

> 1 – 3 MAY 2020 / ICC, SYDNEY >

FILEX / AUSTRALASIA'S LEADING FITNESS CONVENTION

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



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
- Specialty
- Aqua Fitness
- Cycling

SESSION TYPES: L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, PA – Panel

Powered by  Fitness Australia

 Fitness Australia
CECs

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle
8.30AM - 9.45AM	FRI1A • Five Key Strategies to Maximizing Club Profit with SGT Sue Richard <i>L</i> <i>Sponsored by Tribe Team Training</i>	FRI1B • Technology Trends and the Impact on the Health & Fitness Industry Dave Wright <i>L</i>	FRI1C • Online Coaching 101: How to Coach People Online & Get Extraordinary Results Jordan Syatt <i>L</i>	FRI1D • The Movement Restoration Blueprint Dan Henderson <i>WS</i> <i>Sponsored by Functional Training Institute</i>	FRI1E • Instant Change: Enhancing Tissue and Joint Movement Scott Hopson & Hayley Hollander <i>WS</i>	FRI1F • Low-carb or High-carb? A 'Carb-Appropriate' Approach to Individualising Dietary Prescription Cliff Harvey <i>L</i>	FRI1G • Sequencing, Alignment & the Energetic Body Noelle Connelly <i>WS</i>	FRI1H • Why the Y-Bell Vanessa Leone & Andrew Chadwick <i>WS</i> <i>Sponsored by YBell and Personal Training Academy</i>	FRI1I • Help Clients Love their Bodies Healthy: Body Positivity for Fitness Professionals Glenn Mackintosh <i>L</i>	FRI1J • Team ICG Coach By Colour Education James Lamb <i>WS</i> <i>Sponsored by Life Fitness & ICG</i>

9.45AM - 10AM	BREAK										
---------------	-------	--	--	--	--	--	--	--	--	--	--

10AM - 11.30AM	KEYNOTE ADDRESS • Overcoming every obstacle Kurt Fearnley										
----------------	--	--	--	--	--	--	--	--	--	--	--

11.30AM - 1PM	BREAK - FITNESS SHOW TIME										
---------------	---------------------------	--	--	--	--	--	--	--	--	--	--

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua
1.00PM - 2.15PM	FRI2A • Get On Board! Providing an Elite On-Boarding Experience Nardia Norman <i>L</i>	FRI2B • Building A Badass Toolbox for Change - Your Toolbox for Personal Change to Thrive in Today's Evolving Fitness Landscape Emma Barry <i>L</i>	FRI2C • Positioned for Leadership Ish Cheyne <i>L</i>	FRI2D • TRX - Functional Training Coaching Workshop Michael Piercy <i>WS</i> <i>Sponsored by TRX®</i>	FRI2E • Inside the Rio Games Dr Stephen P Bird <i>L</i>	FRI2F • Happy Meals: The New Science Nutrition & Mental Health Kristen Beck <i>L</i>	FRI2G • Yoga for Dudes Christian Ralston <i>WS</i>	FRI2H • Heat it Up: Strength HIIT! Krista Popowych <i>WS</i>	FRI2I • The End of Alzheimers - Preventing and Reversing Cognitive Decline Dr Chris Chappel <i>L</i>	FRI2J • How Do You Measure Up James Lamb <i>MC</i> <i>Sponsored by Life Fitness & ICG</i>	FRI2K • Pool Drama Marietta Mehanni & Maria T Stone <i>L</i> <i>Sponsored by My Group Move</i>

2.15PM - 2.30PM	BREAK										
-----------------	-------	--	--	--	--	--	--	--	--	--	--

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua
2.30PM - 3.45PM	FRI3A • The 5 Horsemen of Retention Dan Henderson <i>L</i> <i>Sponsored by Functional Training Institute</i>	FRI3B • Mastering Differentiation to Attract More of Your Ideal Clients Billy Polson (US) <i>L</i>	FRI3C • When Disputes Arise: Key Strategies for Healthy Workplace Communication and Negotiation Edwina Griffin <i>L</i> <i>Sponsored by Your Negotiator</i>	FRI3D • Post Rehabilitation Strategies for the Upper Body Scott Hopson & Hayley Hollander <i>WS</i>	FRI3E • Heavy Lifting for Mums Clare Hozack <i>L</i>	FRI3F • Ketone, Ketosis, and Ketogenesis: The Science Behind the Myths Cliff Harvey <i>L</i>	NEW SESSION TBC	FRI3H • Supernatural Unilateral Kirsty Nield <i>MC</i>	FRI3I • Firm Foundations - Assessing Active Ageing from Ground Up Ken Baldwin & Sally Harrison <i>IL</i> <i>Sponsored by Healthy Ageing Summit</i>	FRI3J • ICG MYRIDE James Lamb <i>MC</i> <i>Sponsored by Life Fitness & ICG</i>	FRI3K • H2O - The Ultimate Training Environment for Every Body Lianne Tiemens & Dom Gili <i>L</i>

3.45PM - 4PM	BREAK										
--------------	-------	--	--	--	--	--	--	--	--	--	--

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua
4.00PM - 5.15PM	FRI4A • How to use LinkedIn for your Fitness Business Lynsey Fraser <i>L</i> <i>Sponsored by Flosocial</i>	FRI4B • Trends in the Industry: What's Hot and What's Next Krista Popowych <i>L</i>	FRI4C • Building a Fierce People Culture - the Shifting Paradigm of Whole Person People Management Emma Barry <i>L</i>	FRI4D • The Perils of Not Personalising... and Why You'll Be Left Behind Cam McDonald <i>L</i> <i>Sponsored by Ph360</i>	FRI4E • Powerlifting Programming for The General Population Jordan Syatt <i>WS</i>	FRI4F • Weight Loss is So Last Century: "Zoom Out" & "Drill Down" to Supercharge Client Success Glenn Mackintosh <i>L</i>	FRI4G • Gentle Yoga: Doing Less to Create Calm Mitch Gibson <i>MC</i>	FRI4H • TRX - Creating Powerful Group Training Experiences Michael Piercy <i>WS</i> <i>Sponsored by TRX®</i>	FRI4I • Exercise as Therapy for Depression and Anxiety Thea Baker <i>L</i>	FRI4J • Team ICG Coach by Colour Ride James Lamb <i>MC</i> <i>Sponsored by Life Fitness & ICG</i>	FRI4K • Aqua Balance Annette Chatterton <i>WS</i>

5.30pm	DELEGATE DRINKS										
--------	-----------------	--	--	--	--	--	--	--	--	--	--

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

SESSION TYPES: L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, PA – Panel

7AM - 8AM 

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle
9AM - 10.15AM	SAT1A • 5 Steps To Inspire Trial Guests To Paying Clients without Follow Up! Darren Roberts <i>IL</i>	SAT1B • 29 Strategies To Catapult Your Business To New Heights Justin Tamsett <i>L</i>	SAT1C • Neurotypes and Client Retention Cam McDonald <i>IL</i> <i>Sponsored by Ph360</i>	SAT1D • Female Phase Training - Cycling Your Programming With Her Cycle Nardia Norman <i>L</i>	SAT1E • Assessments & Mobility for The Squat, Bench Press & Deadlift Jordan Syatt <i>WS</i>	SAT1F • Keto and Performance Training: A New Era in the Application of Ketogenic Diets for Sports Performance Cliff Harvey <i>L</i>	SAT1G • Advanced Pilates progressions Taryn Polovin <i>WS</i>	SAT1H • Coaching Play and Competition in Groups Scott Hopson & Hayley Hollander <i>WS</i>	SAT1I • Mums - A Mass Special Population Every Fitness Professional Needs to Understand Jen Dugard <i>L</i>	SAT1J • Team ICG Coach by Colour Ride James Lamb <i>MC</i> <i>Sponsored by Life Fitness & ICG</i>

10.15AM - 10.30AM **BREAK**

10.30AM - 12PM **KEYNOTE ADDRESS: The future of fitness**
Emma Barry

12PM - 1PM **BREAK**

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua	Aqua
1PM - 2.15PM	SAT2A • A Tim Tam Marketer in the Fitness Industry: How to Connect with Your Customer and Find Your Profitable Niche Rebecca Carson <i>L</i> <i>Sponsored by Vision PT</i>	SAT2B • Navigating the Four Stages of a Business; from Start-Up to Sale Amelia Phillips <i>L</i>	SAT2C • Clear the Roadblocks Limiting your Business Success Billy Polson <i>L</i>	SAT2D • Middle-Aged Superhero 2.0 Michael Piercy <i>WS</i>	SAT2E • Training for Athletic Performance Katrina Cochrane <i>WS</i>	SAT2F • Your Second Brain - the Gut-Brain Axis Paul Taylor <i>L</i>	SAT2G • Pilates: Pre and Post Natal – the complete package Liz Dene <i>IL</i>	SAT2H • From Acceptable to Exceptional! Creating the Rockstar Instructor Emma Masters <i>WS</i>	SAT2I • Disordered Eating in Fitness: The Elephant in the Room Lu-Lu Thompson <i>L</i>	SAT2J • Rush! Interval Training for the High Intensity Rider Krista Popowych	SAT2K • Aqua P2P (Plyometrics to Pilates) Claire Barker-Hemings <i>MC</i>	SAT2L • The Fascia Conversation Marietta Mehanni <i>L</i>

2.15PM - 2.30PM **BREAK**

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua	Elevate
2.30PM - 3.45PM	SAT3A • Using Chatbots and AI to Attract and Retain More Members Owen Bowling 1 <i>IL</i>	SAT3B • 8 Entrepreneurial Hustles for 2020 Emma Barry	SAT3C • Workplace Wellness Fiona Kriaris <i>L</i>	SAT3D • How to Create a Global Online Trainer Brand That Thousands of People Love & Trust Jordan Syatt <i>L</i>	SAT3E • Killer Kettlebell Movements and Programming Michael Cunico <i>WS</i> <i>Sponsored by Fitness First</i>	SAT3F • Supplementation Science for Strength and Power Athletes Dr Stephen P Bird <i>L</i>	SAT3G • Understanding Fascia and Its Influence on Movement <i>IL</i> Claire Norgate	SAT3H • Mindset, Movement, & Programming for Group Coaching Scott Hopson & Hayley Hollander <i>WS</i>	SAT3I • Exercising for Two Lisa Westlake <i>L</i>	SAT3J • How To Build Workouts James Lamb <i>L</i> <i>Sponsored by Life Fitness & ICG</i>	SAT3K • Noodlicious Debi Godfrey & Dom Gili <i>WS</i>	SAT3L • Elevate

3.45PM - 4.00PM **BREAK**

Strand	Business	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Cycle	Aqua
4.00PM - 5.15PM	SAT4A • Social Media Fundamentals for Fitness Professionals Ev Chapman & Joey Toutounji <i>L</i> <i>Sponsored by COM Marketing</i>	SAT4B • Broaden your Revenue Streams to Maximize your Earning Potential Billy Polson <i>L</i>	SAT4C • Women of Influence Forum Women of Influence Forum	SAT4D • Stretching Just Makes you Better at Stretching: Programming for True Mobility Glenn Phipps <i>L</i>	SAT4E • TRX Beyond the Basics - The Evolution of Suspension Training Michael Piercy (US) <i>WS</i> <i>Sponsored by TRX®</i>	SAT4F • Supplementation for Sports Performance and Health Kira Sutherland <i>L</i>	SAT4G • Yoga for Personal Trainers - Adapting Yoga for Your Private Clients Julie Smerdon <i>WS</i>	SAT4H • Punch, React & Move – Boxing Skills & Fitness Hays Daewoud & Dr Luke Del Vecchio <i>WS</i> <i>Sponsored by ACE</i>	SAT4I • Kids Health Programs Need To Take More Risks, Literally Richard Williams <i>IL</i>	SAT4J • Bike and Barre Krista Popowych	SAT4K • HIIT that Beat Lianne Tiemens & Marlee King <i>WS</i>

5.15PM **DAY 2 END**

Strand	Business	Leadership	PT	S&C	Nutrition	Mind Body	Group	Specialty	Aqua
9.00AM - 10.15AM	SUN1A • Boost Retention with Online Challenges Travis Mattern and Jono Petrohilos L	SUN1B • Can Passion Sustain You? Marietta Mehanni & Maria Teresa Stone L <i>Sponsored by MGM</i>	SUN1C • Glutes Galore David Liow WS <i>Sponsored by HMC</i>	SUN1D • Strengthening the Upper Back & Shoulders for Health & Performance Dr Luke Del Vecchio & Shannon Green WS <i>Sponsored by ACE</i>	SUN1E • Detoxification 101 - The Key to Unlocking Fat Angela Lee L	SUN1F • From Fingers to Toes - Pilates Conditioning Stephanie Glickman MC	SUN1G • Bodies in Motion: Foundation Flow Krista Popowych WS	SUN1H • Youth Movement Scott Hopson & Hayley Hollander WS	SUN1I • Aqua Finishers: Always Leave Them Wanting More Stacey Aldous

10.15AM - 10.30AM	BREAK								
-------------------	-------	--	--	--	--	--	--	--	--

10.30AM - 12PM	KEYNOTE ADDRESS								
----------------	-----------------	--	--	--	--	--	--	--	--

12PM - 1PM	BREAK								
------------	-------	--	--	--	--	--	--	--	--

Strand	Business	Leadership	PT	PT	S&C	Nutrition	Mind Body	Group	Specialty	Aqua
1PM - 2.15PM	SUN2A • Avoiding Legal Issues - top tips for fitness business owners Scott McKenzie L <i>Sponsored by Velocity Legal</i>	SUN2B • Create a Winning Culture: How to Lead Employees to Have the Same Passion as You Mark Capelin L <i>Sponsored by Tribe Social Fitness</i>	SUN2C • Forensic 360 of the Ankle. How to assess ankle problems Thuy Bridges L	SUN2D • Innovations in Programming: A Scientific Approach Vanessa Leone <i>Sponsored by Personal Training Academy</i>	SUN2E • From Elite to the Street: Training for Recovery Ian Clayton IL <i>Sponsored by Torrens University Australia</i>	SUN2F • Nutrition & Mindset for Fat Loss Jordan Syatt L	SUN2G • Meditation Made Easy - Modern Meditation for Real People Julie Smerdon WS	SUN2H • The New Art of Circuit Mastery Michael Piercy WS	SUN2I • Stress – The Good, the Bad & the Ugly Paul Taylor L	SUN2J • Level Up your Aqua Choreo Donna Stocker MC

2.15PM - 2.30PM	BREAK								
-----------------	-------	--	--	--	--	--	--	--	--

Strand	Business	Leadership	PT	PT	S&C	Nutrition	Mind Body	Group	Specialty	Aqua
2.30PM - 3.45PM	SUN3A • How to Create a Video Marketing Campaign that Works Owen Bowling L	SUN3B • Professional Speaking Skills for Fitness Professionals Paul Timms IL	SUN3C • Assessment Essentials for Optimal Results Billy Polson WS	SUN3D • 3 Planes and 3 Chains: enhancing mobility, stability and power for efficient movement Scott Hopson & Hayley Hollander WS	SUN3E • Physculture: An Introduction to Hand Balancing and Movement as Medicine Sergey Brazhnikov WS	SUN3F • Alcohol: Yes or No. The Science Explained Claire Norgate L	SUN3G • Somantic Cueing - Deeper Experience of Mindful Movement Di Dalloglio MC	SUN3H • Break It Down, Build it Up Krista Popowych WS	SUN3I • Women are losing their minds! Naomi Ferstera L	SUN3J • Water combat Maria Teresa Stone WS

3.45PM	END OF CONVENTION								
--------	-------------------	--	--	--	--	--	--	--	--



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

SESSION TYPES: L – Lecture, WS – Workshop, IL – Interactive Lecture, MC – Master Class, SS – Super Session, PA – Panel