

8.30 - 10.00	KEYNOTE SPEAKER – PETE COHEN 8.30-10.00AM AF114 - Stronger Together: Promoting Mental Well-Being in Exercise Communities								
10.15- 11.15	Silene Pedron Fossi Awaken Through Dance: Enhancing Body - Mind Connection AH112	Matt Brughelli Eccentric Cycling for Strength Gains STADIUM	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE	Antony Lo Principles, Not Protocols – How to Adapt in a Changing World AF114	Dr Wendy Sweet Does Exercise for the Menopause Transition Need a New (Cardio- Metabolic) Narrative? DEEP DIVE	Alice Moore Ditch the Sales Pitch AJ100	Suze Cox Getting our Kids Moving! AJ105/6	Robyn Graves Sleep Health AJ108/9	Ginera Linton-Ozich Get Erect AH214
11.30- 12.30	Niki Loe Love YOU Retreat: A Mini Retreat in 60 Minutes AH112	Andrew Chadwick The Consistent Coach STADIUM	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE	Dave Liow Why Aren't we Sleeping? AF114		Angela Lee Jenkins Energy Building Exercises and Practices AJ100	Rodney O'Sullivan Shifting the Perception of Stress AJ105/6	Claudia Li Instagram Strategies that Convert AJ108/9	Corinne Austin Core – But Not on the Floor AH214
12.30 – 1.15	LUNCH 12.30 – 1.15								
1.15 - 2.15	Ariel Kulaitis STEP for Everybody AH112	Gee Tual Unintentional Tension: When Stress Becomes too Heavy STADIUM	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE	Associate Professor Teresa Mitchell-Paterson Muscle Mass and the Microbiome AF114	Gary Szabo Man Up! 4 Steps for Better Mental Health for Men AF116	Ben McKerrrell The Diaphragm – Key to Understanding Movement DEEP DIVE	Anna Veale Beyond Limits – Empowering High Performance by Shattering Limiting Beliefs AJ105/6	Dr Suz Baxter The Power of Social Media to Grow Your Business in 2025 AJ108/9	Bobby Yang Start Training the Body You Want in 5 Years Time, Today AH214
2.30- 3.30	Silene Pedron Fossi Group Dynamics in Action AH112	Ken Baldwin & Gee Tual Unlocking Longevity: The Science of Movement and Quality of Life STADIUM	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE	Liz Dene The 4 Pillars to Optimal Health AF114	Bec Dilizia Chronically Fatigued to Acutely Energetic AF116		Angela Lee Jenkins Wellness Sessions – The Sessions of The Future AJ105/6	Gary Szabo Why do Martial Arts Gym Kick Ass While You Run Yours Off? AJ108/9	Antony Lo Simplifying Shoulders DEEP DIVE
3.45- 4.45	Tamara Bennett Tai Chi for Arthritis and Falls Prevention AH112	Andrew Chadwick Crossing Over STADIUM	Dave Liow Walking Gait Analysis AF114	Associate Professor Teresa Mitchell-Paterson Bone Boosting for Optimal Performance AF116	Pablo Steinman If You Want to Get Fit, Get Off the Treadmill AJ100	Marja Captijn Understanding Asthma and Supporting Clients AJ105/6	Alex Thomas Bridging The Gap Between Mental and Physical Health AJ108/9	AH214	

9.00-10.00	Bobby Yang Animal Flow for the Elderly AH112	Alice Moore Hacks for Core Mastery STADIUM	Rachel Marks Are you Failing Your Clients or They Failing You? AH214	Associate Professor Teresa Mitchell-Paterson Hacking Belly Fat AF114	Angela Lee Jenkins Dual Continuum Model of Mental Health and Wellbeing AF116	Ben McKerrell The Myth of Lactic Acid - A New Paradigm For Understanding Fatigue DEEP DIVE	Pablo Steinman Surf the Wave of Stress for High Performance AJ105/6	Marja Captijn Menopause, How to Train a Dragon DEEP DIVE	Venue Partner AUT
10.15-11.15	Nikki Williams ZUMBA Fitness AH112	Gee Tual Bring Some Funk to Your Fitness! STADIUM	Niki Loe Fasciology – What Your Body Tells Me Before You Say a Word AH214	Dr Suz Baxter Unlocking Balance: And Why is it Important AF114	Liz Dene Nourishing Your Mind: Evidence-Based Strategies for Brain Health AF116	AJ100	Claudia Li Cost Effective Facebook Ad Campaigns You Can Model for More Leads & Sales AJ105/6	AJ108/9	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE
11.30-12.30	Felicia Scherrer, Nikki Williams, Steve Seth Pump Up the TEAMwork AH112	Andrew Chadwick Squat! STADIUM	Rich Ellis Coaching for Coaches AH214	Dave Liow Understanding Inflammation AF114	Associate Professor Teresa Mitchell-Paterson Creatine Beyond Muscle Mass AF116	GINERA LINTON-OZICH Slings - The Missing Link? AH216	Alex Thomas Trauma Informed Coaching AJ105/6	Ken Baldwin Strength Beyond the Surface – Maximising Vitality for Active Ageing AJ108/9	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE
12.30 – 1.15	LUNCH 12.30 – 1.15								
1.15 - 2.15	Ariel Kulaitis SPUMP – Spin and Pump AH112	Antony Lo Assessing Diastasis Doming and Suitable Exercises DEEP DIVE	Corinne Austin The Gut-Core Connection AH214	Dr Suz Baxter Complementary and Alternative Therapies That Complement Your Business Growth in 2025 AF114	Gee Tual Lower Back: A Crossroad for Injuries AF116	Bec Dilizia Truely Transformatonal Touch AJ100	Suze Cox Our Only Defence Against Dementia and Parkinsons Disease AJ105/6	Angela Lee Jenkins Brain Heart Coherence for Wellbeing – The What, Why & How AJ108/9	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE
2.30-3.30	Tamara Bennett Tai Chi for Diabetes AH112	STADIUM	Gary Szabo Love, Handles AH216	Dave Liow Toxic Weight Loss AF114	Liz Dene Food and Mood AF116	Ken Baldwin Thriving Through Longevity: Overcoming Fear for Active Ageing Professionals AJ100	Claudia Li A.I & ChatGPT Content in 2024 – How to Adopt AI Into Your Business AJ105/6	Anna Veale Harmony in Health - Integrating Ayurvedic Principles into Western Living AJ108/9	BeActiv & Fusion Movement Reformer Pilates AH SHOWCASE
3.45-4.45	Bec Dilizia Movement and Energy Highway Hacks STADIUM	Alice Moore Senior Strength – Harnessing Gravity for Healthy Ageing AH214	Marja Captijn Understanding and Managing High Blood Pressure: A Seminar for Personal Trainers AF114	Robyn Graves Gut Health – What Goes Wrong and How to Fix it AF116	Rich Ellis When Your Clients Don't Play Ball – Understanding Yourself and Your Clients Better AJ100	Rachel Marks Does Your Story Matter? AJ105/6			