

DAY 1: FRIDAY 30 APRIL 2021

8:00	Virtual doors open Expo open		
9:00	Opening Keynote Address with Mark Fisher (US) The Cave You Fear To Enter: Grow Your Fitness Business By Being Unapologetically You		
10:15	ACTIVE AGING CHRISTINE CONTI (US) Arthritis Exercise Integration	BUSINESS OF TRAINING BRITTANY BENNETT Boost Your Media Profile and Stand Out in a Crowded Space	PROGRAMMING TRENDS DAVID LIOW Glutes Galore
11:15	Move Session		
11:30	Networking Sessions		
12:00	Lunch & Expo Time		
12:45	Fitness Australia - Regulation Survey: Findings & Next Steps		
13:45	ACTIVE AGING DR. MARK P KELLY (US) Beating Osteoporosis with Nutrition and Exercise	BUSINESS OF TRAINING DR CAM MCDONALD Neurotypes & Retention	PROGRAMMING TRENDS IAN CLAYTON From Elite to the Street: Training for Recovery
14:45	Move Session		
15:00	Break & Expo Time		
15:30	ACTIVE AGING HEATH JONES Growing Old Gracefully is a Thing of the Past	BUSINESS OF TRAINING STEVE GRANT How to Build a 7 Figure Personal Training Business	PROGRAMMING TRENDS ANGELA LEE JENKINS Detoxification 101 - The Key to Unlocking Fat
16:30	Closing Keynote with Pat Farmer – Success Incrementally		
17:15	DAY 1 END		

DAY 2: SATURDAY 1 MAY 2021

8:00	Virtual doors open Expo open		
9:00	Keynote Address with Sara Kooperman (US) – Trends in Fitness Programming		
10:00	Mastermind Panel - Hosted by Chantal Brodrick		
11:15	Move Session		
11:30	ACTIVE AGING DEBRA ATKINSON (US) Stages of Menopause and Exercise Intervention	BUSINESS OF TRAINING RACHEL KALWY Be the coach and empower your people	PROGRAMMING TRENDS GLENN PHIPPS Stretching Just Makes You Better at Stretching: programming for true mobility
12:30	Networking Sessions		
13:00	Lunch & Expo Time		
13:45	ACTIVE AGING GEE TUAL Never Too Old to Have Fun	BUSINESS OF TRAINING JAMES CAMPBELL Habit Change 101 - How to turn small habits into big change	PROGRAMMING TRENDS CLARE HOZACK Heavy Lifting for Mums
14:45	Break & Expo Time		
15:15	Move Session		
15:30	ACTIVE AGING SALLY CASTELL Fitness and Function for Older Adults	BUSINESS OF TRAINING NOLAN FISHER Stop the Scroll Facebook Ads for your Fitness Business	PROGRAMMING TRENDS KIRSTY NIELD Supernatural Unilateral
16:30	Closing Address		
16:45	DAY 2 END		