

# SCHEDULE

# SCHEDULE

Registration from 07:00am

09:00 - 10:00	Opening Address with Paul Chek														
10:00 - 10:30	Break and Show Demonstrations														
10:30 - 12:00	100 Paul Wright Advanced Exercise Options WS	101 Michael Steel GRAVITY Personal Training: Functional Fun WS	102 Paul Chek Scientific Rotational Training L	103 Robert Cappuccio Customer Service is Dead! Client Relationship Management L	104 Douglas Brooks The Good, the Bad and the Ugly: A Research and Experience Driven Look at Integrating Balance into Functional Training and Sport Conditioning L	105 Robert Steinbacher Jazz Meets House WS	106 Keli Roberts Kickboxing 101 WS	107 Yoav Avidar Dance Aerobics Mastering - Layering WS	108 Paco Gonzalez It's Power Time WS	152 Michael Christensen Essential Reformer WS	109 Nick Morgan Nutrition for Elite Athletes: Practical Application for Health and Fitness L	110 Les Mills UK Trainer Team BODYBALANCE WS	111 YMCA Denise Page Logical Step WS		
12:00 - 13:30	Lunch and Show Demonstrations														
13:30 - 15:00	112 Mo Hagan The Ultimate Anti-Ageing Workout WS	113 Ian O'Dwyer GAMES...the forgotten tool! WS	114 Anthony Carey Stability? Mobility? Or Disability? L	115 Chuck Wolf Golf Mechanics and Functional Corrections L	116 Bob Esquerre The 10 Essentials of a Great Group Cycling Programme! L	117 Shannon Fable Balletone® Ballet My Way WS	118 Beko KG An Intro to Kango Jumps WS	119 Keiser m5 Strider Paco Gonzalez Interval Blast! MC	120 Debbie Kneale Ideal Performance Cycling - Making Hard Easy WS	153 Michael Christensen Stott Pilates Reformer: Jumpboard Interval Training MC	121 Helen Vanderburg Fusion Core Ball Training WS	122 Julie Burfoot GRAVITY Pilates: Fresh Breath WS	123 John Berardi From the Treadmill to the Table: Applied Performance Nutrition for Coaches and Trainers L	124 Les Mills UK Trainer Team BODYPUMP WS	125 YMCA Robin Gargrave Equipment Free Circuit WS
15:00 - 15:30	Break and Show Demonstrations														
15:30 - 17:00	126 David Haye Outbox WS	127 Michael Steel GRAVITY Personal Training: PT Profit WS	128 Michol Dalcourt The 'New' Circuit Training: Value & Methodology WS	129 Annette Lang Training the Pregnant and Postpartum Client L	130 Douglas Heel The Question is Not 'Is my Hamstring Tight?' but 'Why is my Hamstring Tight?' L	131 Lenny Parracino Functional Thoracic Spine L	132 Helen Carpenter-Waters Equipment-Free Circuits WS	133 Geoff Bagshaw Supercharged Hi/Lo WS	134 Keiser m5 Strider Paco Gonzalez Elliptical Ultimate Power MC	156 Michael Christensen Stott Pilates Matwork: Mini-Ball Workout MC	135 Simone Hodgkinson Yoga for Pregnancy WS	136 Charles Poliquin Stumbling Blocks to Fat Loss and what to do about them L	137 Les Mills UK Trainer Team RPM WS	138 YMCA Denise Page Freestyle Choreography WS	
17:00 - 17:30	Break and Show Demonstrations														
17:30 - 18:30	139 Dr Karen Nordahl Exercise During Pregnancy: The Truth and the Myths, How Current Research Assists Your Clients L	140 Bob Murphy Building a Loyal Client Base and Community L	141 Nic Jarvis The Psychology of Change - a proven way to help clients gain results L	142 Greg Roskopf Assessing our Assessments: What Kind of Information are we Receiving from our Assessments L	143 John Shehan Advanced Aerobics MC	144 Greg Sellar AB: Solution WS	145 Pdraig Clyne GRAVITY Group: Strength MC	146 Jayne Nicholls Gliding MC	147 Keiser m5 Strider Paco Gonzalez The Complete Workout MC	148 Yoav Avidar Stretch and Roll with a Small Ball MC	149 Les Mills UK Trainer Team BODYSTEP MC	150 YMCA Adrian Walters Dance Style Aerobics MC	151 YMCA Deborah Beard Ride On MC		

Registration from 07:00am

08:00 - 09:00	200 Douglas Brooks BOSU® Sport Progressions for Personal Trainers and Coaches WS	201 Steve Jack The Science of Success L	202 Robert Cappuccio Five Habits that will guarantee failure...and how to avoid developing them L	203 Bob Esquerre Injury Prevention Series for Indoor Cyclists: Knees Backs & Shoulders L	204 Keli Roberts The Pathway to Self-Acceptance L	205 Rachel Holmes & Jayne Nicholls Fitness Pilates with the Bender Ball MC	206 Pdraig Clyne GRAVITY Group: Core Dynamics MC	207 Keiser m5 Strider Paco Gonzalez Elliptical Ultimate Power MC	208 Denise Page Cardio Ride MC	209 Jo Parry Femme Fiesta MC	210 Robin Gargrave Out and About With Your Body MC	279 Michael Christensen Stott Pilates Matwork: Ultimate Body Sculpting (Flex-Band L3) MC	211 Beko KG & Lynley Gladdis It Takes Two MC	212 Nic Jarvis The Truth about Weight Loss Training Workshop L	213 Les Mills UK Trainer Team BODYPUMP MC	214 The FitClub Team TEAM ENERGY MC	
9:00 - 9:30	Break and Show Demonstrations																
9:30 - 11:00	216 Ian O'Dwyer Optimal Preparation WS	217 Tommy Matthews What's the Big Deal about Kettlebells? WS	218 Michael Steel GRAVITY Personal Training: PT Profit WS	219 Chuck Wolf Bridging the Gap: Blending Traditional Exercise with Functional Movement Patterns WS	220 Jeff Willoughby Overcoming Muscle Weakness - What Truly Causes it & What to do about it? L	221 Greg Roskopf Getting the Most of the Muscular System: Intro to MAT L	222 Charles Poliquin Olympic Gold Results; Shortcuts to a Successful Career as a Strength Coach L	223 Paul Wright The Million Dollar Health Professional L	224 Gill Cummings-Bell & Alex Drummond Nordic Boot Camp WS	225 Shannon Fable No Equipment Necessary! WS	226 Keiser m5 Strider Paco Gonzalez The Complete Workout MC	280 Michael Christensen Stott Pilates: Essential Reformer WS	227 Robert Steinbacher Body Art Stretch WS	228 John Berardi Beyond Cutting Edge: Nutritional Strategies Your Clients Will Read About L	229 Les Mills UK Trainer Team RPM WS	230 Simone Hodgkinson Flexi-Kids Yoga WS	231 Mark Grevelding Liquid Hi/Lo WS
11:00 - 11:30	Break and Show Demonstrations																
11:30 - 12:30	232 KEYNOTE with David Haye																
11:30 - 12:30	233 PUNK the FUNK with Gemma Osman, Corina Best & Kimberley Morrison																
12:30 - 13:30	Lunch and Show Demonstrations																
13:30 - 15:00	234 Paul Chek Swiss Ball Techniques for Corrective Posture and Stability Deficits WS	235 Greg Roskopf MAT Practical Application Using Corrective Isometrics WS	236 Martin Haines Biomechanical Screening prescribe a safe and effective exercise programme L	237 Michol Dalcourt A Functional Biomechanical Look at the Body L	238 Douglas Heel Golf Activation L	239 Mo Hagan Aqua Therapy and The Healing Power of Exercise L	240 John Shehan & Yoav Avidar Live n Loud on the Step WS	241 Keiser m5 Strider Paco Gonzalez Elliptical Experience MC	242 Geoff Bagshaw Ride of your Life WS	243 Beko Kaygee Sword Play WS	281 Michael Christensen Stott Pilates: Athletic Conditioning on the Reformer WS	244 Magnus Ringberg Align the Core WS	245 Julie Burfoot GRAVITY Pilates: Reformat Amplified WS	246 Nick Morgan Running For Fitness L	247 Les Mills UK Trainer Team BODYCOMBAT WS	248 Lynley Gladdis I like To Move It! WS	249 Steph Toogood Hand Buoy Solutions WS Session runs from 14:15 to 15:15
15:00 - 15:30	Break and Show Demonstrations																
15:30 - 16:30	250 David Haye Outbox MC	251 Melinda Nicci baby2body L	252 Chuck Wolf Flexibility Highways L	253 Anthony Carey What to Know About Training the Client in Pain L	254 Jean Sadouni Ageing L	255 Steve Barret Circuits MC	256 Pdraig Clyne GRAVITY Group: Strength MC	257 Helen Carpenter-Waters Bump 'N' Grind MC	258 Paco Gonzalez Ridding in a Circuit MC	282 Michael Christensen Stott Pilates Matwork: Pilates on Roll (Foam Roller L1) MC	259 Cherry Baker Buns of Steel for Thighs of Thunder MC	260 Pete Banbury Stressed, Overweight and Heading for Disaster! L	261 Les Mills UK Trainer Team BODYATTACK MC	262 Jane Chinery Twinkle Toddlers MC	263 Joao Regufe Energy Fusion MC		
16:30 - 17:00	Break and Show Demonstrations																
17:00 - 18:00	264 Paul Wright Prehab: Injury Prevention Tests and Strategies for Fitness Leaders WS	265 Helen Vanderburg Systematic Cueing L	266 Robin Gargrave Exercise and Mental Health L	267 Charles Poliquin Secrets of the First Interview	268 Lenny Parracino Functional Foot / Ankle L	269 Annette Lang Advanced Flexibility Techniques L	270 Magnus Ringberg Vibrations MC	271 Keli Roberts, Shannon Fable, Greg Sellar & Rachel Holmes Bosu® Block Party MC	Keiser m5 Strider 272 Paco Gonzalez Interval Blast! MC	273 Robert Steinbacher Jazz Funk MC	274 Julie Burfoot GRAVITY Pilates: Fresh Breath MC	275 Les Mills UK Trainer Team RPM MC	276 Les Mills UK Trainer Team BODYBALANCE MC	277 The FitClub Team JAM MC	278 Mark Grevelding H2O Choreo to Go MC		

Registration from 07:00am

08:30 - 10:00	300 Jeff Willoughby Muscle Imbalances - How to Identify Them and How to Overcome them in your Training WS	301 Michael Steel & Pdraig Clyne GRAVITY Personal Training: Hurricanes and Warriors S	302 Lenny Parracino Functional Hip L	303 Paul Chek Essential Stages of Human Development for Rehabilitation and Performance L	304 Michol Dalcourt Integrated Assessments L	305 Douglas Brooks Advanced Cardiovascular Training Principles L	306 Geoff Bagshaw iStep WS	307 Keli Roberts Bosu® Cardio Express WS	308 Paco Gonzalez Crossing the Zones WS	309 Magnus Ringberg Mango Moves WS	355 Michael Christensen Stott Pilates Reformer: Jumpboard Interval TRaining MC	310 Les Mills UK Trainer Team BODYVIVE WS	311 Lynley Gladdis ChiKids WS	312 Steph Toogood Deep, Deep, Deeper WS			
10:00 - 10:30	Break and Show Demonstrations																
10:30 - 12:00	313 David Haye Outbox WS	314 Michael Steel GRAVITY Personal Training: PT Profit WS	315 Douglas Brooks BOSU® Athletic Balance WS	316 Robert Cappuccio The Art of Seduction: The Science and Subtlety of Persuasion L	317 Paul Wright The Better Back Programme L	318 Bob Esquerre Meet the 'Hybrid': The Fitness Professional of the Future L	319 Sandra Bonacina T-Bow WS	320 Keiser m5 Strider Paco Gonzalez The Complete Workout MC	321 Denise Page The Big Ride WS	322 Beko KG Sword Paly 2 WS	356 Michael Christensen Stott Pilates: Essential Reformer WS	323 Cherry Baker The Grey Pound Pilates WS	324 John Berardi From Scrawny to Brawny: The Integration of exercise, Nutrition and Supplements for Muscle Gain L	325 Les Mills UK Trainer Team LMI Multi Challenge WS	326 The FitClub Team COMBAT WS	327 Mark Grevelding Combat Aqua WS	
12:00 - 13:30	Lunch and Show Demonstrations																
13:30 - 14:30	328 Ian O'Dwyer Regression or Progression; Which Will Give you the Optimal Result L	329 Annette Lang 30-Minute Workouts L	330 John Hardy How to Build Successful Personal Training Sales By Turning Clients Down! L	331 Troy Dureh Bag Boxe MC	332 John Shehan Step Kandi MC	333 Shannon Fable Balletone® Interval Intelligence MC	334 Pdraig Clyne GRAVITY Group: Strength MC	335 Keiser m5 Strider Paco Gonzalez Interval Blast! MC	336 Greg Sellar Dynamic Conditioning MC	357 Michael Christensen Stott Pilates Matwork: The Secret to Toned Arms, Buns & Thighs MC	337 Robert Steinbacher BodyArt Deep Work MC	338 Gill Cummings-Bell The High Street Break Down L	339 Les Mills UK Trainer Team RPM MC	340 Jane Chinery Cheer Fit MC	341 Mo Hagan GET 'AQUAINTED' with Joint Replacement Therapy MC		
14:30 - 15:00	Break and Show Demonstrations																
15:00 - 16:00	342 Helen Vanderburg Bodyweight Resistance Training WS	343 Martin Haines Biomechanical screening: now you know why it's important let's apply it WS	344 Steve Jack Energy Medicine and Athletic Performance L	345 Douglas Heel The Real Impact of the Stress Response in Performance L	346 Anthony Carey Correct or Corrupt: Motor Learning Principles Behind Corrective Exercise L	347 Jo Parry Urban Funk Old Skool MC	348 Keiser m5 Strider Paco Gonzalez Elliptical Experience MC	349 Simone Hodgkinson Stretch and Relax MC	350 Julie Burfoot GRAVITY Pilates: Reformat Amplified MC	351 Pete Banbury It All Starts with Digestion L	352 Les Mills UK Trainer Team BODYJAM MC	353 STRIDE Claire Darlington MC	354 Joao Regufe Feel the Movement MC				

PT Sessions Freestyle Nutrition Mind & Body Les Mills Sessions YMCA Sessions Children's Sessions Aqua Sessions

Book now at [www.fitpro.com/convention09](http://www.fitpro.com/convention09)

Book now at [www.fitpro.com/convention09](http://www.fitpro.com/convention09)