

1-DAY WORKSHOPS

THURSDAY 9 NOVEMBER 1-DAY WORKSHOPS

Brand new to Network 06, is an opportunity to take part in an intensive 1-day workshop. Included in your 3-day convention price is this chance to kickstart your convention with an awesome workshop that is overflowing with practical and useable information to help you seize even more fitness success.

HERE ARE THE WORKSHOPS YOU CAN CHOOSE FROM:

A1A PERSONAL TRAINER WORKSHOP

9AM TO 5PM

THE FUTURE OF SPORTS CONDITIONING

PETER TWIST CANADA

Peter Twist presents an overview of his sports conditioning paradigm that has proven successful with young athletes, professional players and those who exercise for recreation. This compelling workshop focuses on training movement versus muscle movements, so even if your goal is strength and power, this awesome training methodology produces skilful movement. From this sensational 1-dayer, you'll also experience the secondary fitness characteristics of speed, agility, quickness, transitional balance, reaction skills, deceleration, rotary power, multi-joint strength and movement skills. You'll take home a proven athletic style of training

that transfers well into multiple sports, and integrates easily into functional fitness training. From this dynamic session fitness and sport professionals will leave with innovative, athletic-focused exercises that use everyday and cutting-edge sports conditioning equipment.

A1B PERSONAL TRAINER LECTURE

9AM TO 5PM

HOW TO BE A SIX FIGURE TRAINER

ANDREW MAY

Do you ever feel there is too much to do yet not enough time? Do you ever struggle with the systems and administration side of your business? Do you find yourself thinking there must be an easier way to make more money? If you answered 'yes' to any of the above, then you're not alone! The major obstacle facing most fitness trainers is knowing how to get to

that next desirable level, so if you are keen to double your income and make at least a 6-figure salary in the next 12 months (but still have a life!), then come on over and brace yourself for a jaw-dropping information based session!

A1C GROUP FITNESS WORKSHOP

9AM TO 5PM

CREATIVE FREESTYLE EVOLUTION

MICHELLE DEAN HONG KONG

Get set for a full day of creating and sharing with one of the world's leading instructor trainers, Michelle Dean. You'll travel on a fun-filled journey full of ideas, inspiration and energy that is guaranteed to leave you remotivated and pumped up for the year ahead. If you teach any style of aerobics class then you can't afford to miss this fantastic opportunity to learn the secrets from one of

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the industry's best exports! Suitable for all instructors who teach any style of aerobics, regardless of teaching experience, you'll walk away from this dynamic day with two complete class formats that you can use straight away, plus a toolkit to ensure you create the perfect class, every time!

A1D MIND BODY WORKSHOP

9AM TO 5PM

POSTURES, POSES, POSITIONS AND PRACTICE – A PERFECT PRACTICE™ WORKSHOP FOR TEACHERS OF YOGA AND PILATES

ANNA-LOUISE BOUVIER AND LISA CHAMPION

Whether you aspire to teach deeper yoga or more perfect Pilates, this workshop is for you. You'll spend the day exploring and developing your practice; how to engage the mind at a much deeper level in your classes and explore ways to ensure your routines create more energy within both the body and mind. You'll become more in-tuned with the breath and leave with a greater understanding of its role in mindful exercise. You'll also discover how to teach sequences that will give your participants the gift of better movement for life. Learn new deep relaxation and meditation routines to end your classes perfectly. This is a day to realise

and assess your best practice and take your teaching to new heights.

Sponsored by



A1E AQUA WORKSHOP

8AM TO 4PM

THE ULTIMATE AQUA INSTRUCTOR

KERRI PARKINSON

In this workshop Kerri Parkinson, one of Australia's premier aqua instructor trainers, unveils the secrets to successfully unlocking your potential as a creative and dynamic aqua instructor. In this awesome 1-day brain blitz you will:

- Learn how to enhance your teaching style to set you apart from the rest
- Learn pool deck teaching skills that will enable you to connect with your participants
- Generate loads of creative new aqua moves
- Learn a complete new class that you can deliver the day you return home.

Whether you've been teaching for years or days, at the end of this workshop you'll be fully motivated for 2007 and armed with the skills and knowledge to deliver the best aqua classes in town!

Offsite at Newmarket Pool

HOW DO I BOOK ONTO ONE OF THESE WORKSHOPS?

Booking your place is simple.

Your 3-day convention fee includes the 1-day workshops, so to secure your place you simply need to complete Forms A to D, indicating on Form D the particular workshop you would like to attend on the Thursday.

Please note: you may only attend one of these workshops, and registrations for these Thursday workshops will be processed on a 'first-in, best dressed' basis, where places may be limited.

