

CONFERENCE SCHEDULE SATURDAY 25 NOV

	GEX Studio	Stadium	AF114	AJ107/8	AH214	AJ100	AJ105/6	AF116
8.45 - 10.30	OPENING & KEYNOTE - Grant Gamble							
10.30 –10.45	BREAK							
10.45- 11.45	Marietta Mehanni Mastering Getting Up and Down from the Floor in Group Fitness Classes	Ian O'Dwyer Core From The Ground Up	Dr Antonay Lo Stop Hurting Women With Exercise	John Polley & Suz Cox Happy Memories During Memory Loss	Gee Tual Barefoot Training: The missing connection in fitness.	Thea Baker Physical activity as therapy for anxiety and depression	Claudia Li Effortless Selling: How to Get More Sales to increase your income (and make it fun!)	Mark Davis Vagus – The X Factor Beyond Elvis
11.45 – 12.30	LUNCH							
12.30- 1.30	Jill Healy-Quintard YogaPilates Fusion: A MindBody and Balanced Practice	Gee Tual Back Pain 101: A Trainer's cheat sheet	Assoc Prof Teresa Mitchell - Paterson Collagen - what's the fuss? Powders and supplements - the dynamics of collagen	Andrew Chadwick Changing Behaviour	Chaz Monaghan Building a Health House - More than just Exercise & Nutrition.	Ben Siong The Art and Science of Losing Fat	Tom Merriman Experiential training - how to design and deliver effective education	Dr Wendy Sweet & Mish McCormack DEEP DIVE. Menopause isn't just about hot flushed or brain fog!
1.30 – 1.45	BREAK							
1.45 - 2.45	Vanessa Leone THE Group Fitness Experience	Marietta Mehanni Vestibular Training for Memory: A Guide for Group Fitness Instructors	Beth Beauchamp The Fascial System - Be UP on The Body's Design - VIRTUAL	Neil Wagstaff Find your Ikigai (reason for being)	Dave Liow Foot Assessment and Training	Angela Lee Jenkins The magic is in the micro - too small to fail	Mid Thomas Savelio Cultural Empathy – Knowing our communitiesn	
2.45 – 3.00	BREAK							
3.00- 4.00	Erin Raines Watts Wheels and Whoopee	Animal Flow - Intro into Quadrupedal movement training	Dr Cam McDonald Body composition, Hormones and HealthTypes	Liz Dene Nutrition for Peak Performance	John Polley How your brain will stop you exercising, and what to do about it	Thea Baker HOW does physical activity help to prevent & reduce depression?	Claudia Li Unlocking the Power of A.I. For PTs in 2023 to Create Content For FREE that Your Audience Can't Ignore	Dr Antony Lo DEEP DIVE Busting Core Stability Myths
4.00 – 4.15	BREAK							
4.15- 5.15	Jill Healy-Quintard Movement is medicine	Gee Tual The Science of Play: why a fun session goes beyond exercise	Jen Dugard Know your numbers the secret sauce to your fitness business success	Ben Siong Workout Myths - reasons you are not seeing results	Kris Tynan Training Balance and Brains	Neil Wagstaff Take a deep breath	Dr Susan Baxter How to create a referral engine and leverage strategic partnerships	