

# INSPIRE CONFERENCE Program 2017

brought to you by  
**Genesis Pirlo Group**



## Register now!

Early bird - Genesis Member

Early bird - Genesis Non-Member

**Genesis Cooks Hill**  
Cnr Tooke & Brooks Street  
Cooks Hill NSW 2300  
Call **02 4926 4488** or visit  
[genesisfitness.com.au](http://genesisfitness.com.au)



<b>Registration</b>	8:00am - 8:30am	Registration				
<b>Welcome</b>	8:30am - 8:45am	Welcome				
<b>Masterclass</b>	8:45am - 9:30am	"Mash up Mania"				
<b>Break</b>	9:30am - 9:45am	Fruit break				
<b>Session 1</b>	10:00am - 11:00am	<b>STEP MASTER</b> Alicia Broughton Rouse	Training women for life - Training stages and considerations for women Kathrine Wilkes	<b>FOAM ROLLER Workshop</b> Jason Bradley	<b>Burn Metabolism Burn</b> David Bergwerf	<b>LET'S GET YOU STARTED</b> Jamie Logue
<b>Remembrance Day</b>	11:00am	1 minute silence				
<b>Session 2</b>	11:15am - 12:15pm	<b>BARREFit</b> Bec Lawless	Body Image and Self Acceptance Jacqui Barnett	Yogic Breathing to Increase Lung Capacity Josh Pryor	<b>INJURY MANAGEMENT</b> Jason Bradley	<b>CYCLE INTO SCHWINN</b> John Pirlo
<b>Lunch</b>	12:15pm - 1:00pm	Lunch				
<b>Session 3</b>	1:00pm - 2:00pm	<b>FREESTYLE FUSION - Layer me that</b> Athena Varoxis	Healthy Moves in the Hunter Deborah Moore	<b>LAUGHTER YOGA</b> Michael Harridge	The signs of burnout and how to avoid your own crash so you can thrive at work and in life. Lisa Mills	Exploring Planes of motion Mitchell Bird
<b>Session 4</b>	2:15pm - 3:15pm	<b>Zumba Party</b> Kellie Simmons	Active kids R healthy kids Melissa Kemp	<b>THE CORE OF PILATES</b> Kim Weller	How did I earn a 200k annual income with 1 on 1 PT. David Bergwerf	<b>LETS GET NINJA'd</b> Mitchell Bird
<b>Break</b>	3:15pm - 3:30pm	Fruit break				
<b>Session 5</b>	3:30pm - 4:45pm	Guest speaker				
<b>Conclusion</b>	4:45pm - 5:00pm	John Pirio				