

DAY 1: SATURDAY 30 JULY 2022

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		Mums – A Mass Special Population Every Fitness Professional Needs to Understand - IL Jen Dugard	THE Group Exercise Experience - MC Vanessa Leone & Emma Masters	Help clients love their bodies healthy: Body Positivity for Fitness Professionals - L Glenn Mackintosh	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	Clever Content Curation: 5 Essential steps to online course creation - L Mish Wright	Mental health and disease: solutions for our biggest issue - L Dr. Cameron McDonald	Cycle: Power vs Party - WS Emma Masters	How to come up with unlimited Bootcamp Workouts... with only limited equipment! - WS Jono Petrohilos and Travis Mattern	HIIT that Beat - WS Marlee King
2:45pm – 3:30pm	Afternoon Tea				
Strand	BUSINESS	SPECIALTY	REST, RECOVERY & MOBILITY	PT	AQUA (POOL SESSION)
3:30pm – 4:30pm	How to rapidly scale your business and career using social media - L Jonathon Tanner	Keep Your Mum Clients Moving! Functional Fitness for PostPartum - MC Brooke Turner	When the Cuff has had Enough - WS Dave Liow	How To Thrive As A Rent Based PT - L Tahnee Donkin	WonderWall & SuperStars - WS Donna Wilmott & Adel Way
End of Day 1					

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SESSION TYPES:

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



DAY 2: SUNDAY 31 JULY 2022

7:30am – 8:30am					
Doors Open					
Strand	BUSINESS	SPECIALTY	GROUP	S&C INTENSIVE	AQUA (POOL SESSION)
9:00am – 10:00am	Why subscriptions can increase your income - L Niall McCarthy, Co-founder, Newie	9am – 11am Move with Intention: 2 hour intensive - WS Guillaume "Gee" Tual	9am – 11am The Group Experience Re-Imagined: 2 hour intensive - L Michael Wilkins and Melissa Maskery	9am – 11am Strengthening the Upper Body for Health & Performance: 2 hour intensive - WS Dr Luke Del Vecchio & Shannon Green	Break (no Aqua)
10:00am – 11:00am	Running a Successful Fitness Business: from concept to creation - L Andrew Simmons				Level Up Your Choreo - WS Donna Wilmott
11:00am – 11:45am					
Morning Tea					
Strand	BUSINESS	SPECIALTY	GROUP	S&C	AQUA (POOL SESSION)
11:45pm – 12:45pm	AUSactive; the end game - L Barrie Elvish	Exercise & Blood Pressure - L Dr Mike Todorovic		Beyond the Hip Thruster - WS Dr Andrew Lock	Noodlicious - WS Debi Godfrey & Dom Gili
12:45pm – 1:30pm					
Lunch					
1:30pm – 2:15pm					
Networking In Exhibition Area					
Strand	BUSINESS	SPECIALTY	REST, RECOVERY & MOBILITY	S&C	AQUA (POOL SESSION)
2:15pm – 3:15pm	Marketing Strategies for Trainer's on a Budget - L Jono Petrohilos & Travis Mattern	Firm Foundations: Assessing Active Ageing from Ground Up - IL Ken Baldwin & Sally Harrison	Progressive Flexibility and Meaningful Mobility. (Bringing purpose and much needed progression to mobility training) - WS Glenn Phipps	Training for Athletic Performance - WS Katrina Cochrane	Aqua Pool Party - WS Aqua Super Crew - Donna, Debi, Marlee, Adel & Dom
3:15pm – 3:45pm					
Afternoon Tea					
Strand	BUSINESS	SPECIALTY	GROUP	PT	AQUA (POOL SESSION)
3:45pm – 4:45pm	Success Leaves Clues: Discover what the world's highest performing people do differently - L Dave Cattle	21st Century Program Design - L Michael Cunico	Punch, React & Move: Boxing Skills & Fitness - WS Hays Daewoud & Dr Luke Del Vecchio	Shift Your State - IL Angela Lee Jenkins	Break (no Aqua)
End of Trainer Summit					

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