

# FILEX / INSPIRING MOVEMENT

> 12 – 14 APRIL 2019 / ICC, SYDNEY >

## HOW TO READ THE PROGRAM

This is the session code  
 FRI = Friday, SAT = Saturday,  
 SUN = Sunday  
 The number indicates the time  
 period of the day. The last  
 letter indicates the strand.

Look out for the grey bars,  
 they are breaks between  
 sessions. These are great  
 times to visit  
 The Fitness Show

Session room

Stream	Business
Room	Cockle Bay Room 1
08:30 - 09:45	<b>FR11A</b> Diversified Member Engagement: The Key to Retention L Chris Stevenson <i>Sponsored by Gymsales</i>
09:45 - 10:00	BREAK
Stream	Business
Room	Cockle Bay Room 1
13:00 - 14:15	<b>FR12A</b> From service-call to PT- client in under 24 hours, guaranteed L Pete Gleeson

The Strand

The name of the session

The session presenter

Session sponsor

The type of session (for example, Lecture, Workshop, and so on).

### STRANDS

- Business
- Personal Training
- Strength & Conditioning
- Group Fitness & Training
- Mind Body
- Nutrition & Fat Loss
- Leadership & Coaching
- Speciality
- Regeneration & Recover
- Aqua Fitness
- Cycling

**SESSION TYPES:** L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, F – Forum, PA – Panel, R – Round Tables

Powered by

**Fitness  
Australia**

Fitness  
Australia

**CECs**

Strand	Business	Business	Leadership	PT	S&C	Specialty	Aqua	S&C	Mind Body	Group	S&C	Group	S&C	Cycle	Cycle
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.9 + C 4.10	C 4.8	Functional Arena	Strength Arena	Group Arena	C 4.11	Industry Zone	Industry Zone
08:30 - 09:45	<b>FRI1A</b> Diversified Member Engagement: The Key to Retention L Chris Stevenson <i>Sponsored by Gymsales</i>	<b>FRI1B</b> Tech up your member experience L Scott Lambert <i>Sponsored by Les Mills</i>	<b>FRI1C</b> Leading for Max Performance L Sara Kooperman	<b>FRI1D</b> Interocption: The Emotional Side of Facial Fitness L Dr Emily Splichal <i>Sponsored by Naboso</i>	<b>FRI1E</b> Periodisation for the Athletes of Life L Brodie Hicks	<b>FRI1F</b> Nailing the Group Training Culture L Luke Champion	<b>FRI1G</b> Liquid Pilates L Claire Barker-Hemings	<b>FRI1H</b> The Technical Squat -with the Science of Squatting WS Hays Daewoud, Dr Luke Del Vecchio & Shannon Green <i>Sponsored by Australian Combat Exercise</i>	<b>FRI1I</b> YogaFit Myofascial Asana WS Claudia Micco <i>Sponsored by Yogafit</i>	<b>FRI1J</b> HIT Like A Girl WS Doris Thews	<b>FRI1K</b> Why Balance + Coordination is the Missing Link in Most Training Programs & How to Train It WS James Breese	<b>FRI1L</b> POUND: Rockout Workout WS Alissa To'omata <i>Sponsored by POUND</i>	<b>FRI1M</b> Move UA Training - Better/Faster/Stronger/Longer L UA Training Team <i>Sponsored by Under Armour</i>	<b>FRI1N</b> Stages® Cycling: The Power of the Dork Side. Director's Cut MC Emma Masters, Javier Santin <i>Sponsored by Stages</i>	<b>FRI1O</b> COACH BY COLOR MC <i>Sponsored by ICG</i>

09:45 - 10:00 BREAK

10:00 - 11:30 **KEYNOTE ADDRESS: INSPIRING MOVEMENT**  
Darling Harbour Theatre  
Turia Pitt

11:30 - 13:00 BREAK / FITNESS SHOW TIME

Strand	Business	Business	Leadership	Nutrition	Nutrition	Specialty	PT	Group	Mind Body	PT	PT	Group	Aqua	Cycle	Cycle
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.9 + C 4.10	C 4.8	Functional Arena	Strength Arena	Group Arena	C 4.11	Industry Zone	Industry Zone
13:00 - 14:15	<b>FRI2A</b> From service-call to PT-client in under 24 hours, guaranteed L Pete Gleeson	<b>FRI2B</b> Building the next generation fitness business L Dan Henderson <i>Sponsored by Functional Training Institute</i>	<b>FRI2C</b> Lessons in Leadership: The High Performance Playbook L Chantal Brodrick	<b>FRI2D</b> Fat Loss: The Strategies That Really work L Brian St Pierre <i>Sponsored by Precision Nutrition</i>	<b>FRI2E</b> Mind Body Nutrition: The New Science of Nutrition & Brain Health L Kristen Beck	<b>FRI2F</b> Secret to Winning over Menopause L Liz Dene	<b>FRI2G</b> Bulletproof Bodies for the 21st Century Michael Cunico & James Campbell WS <i>Sponsored by Fitness First</i>	<b>FRI2H</b> Bodyweight Blast - Ultimate Intervals MC Kirsty Nield	<b>FRI2I</b> Pilates: preparation for pilates inversions MC Taryn Polovin	<b>FRI2J</b> Mobility, stability, and flexibility with the EQ WS Marc Lebert <i>Sponsored by Lebert Fitness</i>	<b>FRI2K</b> TRX® Movement Prep Fraser Quelch WS <i>Sponsored by TRX</i>	<b>FRI2L</b> Intelligent Intervals: Jump Rope Partner Protocols MC Doris Thews	<b>FRI2M</b> Prenatal Aqua Exercise: Considerations and exercise implications L Lisa Westlake	<b>FRI2N</b> Stages® Cycling: Power vs. Rhythm, Part Deux-The Debate Is Still On! MC Emma Masters, Javier Santin <i>Sponsored by Stages</i>	<b>FRI2O</b> COACH BY COLOR: V02 Max Training James Lamb MC <i>Sponsored by ICG</i>

14:15 - 14:45 BREAK

Strand	Business	Business	PT	Nutrition	PT	PT	S&C	Mind Body	PT	Specialty	Group	Mind Body	Cycle	Cycle
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.9 + C 4.10	C 4.8	Functional Arena	Strength Arena	Group Arena	C 4.11	Industry Zone	Industry Zone
14:45 - 16:00	<b>FRI3A</b> The Business of Fitness: Founding, growing and scaling your own fitness brand in 2019 L Ben Lucas	<b>FRI3B</b> Real Sales L Bobby Cappuccio <i>Sponsored by Sela Films, LLC</i>	<b>FRI3D</b> The Science of Strengthening Willpower L Morwenna Kirwan	<b>FRI3E</b> Human Metabolism & The Calorie Conundrum L Brian St Pierre	<b>FRI3F</b> All Pregnancies are NOT created equal L Clare Hozack	<b>FRI3G</b> HIIT Kickboxing - Combat Fitness at a new level WS Hays Daewoud & Dr Luke Del Vecchio <i>Sponsored by Australian Combat &amp; Exercise</i>	<b>FRI3H</b> The Performance Recovery System (PRS) Part 1 WS SS John Rusin	<b>FRI3I</b> YogaFit for Athletes WS Claudia Micco <i>Sponsored by Yogafit</i>	<b>FRI3J</b> Respect the Nerves! WS Merrin Martin	<b>FRI3K</b> Band Together! Resistance Bands Workout For The Active Ageing WS Ken Baldwin & Sally Harrison <i>Sponsored by Perform Better</i>	<b>FRI3L</b> Sweat sesh: Small group training styles to challenge and change WS Brooke Turner	<b>FRI3M</b> The Importance Sleep: An evidenced-based approach to optimise your sleep L Dan McDonogh & UA Performance Team <i>Sponsored by Under Armour</i>	<b>FRI3N</b> Stages® Cycling: Mixed Emotions-Music, Mixing and Indoor Cycling MC Emma Masters <i>Sponsored by Stages</i>	<b>FRI3O</b> COACH BY COLOR: Threshold Training MC James Lamb <i>Sponsored by ICG</i>

16:00 - 16:30 BREAK

Strand	Business	Business	Business	S&C	Nutrition	Specialty	PT	Recovery & Regen	Mind Body	PT	PT	Group	Group	Cycle
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.9 + C 4.10	C 4.8	Functional Arena	Strength Arena	Group Arena	C 4.11	Industry Zone
16:30 - 17:45	<b>FRI4A</b> Are you the personal trainer employer of choice?? L Kate Allott	<b>FRI4B</b> Do you want a membership base or a tribe? L Justin Tamsett	<b>FRI4C</b> Retention essentials for members and clients L Paul Brown	<b>FRI3H CONT</b> The Performance Recovery System (PRS) Part 2 L SS John Rusin	<b>FRI4D</b> Ketogenic and LCHF 101 L Grant Schofield	<b>FRI4E</b> Functional Ageing - Training your clients over 50 L Claire Norgate	<b>FRI4F</b> How To Effectively Onboard Clients To Understand Movement Technique WS Mark Fisher	<b>FRI4G</b> Current Concepts: State Of The Art Stretching Techniques For People On The Move WS Lauren Turner	<b>FRI4H</b> Pilates Mat - Advanced Flow and Sequencing MC Renee Scott <i>Sponsored by Balance Moves Pilates &amp; Barre Studio &amp; barre Attack</i>	<b>FRI4I</b> TriggerPoint for Movement: Hip and Shoulder Mobility WS Andrew 'Chaddy' Chadwick <i>Sponsored by PT Academy OR Implius</i>	<b>FRI4J</b> TRX® Speed and Power for the Masses WS Fraser Quelch <i>Sponsored by TRX</i>	<b>FRI4K</b> #JUSTDANCE WS Alissa To'omata & Caroline Hynes	<b>FRI4L</b> Tribal Rhythm WS Lisa Westlake	<b>FRI4M</b> Stages® Cycling: The POWER of Progression: 6 Weeks to Success MC Javier Santin <i>Sponsored by Stages</i>

5.45pm DELEGATE DRINKS • The Gallery, Level 2, ICC Sydney

**STRANDS:** Business Personal Training Strength & Conditioning Group Fitness & Training Mind Body Nutrition & Fat Loss Leadership & Coaching Specialty Regeneration & Recover Aqua Fitness Cycling

**SESSION TYPES:** L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, F – Forum, PA – Panel, R – Round Tables

Strand	BIG BREAKFAST	Business	Business	Leadership	Nutrition	PT	Specialty	PT	S&C	Business	Group	Mind Body	Aqua	Cycle	Cycle
Room	Parkside	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.4	C 4.9 + C 4.10	Strength Arena	Group Arena	C 4.11	Industry Zone	Industry Zone
08:30 - 09:45	07:30 - 09:45 SATB1 FILEX BIG Breakfast Jordana Borensztajn	SAT1A 7 Myths About Selling L Bobby Cappuccio	SAT1B How to get 50% of your members in to Personal Training L Mark Capelin	SAT1C Understanding and Leveraging Natural Strengths for Ultimate Team Culture Part 1 L SS Dr Cam McDonald & Kyle Riley	SAT1D Low carb keto for sports performance L Grant Schofield	SAT1E Trauma-informed Personal Training L Thea Baker	SAT1F Sizzling Seniors - the training challenge and complexity IL Laraine Dunn	SAT1G Movement: Does your coaching stack up? WS Ian O'Dwyer	SAT1H The 6 Foundational Movement Patterns Part 1 WS SS John Rusin	SAT1I The Conversation: Sales R Steve Jensen	SAT1J TRX® Sweat Workout WS Fraser Quelch <i>Sponsored by TRX</i>	SAT1L Strong and Supple Shoulders with Pilates MC Joanne Bezzina	SAT1M The Older Adults Aqua Checklist L Christine Naysmith	SAT1N Stages® Cycling: The Purpose Driven Ride MC Javier Santin <i>Sponsored by Stages</i>	SAT1O ICG® HEAT INDOOR CYCLE TRAINING James Lamb MC <i>Sponsored by ICG</i>

09:45 - 10:15	BREAK														
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Strand	Business	Business	Leadership	Nutrition	S&C	Group	Group	Mind Body	Nutrition	PT	Group	Group	Aqua	Cycle	S&C
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.4	C 4.9 + C 4.10	Strength Arena	Functional Arena	Group Arena	Parkside	Industry Zone	C 4.11
10:15 - 11:45	SAT2A Stop Guessing and Start Asking Your Members What They Want L Chris Stevenson <i>Sponsored by Gymsales</i>	SAT2B The Cultural Advantage - The 5 P Model for Success L Kristen Green	SAT1C CONT. Understanding and Leveraging Natural Strengths for Ultimate Team Culture Part 2 L SS Dr Cam McDonald & Kyle Riley	SAT2C Big Little Lies: What Clients Tell You They Eat Vs. What They Actually Do L Kristen Beck	SAT1H CONT. The 6 Foundational Movement Patterns Part 2 L SS John Rusin	SAT2D Screw Group Exercise; Cue Group Experience IL Emma Masters & Vanessa Leone	SAT2E The Sweet Science - Technical Boxing WS Hays Daewoud & Dr Luke Del Vecchio <i>Sponsored by Australian Combat &amp; Exercise</i>	SAT2F Slow Flow WS Kate Kendall <i>Sponsored by Flow Athletic</i>	SAT2G The Weighting Game F Jamie Hayes, Paul Brown, Bobby Cappuccio	SAT2H Grip and Ground Sensory Play WS Dr Emily Splichal & Guillaume Tual <i>Sponsored by Naboso Australia</i>	SAT2I BOSU® Dimensional Core Training WS Doris Thews	SAT2J HIIT The Barre! MC Lauren Green Gerace	SAT2K Aqua Slingshot- Analysing Water- Based Exercises For Efficiency L Annette Chatterton	SAT2L COACH BY COLR - Music measured in colour James Lamb MC <i>Sponsored by ICG</i>	SAT2M The DNA of a World Champion Jesse Williams & UA Performance Team L <i>Sponsored by Under Armour</i>

11:45am - 13:00	BREAK														
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Strand	Business	Business	Leadership	Nutrition	PT	Group	S&C	Mind Body	WOIF	PT	PT	Group	S&C	Cycle	Cycle	Aqua	Business
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.4	C 4.9 + C 4.10	Strength Arena	Functional Arena	Group Arena	C 4.11	Industry Zone	Industry Zone	Ian Thorpe Aquatic Centre	Parkside
13:00 - 14:15	SAT3A Shorten The Sales Cycle & Make More Money! L Steve Jensen	SAT3B The Business of Yoga L Kate Kendall <i>Sponsored by Flow Athletic</i>	SAT3C Why Do Clients Resist Change? L Bobby Cappuccio	SAT3D Why Women are different. Weight-loss, hormones and energy levels for female clients Part 1 L SS Kira Sutherland	SAT3E Becoming the Ultimate Hybrid Personal Trainer L Nardia Norman	SAT3F Powerful Stage Presence IL Rebekah Smith	SAT3G Pick Things Up and Put Them Down - Deadlift Variations, Progressions and Assistive Lifts WS Susy Natal	SAT3H Pilates: power & precision MC Taryn Polovin	SAT3I WOIF Forum Part 1 F SS Sara Kooperman, Kristen Green, Di Williams, Dr Emily Splichal & Kate Palmer; facilitated by Chantal Brodrick	SAT3J The Art of Instant Connection WS Ian O'Dwyer	SAT3K The Science of Play: why a fun session goes beyond exercise WS Guillaume Tual	SAT3L All Floor MC Marietta Mehanni	SAT3M The Periodisation of Recovery L Dan McDonogh & UA Performance Team <i>Sponsored by Under Armour</i>	SAT3N Stages® Cycling: Build It (Faster!). They Will Come MC Emma Masters, Javier Santin <i>Sponsored by Stages</i>	SAT3O ICG CONNECT EXPERIENCE James Lamb MC <i>Sponsored by ICG</i>	SAT3P Aqua for all ages MC Maria Teresa Stone and Marlee King	SAT3Q How To Take Your In-Person Training Business Online L James Breeze

14:15 - 14:45	BREAK														
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Strand	Business	PT	Leadership	Nutrition	Business	PT	Group	Mind Body	WOIF	PT	S&C	PT	S&C	Cycle	Cycle	Aqua	Business
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.4	C 4.9 + C 4.10	Strength Arena	Functional Arena	Group Arena	C 4.11	Industry Zone	Industry Zone	Ian Thorpe Aquatic Centre	Parkside
14:45 - 16:00	SAT4A Elevate L  <i>NEW TO '19</i>	SAT4B Secure Tomorrow's Business Today with an Effective Marketing & Leading Generation Strategy Part 1 L SS Brad Sheppard & Jason Urbanowicz <i>Sponsored by Create PT Wealth</i>	SAT4C From New Hire to All-star Team Member L Chris Stevenson <i>Sponsored by Gymsales</i>	SAT3D CONT Why Women Are Different. Weight-loss, Hormones and Energy Levels For Female Clients. Part 2 L SS Kira Sutherland	SAT4D How to build a world class instructor team L Amanda Breen <i>Sponsored by Les Mills</i>	SAT4E Mummy Master class - Adapting your current training sessions for your mum- clients IL Jen Dugard	SAT4F Outside the box - Practical ideas for SGPT environments WS Shaun Radford <i>The Australian Institute of Fitness</i>	SAT4G YogaPilates Fusion®: Flow meets Power, Breath and Intention WS Jill Healy- Quintard	SAT3I CONT WOI Forum Part 2 F SS Sara Kooperman, Kristen Green, Di Williams, Dr Emily Splichal & Kate Palmer; facilitated by Chantal Brodrick	SAT4H Rotator Cuff Rehab Solutions WS Merrin Martin	SAT4I Animal Flow® For Strength And Conditioning WS Andrew Chadwick	SAT4J Grab a Buddy System - Taking partner training to the next level WS Marc Lebert <i>Sponsored by Lebert Fitness</i>	SAT4K Up Close & Personal w/ UA Athletes James Newbury & Jessie William L Jesse Williams & James Newbury <i>Sponsored by Under Armour</i>	SAT4L Stages® Cycling: Optimal Intervals MC Emma Masters <i>Sponsored by Stages</i>	SAT4M MYRIDE - Ain't no Mountain High Enough James Lamb MC <i>Sponsored by ICG</i>	SAT4N The Suspended Dimension MC Debi Godfrey	SAT4O The Conversation: Team Development R Justin Tansett

16:00 - 16:30	BREAK														
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Stream	Business	PT	Business	Nutrition	Nutrition	Specialty	Group	Group	Business	Group	Group	Nutrition	Cycle	Aqua
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.4	C 4.9 + C 4.10	Strength Arena	Functional Arena	Parkside	Industry Zone	Ian Thorpe Aquatic Centre
16:30 - 17:45	SAT5A Creating Captivating Content: Engaging Your Audience with Visual Design L Chantal Brodrick & Gareth Christian <i>Sponsored by Gareth Christian Photography</i>	SAT4B CONT Secure Tomorrow's Business Today with an Effective Marketing & Leading Generation Strategy Part 2 L SS Brad Sheppard & Jason Urbanowicz <i>Sponsored by Create PT Wealth</i>	SAT5B Creating Sustainable Change; choice, fun, and community L Mark Fisher	SAT5C Calories, Macros, Portions - How To Best Track Intake L Brian St Pierre	SAT5D The Neuroscience of "Diabetes" L Paul Taylor	SAT5E Forensic 360 of the Hip. How to assess hip problems and what to do if the hip problem is coming from somewhere else! IL Thuy Bridges	SAT5F RetroSweat WS Shannon Dooley	SAT5G 30 to the Power of 3 MC Kirsty Nield, Chelsea Gillies & Lauren Green Gerace	SAT5H The Conversation: Retention R Paul Brown	SAT5I TRX® for Optimal recovery WS Fraser Quelch <i>Sponsored by TRX</i>	SAT5J Revamp Your Bootcamp WS Marc Lebert & Joy Sobel <i>Sponsored by Lebert Fitness</i>	SAT5L The Power Of Flexible Dieting & Meeting Your Macros L Gavin Aquilina <i>Sponsored by FitnessPro Coach</i>	SAT5M Stages® Cycling: Get your WATTS Up! MC Javier Santin <i>Sponsored by Stages</i>	SAT5N Creative Choreography Concepts MC Donna Stocker

Strand	Business	Business	Business	PT	PT	Nutrition	Specialty	PT	PT	Mind Body	Mind Body	Aqua
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.9 + C 4.10	C 4.3	C 4.6 + C 4.7	C 4.11
08:30 - 10:00	<b>SUN1A</b> "So What Do You Really Think?": An Exploration of Feedback Systems L Mark Fisher	<b>SUN1B</b> From sales to growth L Miriam Cohen <i>Sponsored by Les Mills</i>	<b>SUN1C</b> Consistency Works! Big Business Strategies Applied to Small Business to achieve Success L Mish Wright	<b>SUN1D</b> OCR Training Ideas And Strategies WS Marc Lebert <i>Sponsored by Lebert Fitness</i>	<b>SUN1E</b> A smorgasbord of the Latest Science in Health L Claire Norgate & Tony Boutagy	<b>SUN1F</b> Fundamental Principles of Performance Nutrition L Brian St Pierre <i>Sponsored by Precision Nutrition</i>	<b>SUN1G</b> Move For Mental Health WS Kyllianne Farrell	<b>SUN1H</b> Stronger, Faster, Higher: Increasing Movement Efficiency WS Ian O'Dwyer	<b>SUN1I</b> The Art Of The Flow! Unlocking The Unlimited Potential Of The Mace And Club WS Jason Griggs	<b>SUN1J</b> YogaFit YogaSweat WS Claudia Micco <i>Sponsored by Yogafit</i>	<b>SUN1K</b> Pilates for Strength Training MC Stephanie Glickman	<b>SUN1L</b> Only One L Marietta Mehanni

10:00 - 10:30 BREAK

10:30 - 12:00 **CLOSING KEYNOTE: FUTURE-PROOFING YOU**  
Parkside 1  
Matt Church

12:00 - 13:00 BREAK

Strand	Business	Business	Leadership	PT	Leadership	Nutrition	Specialty	PT	Leadership	Mind Body	Mind Body	S&C	Aqua
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.9 + C 4.10	C 4.3	C 4.6 + C 4.7	C 4.11	Ian Thorpe Aquatic Centre
13:00 - 14:15	<b>SUN2A</b> Digital Marketing Domination for Fitness Pros L Richard Toutounji	<b>SUN2B</b> The Experience Age L Dr Cam McDonald & Kyle Riley	<b>SUN2C</b> Setback to Comeback: The Fall & Rise of the Middle Aged Athlete L Fraser Quelch <i>Sponsored by TRX</i>	<b>SUN2D</b> Rigid + Stable + Flexible + Mobile = ABLE Part 1 WS SS Vanessa Leone	<b>SUN2E</b> Coaching conversations- The Missing Tool L Mark Fisher	<b>SUN2F</b> Fasting, the art and science L Grant Schofield	<b>SUN2G</b> Powerful Ageing - Stop Loading, Start Exploding WS Ken & Karen Baldwin <i>Sponsored by Perform Better</i>	<b>SUN2H</b> From Good to Gait: Effective Movement Strategies for Every Runner WS Ian O'Dwyer	<b>SUN2I</b> 7 Secrets to Creating High Performance Teams L Steve Grant <i>Sponsored by Novofit</i>	<b>SUN2J</b> Reach Higher: Pilates Conditioning for Shoulders and Overhead Lifts MC Stephanie Glickman	<b>SUN2K</b> Yoga for the Young at Heart WS Sara Kooperman	<b>SUN2L</b> The Periodisation of Recovery L Dan McDonogh & UA Performance Team <i>Sponsored by Under Armour</i>	<b>SUN2M</b> KIS your HIIT MC Lianne Tiemens

14:15 - 14:45 BREAK

Strand	Business	Leadership	Specialty	PT	Nutrition	Specialty	PT	Mind Body	Mind Body	Specialty	Mind Body	Specialty	Aqua
Room	Cockle Bay Room 1	Cockle Bay Room 2	C 3.3	C 4.4	C 3.4 + C 3.5	C 3.6	C 4.5	C 4.8	C 4.9 + C 4.10	C 4.3	C 4.6 + C 4.7	C 4.11	Ian Thorpe Aquatic Centre
14:45 - 16:00	<b>SUN3A</b> Successful Business Strategies For Owners and Managers L Sara Kooperman	<b>SUN3B</b> 3 Secrets of Influence L Bobby Cappuccio	<b>SUN3C</b> Forensic 360 of the Shoulder. How To Assess For Shoulder Problems And What To Do If The Shoulder Problem Is Coming From Somewhere Else! L Thuy Bridges	<b>SUN3D</b> Meal Plans That Don't Suck L Brian St Pierre	<b>SUN3E</b> 7 Habits of Mental Vitality L Paul Taylor	<b>SUN3F</b> Strong & Stable- Scientific Principals of Movement Training WS Ken Baldwin & Sally Harrison	<b>SUN3G</b> Hipster Yoga Stretch 2.0 WS Doris Thews	<b>SUN3H</b> Gentle YogaFit WS Claudia Micco <i>Sponsored by Yogafit</i>	<b>SUN3I</b> The Art of Reflexive Stabilisation in Performance WS Dr Emily Splichal <i>Sponsored by Naboso</i>	<b>SUN3J</b> Fusion WS Lisa Westlake	<b>SUN3K</b> Move UA Training - Better/Faster/ Stronger/Longer L UA Training Team <i>Sponsored by Under Armour</i>	<b>SUN3L</b> Heart Pumping H2O MC Marietta Mehanni	

**STRANDS:** Business Personal Training Strength & Conditioning Group Fitness & Training Mind Body Nutrition & Fat Loss Leadership & Coaching Specialty Regeneration & Recover Aqua Fitness Cycling

**SESSION TYPES:** L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, F – Forum, PA – Panel, R – Round Tables

