

NETWORK 06 PROGRAM AT A GLANCE

PROGRAM AT
A GLANCE

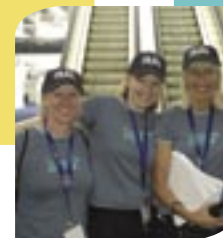
THURSDAY 9 NOVEMBER 2006

1-DAY WORKSHOPS

Topic	PT Practical/Workshop Sports Conditioning	PT Business Lecture	Group Fitness Workshop	Mind Body Workshop	Aqua Workshop
Time	9am – 5pm	9am – 5pm	9am – 5pm	9am – 5pm	8am – 4pm
Session	A1A The future of sports conditioning WS Peter Twist	A1B How to be a six figure trainer L Andrew May	A1C Creative freestyle evolution WS Michelle Dean	A1D Postures, poses, positions and practice A PERFECT PRACTICE™ workshop for teachers of yoga and Pilates WS Anna-Louise Bouvier & Lisa Champion <i>Sponsored by</i> 	A1E The ultimate aqua instructor WS Kerri Parkinson **Offsite at Newmarket Pool**

WOULD YOU LIKE TO BE PART OF THE NETWORK 06 EVENT CREW?

The event crew program enables you to work for half of the convention and attend the other half for free! It's hard work but lots of fun in a great team environment. It really is a unique chance to work behind the scenes on one of the industry's premier fitness events. To receive an event crew application form or to find out more, call the Network events department on 02 8424 7200 or visit www.fitnessnetwork.com.au/applications Applications close on Monday 2 October 2006.



NETWORK 06 PROGRAM AT A GLANCE

NETWORK 06 PROGRAM AT A GLANCE

FRIDAY 10 NOVEMBER 2006

8:45 – 10am	OPENING ADDRESS: Ignite your potential • Heidi Di Santo								
10 - 10:15am	Break								
Topic	PT Lecture	PT Lecture	PT/Nutrition Lecture	PT Prac	Outdoor	Mind Body	Step	Aerobics	Indoor Cycling
10:15 – 11:30am	B1A • Part I: • Science of running • Jason McLaren • SS (Part II is Outdoor session)	B1B • Part I: Personal training people in pain • Anna-Louise Bouvier & Lisa Champion • SS Sponsored by 	B1C • Managing your diabetic clients • Leanne Hammond • L	B1D • BOSU ² – Double the fun • Peter Twist • WS	B1E • Outstanding outdoor training • Heidi Denning • OD	B1F • Pilates and pregnancy • Lisa Westlake & Liz Dene • WS	B1G • BodyPump® • Tommy Koutsonikolis & the Les Mills Team • MC L1 • Sponsored by 	B1H • 3D bounce • Marietta Mehanni • MC L1	B1J • Ride it live • Claire Norgate & Matty Clarke • WS
11:30am – 12pm	Break								
12 – 1:15pm	B2A • Shoulder injury prediction, prevention and rehabilitation-the essentials • Paul Wright • L	Part II: As above	B2C • Hormones: Happy or horrendous? • Dr Libby Ellis • L Sponsored by 	B2D • Hit the Deck for optimal one-to-one training • Michael Jeffreys • WS L1	Part II (B1A): Science of running • Jason McLaren • SS (OD)	B2F • Push and pull Pilates • Zosha Piotrowski • WS	B2G • 2 in 1 Step • Michelle Dean • WS L2	B2H • Mind Body • flow-yoga™ Revolution • DeDe Daniels & Denise Klatte • WS	B2J • Add some I.C.E. to your indoor cycling for optimal results • Matty Clarke & Effe Diamond • MC Sponsored by  
1:15 – 2:30pm	Lunch Break								
2:30 – 3:45pm	B3A • Delivering quality presentations • Andrew May • L	B3B • Double your personal training profits • Kerry McEvoy • L	B3C • The secrets of longevity and quality of life • Paul Taylor • L	B3D • PT on the ball • Lisa Westlake • WS	B3E • Four feet fitness: Pole walking • Joe Waide • OD	B3G • BodyBalance® • Garry Hart & the Les Mills Team • MC • Sponsored by 	B3F • STEP off the beat • Terry McKinven • MC L2 Sponsored by 	B3H • Movement mechanic • Jayne Evans • WS L1	B3J • An enduring ride • Zosha Piotrowski • WS
3:45 – 4pm	Break								
4 – 5:15pm	B4A • Part I: Advanced hypertrophy programming • Paul Wright • SS	B4B • Lead yourself and your team to massive success • Rowena Szeszeran-McEvoy • L	B4C • Nutritional support for your clients • Leanne Hammond • L	B4D • Strength ball training • Peter Twist • WS	B4E • Butt camp • Rachel Grieve • OD	B4F • Vinyasa yoga • Claire Norgate • MC	B4G • Tip top Step • Kanae Takegahara • MC L2	B4H • Salsa dance party • Demetreous Hill • MC L2	B4J • Bad boy bike club • Jari Rehula & Michael Jeffreys • MC
5:15 – 5:30pm	Break								
5:30 – 6:30pm	Part II: As above	B5B • Perfect Practice™: Cutting edge core control • Anna-Louise Bouvier • L Sponsored by 	B5C • Immune, in-tune, or susceptible? • Dr Libby Ellis • L Sponsored by 	B5D • Combining stability and control with advanced strength exercises • Brad Sheppard & Michael Ridgway • WS	B5E • The walking coach • Stephanie McLennan • OD	B5F • Touch of relaxation • Lisa Westlake • MC	B5G • Extreme Step • Michelle Dean • MC L2	B5H • Dynamic innovative • Pilates-based choreography • Kimberley Garlick • MC Sponsored by 	B5J • Road to nowhere • Karen Bruk-Finucane • MC
6:30 – 7:30pm	Happy Hour drinks and Prize Draws								

Session codes: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary, S – Shallow water, D – Deep water,

L1 – General (content suitable for all delegates), L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)

FRIDAY 10 NOVEMBER 2006

FRIDAY 10 NOVEMBER 2006 - AQUA

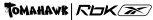
Aqua • Off-site: Newmarket Pool Bus departs Centre at 7:15am	
8 – 9am	B1K • Aqua dynamic • Tim O'Connell • MC
Aqua Break	
9:15 – 10:15am	B2K • Even more aqua antics for kids! • Stephanie McLennan • MC S
Aqua Break	
10:30 – 11:30am	B3K • Retrain and restrengthen – performance aqua personal training • Ken Baldwin • MC S
Aqua Break	
11:45am – 12:45pm	B4K • Seniors and senior-itas Laraine Dunn • MC S
Aqua Lunch Break	
1:30 – 2:30pm	B5K • Intervals with attitude Di Clapp • MC S
Aqua Break	
2:45 – 3:45pm	B6K • Liquid rhythms • Marietta Mehanni • MC S
Bus departs pool at 4.15pm	
6:30 – 7:30pm	Happy Hour drinks and Prize Draws

Please note: all information is correct at the time of printing but may be subject to change without notice

NETWORK 06 PROGRAM AT A GLANCE

NETWORK 06 PROGRAM AT A GLANCE

SATURDAY 11 NOVEMBER 2006

Topic	PT Lecture	PT Lecture	PT/Nutrition Lecture	PT Prac	Outdoor	Mind Body	Step	Aerobics	Indoor Cycling	PT Lecture
8:45 – 10am	C1A • Knee injury prevention and rehabilitation • Paul Wright • L	C1B • PT marketing made simple • Andrew May • L	C1C • Personal training or psychology training? • Dr Elizabeth Celi • L	C1D • Best exercises for the lower body • Tony Boutagy • WS		C1F • flow-yoga™ Fire and water 2006 • DeDe Daniels & Denise Klatte • WS	C1G • Step games • Michelle Dean • WS L1	C1H • Fitball fever • Katherine Tsebelis • MC L1	C1J • Tour de Woy Woy • Michael Jeffreys • MC	C1K • Facial rejuvenation-Exercise for the face • Jill Healy-Quintard • IL
10 – 10:30am	Break									
10:30 – 11:45am	C2A • Fit for two • Liz Dene • L	C2B • Help! I can't sell! • Ish Cheyne • L	C2C • Weight gain and obesity - The Cortisol Link • Paul Taylor • L	C2D • Best exercises for the upper body • Tony Boutagy • WS	C2E • The business of outdoor training • Heidi Dening • L WS	C2F • Awaken, revive and renew • Monica Linford • WS	C2G • W-Step • Kanae Takegahara • MC L2	C2H • Mind Body Stretch and flex! • Zosha Piotrowski • WS	C2J • Sensitive cycling-the I.C.E. way • Matty Clarke & Claire Norgate • MC • Sponsored by 	
11:45am – 12:45pm	Lunch Break									
12:45 – 2pm	C3A • Neutral spine, neutral joints • Claire Norgate • L	C3B • Exceeding expectations • Andrew May • L	C3C • Dealing with client depression – exercise as an upper! • Dr Elizabeth Celi • L	C3D • Sport balance • Peter Twist • WS	C3E • An adventure challenge that can change your clients' lives • Diane Westaway • L C3EX • Grow your client base with Nordic walking • Anja Horst • OD	C3F • Breathe your way to a better body and mind • Anna-Louise Bouvier • WS	C3G • PT Practical Take your core training to the next level • Marietta Mehanni & Katherine Tsebelis • MC L1	C3H • BodyJam® Gayle Brimble & the Les Mills Team • MC L1 • Sponsored by 	C3J • Cycle awareness: The ultimate ride • Lesley Gray • WS	
2 – 2:30pm	Break									
2:30 – 3:45pm	C4A • Motivate your clients through results based programs • Ben Butler • L	C4B • Health coaching – a brave new world • Lisa Champion • IL	C4C • Best training programs for fat loss • Tony Boutagy • L	C4D • Hit the Deck for optimal small group training • Michael Jeffreys • WS L1	C4E • Outdoor games for the young at heart • Stephanie McLennan • OD	C4F • flow-yoga™ ROM • DeDe Daniels & Denise Klatte • WS	C4G • Bellacize • Christine Sully • MC L1	C4H • De Groovy • Zosha Piotrowski • MC L1	C4J • Serious cycle business • Effe Diamond • WS	C4K • Top dollar personal training • Jon Mailer • L
3:45 – 4pm	Break									
Topic	PT Lecture Plenary		PT Practical Plenary		Group Fitness Plenary		Mind Body Plenary		Cycling Plenary	
4 – 5pm	C5A • A bunch of 5s • Paul Wright • P L		C5B • Competition + play = hard work and fun! • Peter Twist • P WS		C5C • Movie madness • Michelle Dean • P MC L1		C5D • Strength, grace and harmony Monica Linford • P MC		C5E • Experience I.C.E. – the ultimate in indoor cycling • Matty Clarke & Claire Norgate • P MC • Sponsored by 	

Session codes: L – Lecture, WS – Workshop, OD – Outdoor, IL – Interactive Lecture, MC – Master Class, P – Plenary,

L1 – General (content suitable for all delegates), L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)