



Fitness SPECTACULAR

SATURDAY 24th APRIL

At the WELSH
INSTITUTE OF SPORT,
SOPHIA GARDENS,
CARDIFF

featuring...

FIGHT KLUB & CIRCUITS
LBT & CENTRE BALANCE
HI/LO & CREATIVE CARDIO
PILATES
DANCE FUSION
FUNCTIONAL TRAINING
STRETCH & RELAX
EXERCISE REFERRAL

2019

NEW IDEAS
& NETWORKING

CHOICE OF FIVE
FANTASTIC SESSIONS

TRADE STANDS



TROY DUREH



DENISE PAGE



DARIN DIETRICH



PLEASE CIRCLE/HI-LIGHT YOUR FAVOURITE FIVE SESSIONS

	CONDITIONING	AEROBICS	SPECIALISMS	EXERCISE REFERRAL	
09.30 10.30	CENTRE BALANCE Darin Dietrich	LOGICAL STEP Denise Page	CPR Update your Cardio Pulmonary Resuscitation	CHAIR AEROBICS Mary Sparks Chris Jenkins	MOTIVATIONAL INTERVIEWING Rachel Hubbard
10.45 11.45	POWER PILATES Darin Dietrich	PUMP IT UP Troy Dureh		MOTIVATIONAL INTERVIEWING Rachel Hubbard	CHAIR AEROBICS Mary Sparks Chris Jenkins
12.00 13.00	GOOD OLD FASHIONED LBT Denise Page	DANCE FUSION Suzie Hopkins	FIGHT KLUB Troy Dureh	CHESTER & WALK TESTS Lucy Mallia	BACK CARE Ben Goffen
13.15 14.15	LAST MAN STANDING CIRCUITS Troy Dureh	NOT EASY BUT SIMPLE Denise Page	FUNCTIONAL TRAINING Ben Goffen	CHESTER & WALK TESTS Lucy Mallia	THE GREAT OUTDOORS Rachel Hubbard
14.30 15.30	SMOOTH PILATES Rachel Hubbard	CREATIVE CARDIO Darin Dietrich	NLP Denise Page	CPR Update your Cardio Pulmonary Resuscitation	BACK CARE Ben Goffen
15.45 16.45	STRETCH & RELAX Debbie Lawrence	STEP TECH Darin Dietrich			THE GREAT OUTDOORS Rachel Hubbard

EARLY BIRD - PAY BEFORE 1ST MARCH AND TAKE £5 OFF THE CONVENTION PRICE £45 MEMBERS/£50 NON-MEMBERS

Payment via the web: www.fitnesswales.co.uk/quickpay. State your 5 choices & contact details in the “comments” box. Or enclose a cheque for £ Remember to complete and return your 5 choices above.

Name and Address:

Contact Telephone: Email:

Return to Fitness Wales, 1b Clarke Street, Ely Bridge, Cardiff. CF5 5AL
Email: enquiries@fitnesswales.co.uk T: 029 2057 5155 F: 029 2056 8886

CENTRE BALANCE (DARIN DIETRICH) Isometric energy, core control, balance and better body alignment. Every muscle between the chest and the legs will be blasted. Combine 3 or 4 muscle groups in each exercise to give a full body workout using creative variations and intensive moves to maximize the glutes.

LOGICAL STEP (DENISE PAGE) This routine builds gradually in complexity as well as intensity. Each combination starts with a basic pattern and each layer slowly introduces a new level to achieve. A must for anyone who is not yet level 3 and needs a little help.

CHAIR AEROBICS (MARY SPARKS & CHRIS JENKINS) Ideas for seated work in a class format or to give as alternatives to gym clients.

MOTIVATIONAL INTERVIEWING (RACHEL HUBBARD) Get clients engaged in the change process. How to hook them, help them and keep them.

POWER PILATES (DARIN DIETRICH) Designed for those new to Pilates, and beneficial even for experienced students. Discover how to make the most of your workouts and gain maximum benefits. Some theory, fundamentals, proper positioning and creative choreography sets.

PUMP IT UP – DANCE AEROBICS (TROY DUREH) The original choreographer for the Ministry of Sound’s Pump It Up. Crammed with choreography, lots of rhythm & an amazing finale. A must for instructors wanting to spice up their aerobics. Be inspired!

GOOD OLD FASHIONED LBT (DENISE PAGE) This session is what the title says “Good old fashioned LBT”. Denise brings a wealth of teaching experience – so learn from the master!

DANCE FUSION (SUZIE HOPKINS) Sizzling style to give your routines the low down. Appeal to clients who want some fun and attitude!

FIGHT KLUB – BAG BOX (TROY DUREH) The most exciting combat workout in the UK. Using a punch bag, mimic the intensity of the boxing ring and take your workout to a new level. Punch & kick combinations to amazing music – no more punching thin air.

CHESTER STEP & INCREMENTAL WALK TESTS (LUCY MALLIA) Learn how to administer the tests for the referral programme.

BACK CARE (BEN GOFFEN) A taster session for those wanting to get into this specialist area at level 4.

LAST MAN STANDING - CIRCUITS (TROY DUREH) Circuits get results. Join Troy for a killer mega circuit that will leave you feeling toned to the bone. Creative exercises: exciting but simple & effective format. The big question is “Who will be the last one standing?”

NOT EASY BUT SIMPLE AEROBICS (DENISE PAGE) This Hi Lo workout is all about effectiveness. If you are looking for a workout without fancy choreography, this is the class for you!

FUNCTIONAL TRAINING (BEN GOFFEN) How do you know if your programmes ignore, exacerbate or induce kinetic chain imbalances and lead to injury? The answer? Functional Integrated training. Take a first glimpse at the strategies used by top class PTs and physical therapists.

THE GREAT OUTDOORS (RACHEL HUBBARD) Want to take clients outside but they can’t walk for long? Look at ways to use the natural environment to give a simple, but effective multi-level workout.

SMOOTH PILATES (RACHEL HUBBARD) Experience exercises that flow effortlessly, whilst learning how the core operates as a whole unit.

CREATIVE CARDIO (DARIN DIETRICH) Totally unique and different. Darin will show you new ways to create routines in an all-new map of music usage. A fun way to create spice to your hi/lo classes. Get out your calculator and watch it all add up!

STRETCH & RELAX (DEBBIE LAWRENCE) A gentle wind down to help relieve tension, soreness and restore the balance. Learn how to make your sessions end so clients feel relaxed and rejuvenated.

STEP TECH (DARIN DIETRICH) Fluid transitions of advanced cardio step: 4 different styles of combinations, choreography-building methods. Finish with a complete review of the combos so you can pick and choose the ones that will work for you back home.

NLP FOR THE GROUP EXERCISE TEACHER (DENISE PAGE) Create successful patterns of behaviour for your clients. Learn how to tap into positive thought patterns as you and your clients become more self-aware. Discover language patterns which will ensure you communicate effectively with every class member within the session. This is a great session for those of you who want a simple intro to NLP.