS Michol Dalcourt <i>Sponsored by QPEC</i>	A1J • Bodyweight – The only ‘equipment’ a PT needs! OD Rob Di Francesco & Gary Mullins <i>Sponsored by MilitaryFitness.com.au</i>	A1K • Lower body rehab essentials WS Tim Keeley	A1L • The vital role of fitness professionals in exercise & lifestyle medicine L Garry Egger	A1M • Working with menopausal clients L Shira Kramer	A1N • Ladies & gentlemen, please take your seats WS Jennifer Schembri-Portelli <i>Sponsored by WETS</i>	A1O • Fuelling happiness: mental health & nutrition L Tara Diversi	A1P • Group Fitness Management: Mentoring Mastery L Michelle Dean <i>Sponsored by Les Mills Asia Pacific</i>	A1Q • Stomp the yard! MC Alissa Hall	A1R • Super step WS Rebecca Small	A1S • Indo-Row®: the perfect calorie burn MC Jay Blahnik & John Pirlo <i>Sponsored by Indo-Row®</i>	A1T • I.C.E 2.0 – Advanced riding positions MC Effe Diamond, Lesley Gray & Tony Zonato <i>Sponsored by I.C.E</i>	A1U • Australian Fitness & Health Expo time for Mind Body delegates	A1V • Acoustic yogahhh WS Julz Arney	A1W • Pilates, posture and the third dimension WS Zosha Piotrowski	A1X • Classically deep MC D Marietta Mehanni
12 – 1:30pm	Lunch Break • Australian Fitness & Health Expo Time																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Development	Nutrition	Development	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Aqua
1:30 – 3pm		A1A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett <i>Sponsored by Active Management</i>	A2B • Simple marketing rules for the independent club owner L Thomas Plummer <i>Sponsored by MYZONE</i>	A2C • Keep ‘em coming all year round: how to fill your calendar with retention events L Paul Brown <i>Sponsored by Fit Professionals</i>	A2D • Generating referrals from allied health professionals L Adam Floyd	A2E • Marathon training 101 L Dr Jason Karp	A2F • Back strong & beltless L Donal Carr & Cameron Nell <i>Sponsored by Place of Chi</i>	A2G • The neuroscience of behaviour change L Paul Taylor	A2H • Fitness vs. fatness: what is the best for the obese client? L Dr Robbie Parker <i>Sponsored by CHISM</i>	A2I • Upper body rehab essentials WS Tim Keeley	A2J • Suspended Rotation Training: MMA-style workout for maximum results WS Jeremy Strom <i>Sponsored by HF Industries & FreeMotion Fitness</i>	A2K • Outdoor motivation! OD Katrina Cochrane	A2L • Kettlebell essentials for trainers WS Emily Friedel <i>Sponsored by Iron Edge</i>	A2M • Older adults: the best is yet to come L Thamsin Dunn <i>Sponsored by Australian Institute of Fitness</i>	A2N • PTs on trial L Ken Baldwin <i>Sponsored by QPEC</i>	A2O • Get lean! L Dr Joanna McMillan	A2P • Australian Fitness & Health Expo for Career Growth & Development Delegates	A2Q • Zumba Gold® MC Joy Prouty <i>Sponsored by Zumba Fitness®</i>	A2R • New body revival WS Effe Diamond	A2S • Punchfit® thrash boxing: roundshield workout WS Scott Williams <i>Sponsored by PUNCH Equipment</i>	A2T • Schwinn Cycling®: HIIT it! WS Jay Blahnik	A2U • Pilates: exploring planes, progression and play WS Claire Norgate	A2V • Buddha boot camp WS Leslee Bender	A2W • Body mind balance for baby boomers WS S Laraine Dunn	
3 – 3:30pm	Break																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Nutrition	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
3:30 – 5pm		A1A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett <i>Sponsored by Active Management</i>	A3B • Develop your fitness dream team L Ingrid Owen <i>Sponsored by Active Management</i>	A3C • The four elements of ultimate customer service L Michael Jordan <i>Sponsored by CustomerCall & MemberDrive</i>	A3D • Communicate and grow your PT business using online networking L Amelia Burton	A3E • Female training advantages L Dr Len Kravitz	A3F • Heavy pressing: will it damage your shoulders? L Mark Buckley <i>Sponsored by FMA Strength Training</i>	A3G • Everything you should know about fascia L Michol Dalcourt <i>Sponsored by QPEC</i>	A3H • Strength training alternatives for blockbuster results IL Paul Wright	A3I • Anatomy of a lunge IL Chuck Wolf	A3J • Prime your clients for rapid skill development IL Mark Davis <i>Sponsored by Australian Institute of Fitness</i>	A3K • TRX® Rip™ Training foundations WS Fraser Quelch <i>Sponsored by TRX®</i>	A3L • Reduce shoulder injuries with Indian Clubs OD Scott Howe	A3M • 360 Warrior™ WS Alissa Hall <i>Presented by V Club</i>	A3N • All stressed out: depression and the role of exercise L Morwenna Kirwan	A3O • Australian Fitness & Health Expo time for Lifestyle & Exercise Medicine delegates	A3P • Is sugar making us fat? L Susie Burrell	A3Q • Concentrated core for radical results WS Michael Steel	A3R • Dance about it – Funky, fierce and fit! MC Julz Arney	A3S • Indo-Row®: the perfect calorie burn MC Jay Blahnik & John Pirlo <i>Sponsored by Indo-Row®</i>	A3T • The cycling coach MC Zosha Piotrowski	A3U • Perfecting posture through Pilates MC Kayla Duke	A3V • ChiBall moves – Shake your chi! WS Lynley Gladdis	A3W • The art of alignment in yoga WS Duncan Peak	A3X • Create aqua choreography that works! L Melissa Cameron & Stacey Dolliver <i>Sponsored by WETS</i>
5 – 5:30pm	Break																								
	Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Lifestyle & Ex. Med	Group Ex	Group Ex	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
5:30 – 6:45pm		A1A • Managing a profitable fitness business: a unique challenge WS Justin Tamsett <i>Sponsored by Active Management</i>	A4B • POP! Stand out online and crush your competitors L Casey Conrad <i>Sponsored by Healthy Inspirations</i>	A4C • Emotional selling L Amanda Bracks <i>Sponsored by Fit Professionals</i>	A4D • Capture the female training market L Edwina Griffin	A4E • The fat burning zone: fact or fiction? L Dr Jason Karp	A4F • Applied strongman training for every client L Joseph Coyne	A4G • Flatten your abs forever L Jo Rushton <i>Sponsored by Place of Chi</i>	A4H • Suspended Rotation Training: the key to power! L Jeremy Strom <i>Sponsored by HF Industries & FreeMotion Fitness</i>	A4I • Self myofascial release: the forgotten tool IL Ian O’Dwyer	A4J • BOSU® Crush It! WS Greg Sellar & Jay Blahnik	A4K • STOTT PILATES®: Programming for osteoporosis management IL Wayne Seeto <i>Sponsored by STOTT PILATES®</i>	A4L • Pelvic floor three ways L Shira Kramer, Marietta Mehanni & Michelle Wright	A4M • MMA Fitness: pad training for cage fitness WS Dee Rynkiewicz, James McNeill & Marcelo Rezende	A4N • Step, jump and fly MC Karen Finucane	A4O • CXWORX™WS Matt Sadler <i>Sponsored by Les Mills Asia Pacific</i>	A4P • Strong to the core WS Lisa Westlake	A4Q • Pro race: indoor cycling competition MC Andrew Conolly	A4R • Yoga for women MC Kathy Popplewell	A4S • Dance & stretch with Spirals MC Michael King	A4T • Pumping iron; treading water L Jennifer Schembri-Portelli <i>Sponsored by WETS</i>				
6:45pm	Delegate Welcome Drinks																								

Strand	Business	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Nutrition	Development	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body		
8 – 9:30am	B1A • Generate more sales with program marketing L Casey Conrad <i>Sponsored by Healthy Inspirations</i>	B1B • Run a health check on your business L Maria Albanese	B1C • Build a successful wellness profit centre L Maria-Ann Camilleri	7.30-9.30 B1D • Business Breakfast: The very best of fitness marketing PA Expert Panel, chaired by Emmett Williams <i>Sponsored by CustomerCall</i>	B1E • 7 secrets to slump-proof your PT business L Heidi Dening	B1F • The great debate: Isolation vs. Integration PA Expert Panel, Chaired by Mark Davis	B1G • The science of longevity L Dr Len Kravitz	B1H • The PT's guide to diabetes L Morvenna Kirwan	B1I • Explaining shoulder pain L Seamus Dalton	B1J • Hip & knee imbalance: the power of iso-integration IL Ulrik Larsen	B1K • Correct lifting and rehab: a physio's guide IL Paul Wright	B1L • BOSU® multiplicity WS Jay Blahnik & Julz Arney	B1M • Outdoor team extreme OD Karen and Ken Baldwin, Andrew Chadwick and Carl Gunn <i>Sponsored by QPEC</i>	B1N • Boxing for fitness: the next frontier WS Christian Marchegiani	B1O • The inner runner OD Dr Jason Karp	B1P • Find your inner mojo L Dr Joanna McMillan	B1Q • Snack strategy – How to optimise meal timing L Matt O'Neill	B1R • The only constant is change L Steve Pettit <i>Sponsored by Australian Institute of Fitness</i>	B1S • stomp fx™: The Mix MC Greg Sellar & Michael Steel	B1T • BODYCOMBAT® Dan Cohen, Rachael Newsham & Sharyn Sue See <i>Sponsored by Les Mills Asia Pacific</i>	B1U • Strength and grace: floor barre fitness MC Joanna Nicholas <i>Sponsored by Australian Institute of Fitness</i>	B1V • Pedal to perfection WS Effie Diamond <i>Sponsored by I.C.E</i>	B1W • Pre-Pilates spine mobilisation WS Michael King	B1X • Progressive restorative Pilates WS Leslee Bender			
9:30 – 10am	Break																										
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Nutrition	Development	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Aqua	
10 – 11:30am	B2A • Closing a sale is easy when you know how L Steve Jensen <i>Sponsored by Impact Training</i>	B2B • Managing a Gen Y workforce L Ryan Hogan <i>Sponsored by Australian Fitness Network</i>	B2C • Grow your membership with the power of group ex L Ingrid Owen <i>Sponsored by Active Management</i>	B2D • The pros and cons of franchising L Andrew Simmons <i>Sponsored by Vision Personal Training</i>	B2E • Unstable surface training – fact or fallacy? L Mark Buckley <i>Sponsored by FMA Strength Training</i>	B2F • Maximum results from metabolic conditioning L Suzanne Cox	B2G • Flexibility highways in motion IL Chuck Wolf	B2H • Dynamic slings and optimal 3D function L Trish Wisbey-Roth	B2I • CHISM Symposium: Fitness, physical activity and children: risks and benefits L <i>Presented by CHISM</i>	B2J • Revolutionise small group sessions with rip:60™ WS Jeremy Strom <i>Sponsored by HF Industries & FreeMotion Fitness</i>	B2K • Go ballistic with Kettlebells: The art of power endurance WS Emily Friedel <i>Sponsored by Iron Edge</i>	B2L • Our great outdoors! OD Lisa Chivers <i>Sponsored by Australian Institute of Fitness</i>	B2M • 360 Warrior™ WS Alissa Hall <i>Presented by V Club</i>	B2N • Build an effective health & medical referral network L Max Martin <i>Presented by Fitness Australia</i>	B2O • Stagger, swagger & strut: improving senior movement through functional training WS Alisha Smith <i>Sponsored by Australian Fitness Network</i>	B2P • Diets & weight loss: why they all work but none of them work L Garry Egger	B2Q • NLP & the fitness connection L Samantha McDonald	B2R • Australian Fitness & Health Expo for Group Ex delegates	B2S • Aero classic! MC Rebecca Small	B2T • MMA Fitness: cage conditioning drillsWS Dee Rynkiewicz, James McNeill and Marcelo Rezende	B2U • Riding the threshold WS Rachel Kalwy	B2V • Pilates toys MC Zosha Piotrowski	B2W • Lower body yoga therapy WS Bernadette McGree	B2X • Don't get 'board' by the wall! WS S Jennifer Schembri-Portelli <i>Sponsored by WETS</i>			
11:30am – 1pm	Lunch Break • Australian Fitness Expo Time																										
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex. Med	Nutrition	Nutrition	Development	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
1 – 2:30pm	B3A • Create higher returns through layered pricing L Thomas Plummer <i>Sponsored by MYZONE</i>	B3B • The secrets of successful women in fitness PA Amanda Bracks & panel <i>Sponsored by Fit Professionals</i>	B3C • Go guerrilla and grow your business L Michael Jordan <i>Sponsored by CustomerCall and MemberDrive</i>	B3D • Become a machine of behaviour change L Troy Morgan	B3E • Periodisation: the golden formula of training, stress and recovery L Dr Jason Karp	B3F • Movement quality: the latest research L Mark McKean <i>Sponsored by University of the Sunshine Coast</i>	B3G • The science of Suspension Training® Fraser Quelch <i>Sponsored by TRX®</i>	B3H • Put your best foot forward IL Chuck Wolf	B3I • Kinesio taping to fix shoulder problems IL Thuy Bridges	B3J • Dynamic slings: practical application WS Trish Wisbey-Roth	B3K • Throwdown showdown – Battleground bootcamp! WS Jay Blahnik	B3L • VIPR athletic OD Michol Dalcourt <i>Sponsored by QPEC</i>	B3M • The science of inactivity physiology L William Sukala	B3N • Water, sports drinks & energy drinks: facts, fables and fibs L Dr Len Kravitz	B3O • Australian Fitness & Health Expo for Nutrition & Fat Loss delegates	B3P • Exercising for two L Lisa Westlake	B3Q • BODYSTEP® WS Mark Nu'u & Chris Hutton <i>Sponsored by Les Mills Asia Pacific</i>	B3R • Studio Athletica WS Greg Sellar	B3S • Schwinn Cycling®: 10 minutes to your next 10 rides WS Julz Arney	B3T • Tribal rhythm strength and conditioning MC Kathy Popplewell	B3U • The power of tai chi: relax and energise MC Ming Shao	B3V • STOTT PILATES®: matwork strength and conditioning WS Wayne Seeto <i>Sponsored by STOTT PILATES®</i>	B3W • Aqua Zumba® Pool Party MC S Maria Browning & Maria Teresa Stone <i>Sponsored by Zumba Fitness®</i>				
2:30 – 3pm	Break																										
Strand	Business	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med.	Development	Nutrition	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
3 – 4:30pm	B4A • Social media – friend or foe in business? L Justin Tamsett <i>Sponsored by Active Management</i>	B4B • The power of one: building a member service culture, one person at a time L Ingrid Owen <i>Sponsored by Active Management</i>	B4C • How video can create a flood of new members L Steve Brossman	B4D • Australian Fitness & Health Expo time for Business delegates	B4E • 1 to 50: the new client formula L Vito La Fata	B4F • 27 tips to break through fat loss plateaus L Tony Boutagy	B4G • The 3 roadblocks your clients must overcome to reach their goals L Kamahl Barhoush	B4H • Strengthening hip and pelvic function IL Merrin Martin	B4I • The global system: movement is more than fascia IL Chris Gellert	B4J • MC² = comprehensive programs for time-poor clients WS Jeremy Strom <i>Sponsored by HF Industries & FreeMotion Fitness</i>	B4K • Training footwear: comfort vs. injury vs. performance L Dr Michael Kinchington	B4L • One-on-one partner training WS Ken & Karen Baldwin <i>Sponsored by QPEC</i>	B4M • Cardio games: Put the fun into outdoor training! OD Chad Davis	B4N • Exercise for anxiety, depression and mood L Lisa Champion <i>Sponsored by Australian Fitness Network</i>	B4O • Ultimate instructor assessment L Stephen Parker	B4P • The good enough diet: is near enough good enough to lose weight? L Tara Diversi	B4Q • Fun and effective group fitness for older adults MC Paula Todd	B4R • Welcome to my House: the Clubbers guide to Group Ex MC Nathan Short & Alissa Hall	B4S • GX® Kickboxing WS Doug Rouessart <i>Sponsored by Punch Equipment</i>	B4T • Journey to the rhythm MC Karen Finucane	B4U • Transformational posture WS Leslee Bender	B4V • Flow: Pilates evolved WS Michael King	B4W • Purna yoga – focus on balance and strength MC John Ogilvie	B4X • Sports specific intervals in the deep WS D Margaret Ryall-Egan			
4:30 – 5pm	Break																										
Strand	Business		PT		PT		Physio		PT Prac		Nutrition		Group Ex		Cycle		Mind Body		Mind Body		Aqua						
5 – 6:30pm	B5A • The slow death of the big box fitness centre model L P Thomas Plummer <i>Sponsored by MYZONE</i>		B5B • The ultimate metabolic and calorie burning makeover L P Dr Len Kravitz		B5C • Bridging the gap: blending traditional exercise with functional movement patterns WS P Chuck Wolf		B5D • Back on track: understanding bad backs L P Seamus Dalton		B5E • Equipment boot camp – reloaded! WS P Michol Dalcourt, Fraser Quelch, Jeremy Strom & the QPEC Team <i>Presented by QPEC, TRX®and HF Industries & FreeMotion Fitness</i>		B5F • The future of fat loss L P Matt O'Neill		B5G • S-Express: step into the future MC P Greg Sellar, Rebecca Small & Michael Steel		B5H • Schwinn Cycling®: Ride One, Get One FREE! WS P Julz Arney & Jay Blahnik		B5I • Roll up to unwind MC P Lisa Westlake		B5J • ChiBall yoga sculpt MC P Lynley Gladdis		B5K • Let's twist again! MC S P Dominic Gili & Marietta Mehanni						
6:30pm	Dance-a-poloosa! • Brought to you by Les Mills Asia Pacific																										

6:30-8am		Early Morning Expo Workout • Brought to you by Australian Fitness & Health Expo • Pre-bookings are essential!																					
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med.	Lifestyle & Ex Med	Development	Nutrition	Group Ex	Group Ex	Mind Body	Mind Body	Mind Body	Aqua
8 – 9:30am	C1A • The truth about social media marketing for clubs L Casey Conrad <i>Sponsored by Healthy Inspirations</i>	C1B • Integrating resources for business success L Ingrid Owen <i>Sponsored by Active Management</i>	C1C • Why members quit and how to retain them L Xen Angelides	C1D • Small group personal training: a recipe for success L Amanda Coombe	C1E • The titanic towers of muscle strength & hypertrophy L Dr Len Kravitz	C1F • Elite performance: the biomechanics and physiology of speed L Michol Dalcourt <i>Sponsored by QPEC</i>	C1G • Unravelling knee pain L Jenny McConnell	C1H • Equal, but not the same: considerations for training female clients L Donal Carr & Cameron Nell <i>Sponsored by Place of Chi</i>	C1I • Hard core: training for gain not pain L Anna-Louise Bouvier	C1J • TRX® body blast WS Fraser Quelch <i>Sponsored by TRX®</i>	C1K • The inner runner OD Dr Jason Karp	C1L • 360 Warrior™ WS Alissa Hall <i>Presented by V Club</i>	C1M • Kettlebell complexes: all round fitness WS Emily Friedel <i>Sponsored by Iron Edge</i>	C1N • The holy grail: how to influence client behaviour change L Chad Timmermans	C1O • Maximising fitness for teenage boys L Toni Reinikainen <i>Sponsored by Australian Institute of Fitness</i>	C1P • Spotting fitness quackery and misinformation L William Sukala	C1Q • Empowering self-care in clients with eating and body issues L Tamika Hilder	C1R • Functional bodyweight Group X WS Rebecca Small	C1S • Fresh ‘n’ funky kids fitness on a budget MC Dee Reynolds	C1T • Delicious yogahhh WS Julz Arney	C1U • Power Pilates mini-sets MC Taryn Polovin	C1V • Pilates warm ups – prime the body for strengthening WS Lesley Gray	C1W • Noodles galore! MC D Naomi Ling
9:30 – 10am	Break																						
10am – 11:30am	KEYNOTE ADDRESS Wake up to what really matters, presented by Amanda Gore																						
11:30am – 1pm	Lunch Break • Australian Fitness Expo – Last chance to shop!																						
Strand	Business	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med.	Nutrition	Development	Development	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aqua
1 – 2:30pm	C2A • The induction sales process: change the way you sell training L Thomas Plummer <i>Sponsored by MYZONE</i>	C2B • Effective goal-hitting strategies for your business, clients & life L Paul Brown <i>Sponsored by Fit Professionals</i>	C2C • Relaunch your club and boost profit L Steve Jensen <i>Sponsored by Impact Training</i>	C2D • BOXMASTER: the next small group training profit centre IL Tony deLeede <i>Sponsored by BOXMASTER</i>	C2E • Increase cash flow with online revenue streams L Mireille Ryan	C2F • Boosting physio business or delivering safe exercise? L Jenny McConnell	C2G • Obesity: the brain hypothesis L Paul Taylor	C2H • Cardiovascular disease, blood pressure and exercise L Suzanne Cox	C2I • Myofascial matrix IL Chuck Wolf	C2J • Strong, stable hips: balancing flexibility and strength IL Mark McKean <i>Sponsored by University of the Sunshine Coast</i>	C2K • Mobilizers – The fundamentals: enhancing the myofascial systems WS Ian O'Dwyer	C2L • MC®: one helluva half hour! WS Jeremy Strom <i>Sponsored by HF Industries & FreeMotion Fitness</i>	C2M • Fit for Two – training for a healthy pregnancy L Liz Dene	C2N • Appetite for results: breakthroughs in cravings management L Matt O'Neill	C2O • Build instant rapport L Benay Wettle	C2P • Planning for success – the art of project management L Steve Pettit <i>Sponsored by Australian Institute of Fitness</i>	C2Q • Get your bounce on! MC Marietta Mehanini	C2R • Zumba Fitness® Party ‘Feel the Music’ experience MC Beto Perez & The Zumba® Performance Team <i>Sponsored by Zumba Fitness®</i>	C2S • Australian Fitness & Health Expo time for Cycling delegates	C2T • The 10-min stretch transformation WS Jay Blahnik	C2U • Pilates for the rehabilitation of chronic back pain MC Allan Menezes	C2V • Multi-planar vinyasa MC Claire Norgate	C2W • Cardio unlimited WS S Mary Gies
2:30 – 3pm	Break																						
Strand	Business			PT			Physio			Nutrition			Group Ex			Mind Body			Aqua				
3 – 4:30pm	C3A • The CBAs of internet marketing for health clubs L P Casey Conrad <i>Sponsored by Healthy Inspirations</i>			C3B • Change clients' thinking to change their world L P Michelle Bridges			C3C • Putting the core into cardio WS P Anna-Louise Bouvier			C3D • A Paleo diet – The pros and cons L P Dr Joanna McMillan			C3E • Dance Mash Up! MC P Julz Arney, Alissa Hall, Zosha Piotrowski & Rebecca Small			C3F • Studio Pilates® – toning & stability MC P Tanya Winter			C3G • Deep water double up! MC D P Melissa Cameron & Stacey Doliver <i>Sponsored by WETS</i>				
FILEX 2012 ENDS																							