

DAY 1

8:45am – 9:00am	Doors Open				
9:00am – 9:30am	Welcome by FILEX and AUSactive				
9:30am – 10:30am	<p>Opening Keynote Presentation Lisa O'Neill Energy, Excellence, Enthusiasm</p> <p>Without energy we are nothing. To live an excellent life we need to make an effort. Without energy, making an effort is nearly impossible. There are so many things that contribute or contaminate our energy. From the food we eat, the way we move to the people we spend time with. In order to perform at your best you need the best energy possible. Lisa has been called a Human Berrocca! Learn her secrets for maintaining high energy even in tough times.</p> <p>Families need parents who are engaged, adults need partners who connect and children need parents that are invested in them. Getting staff engaged, with energy, excellence and enthusiasm is Lisa's speciality. If you are interested in exceeding your customers expectations, leading your team to greatness and being as effective as possible in life then your energy is the first place to start!</p>				
10:30am – 11:15am	Morning Break				
Strand	BUSINESS	SPECIALTY	GROUP	PT	AQUA (POOL SESSION)
11:15am – 12:15pm	Creating unprecedented success in life and business - L Richard Thompson	Firm Foundations - Assessing Active Ageing from Ground Up - IL Ken Baldwin & Sally Harrison	Punch, React & Move – Boxing Skills & Fitness - WS Hays Daewoud & Dr Luke Del Vecchio	Best Lower Body Exercises on the Planet - WS Mindy Mylrea	Aqua Global Rhythms - WS Debi Godfrey
12:15pm – 1:00pm	Lunch				
1:00pm – 1:45pm	Networking In Exhibition Area				
Strand	BUSINESS	SPECIALTY	GROUP	REST, RECOVERY & MOBILITY	AQUA (POOL SESSION)
1:45pm – 2:45pm	Running a Successful Fitness Business – from concept to creation - L Andrew Simmons	Exercise & Blood Pressure- L Dr Mike Todorovic	THE Group Exercise Experience - MC Dr Andrew Vanessa Leone	When the Cuff has had Enough - IL Dave Liow	HIIT that Beat - WS Marlee King
2:45pm – 3:30pm	Afternoon Tea				
Strand	BUSINESS	SPECIALTY	GROUP	PT	AQUA (POOL SESSION)
3:30pm – 4:30pm	How to rapidly scale your business and career using social media - L Jonathon Tanner	Keep Your Clients Moving! Functional Fitness - WS	The Group Experience - A Modern Mind-set for coaches - MC Fitness and Lifestyle Group	Help clients love their bodies healthy: Body Positivity for Fitness Professionals - L Glenn Mackintosh	WonderWall & SuperStars - WS Donna Wilmott and Adel Way
Networking In Exhibition Area					

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SESSION TYPES:

L – Lecture, IL - Interactive lecture, WS – Workshop, MC – Masterclass



DAY 2

7:30am – 8:30am	Doors Open				
Strand	BUSINESS	SPECIALTY	S&C INTENSIVE	REST, RECOVERY & MOBILITY	AQUA (POOL SESSION)
9:00am – 10:00am	Why subscriptions can increase your income - L Niall McCarthy, Co-founder, Newie	9am – 11am Move with Intention - WS Guillaume "Gee" Tual	9am – 11am Strengthening the Upper Body for Health & Performance - WS Dr Luke Del Vecchio & Shannon Green	How to come up with unlimited Bootcamp Workouts... with only limited equipment! - WS Jono Petrohilos	Level Up Your Choreo - WS Donna Wilmott
Strand	BUSINESS			BUSINESS	AQUA (POOL SESSION)
10:00am – 11:00pm	AUSactive; the end game - L Barrie Elvish			Shift Your State - IL Angela Lee Jenkins	Break
11:00am – 11:45am	Morning Tea				
Strand	BUSINESS	SPECIALTY	S&C	NUTRITION	AQUA (POOL SESSION)
11:45pm – 12:45pm	21st Century Program Design - L Michael Cunico	Mental health and disease - solutions for our biggest issue - L Dr. Cameron McDonald	Beyond the Hip Thruster - WS Dr Andrew Lock	Progressive Flexibility and Meaningful Mobility. (Bringing purpose and much needed progression to mobility training.) - WS Glenn Phipps	Noodlicious - WS Debi Godfrey & Dom Gili
12:45pm – 1:30pm	Lunch				
1:30pm – 2:15pm	Networking In Exhibition Area				
Strand	BUSINESS	SPECIALTY	S&C	NUTRITION	AQUA (POOL SESSION)
2:15pm – 3:15pm	Marketing Strategies for Trainers on a Budget - L Jono Petrohilos	Mums – A Mass Special Population Every Fitness Professional Needs to Understand - IL Jen Dugard	Training for Athletic Performance - WS Katrina Cochrane	How To Thrive As A Rent Based PT - L Tahnee Donkin	Aqua Pool Party - WS Aqua Super Crew - Donna, Debi, Marlee, Adel & Dom
End of Trainer Summit					

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