

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

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