

FITNESS FOUNDATION PRESENTS

TOTAL FIT-FEST OCTOBER CONVENTION



Dear Fitness Professional

I want to present you with a fantastic opportunity to experience Ireland's first Fitness convention featuring, Delvin Clarke, Troy Dureh, Steve Watson, Rachel Ravenscroft, and many more INTERNATIONAL standard fitness presenters. Based on the success of similar events in the UK, Fitness Foundation are now bringing all the top names in Fitness and Personal Training to Ireland for a two day event on October 15th and 16th, held at Total Fitness Rehabilitation Centre, Sandyford, Dublin 18. It's just off the M50.

TOTALFITNESS

Putting your health first

The convention has 6 venues within the centre, covering Aerobics, Step, Spinning, Pilates, and Aqua, from 10am - 6pm. We will be holding expert lectures in two arenas, covering topics including: nutrition, 'fitness Instructors-survive your career', Be your own boss, and many more. You will be spoilt for choice with 80 classes and lectures to choose from we expect everybody will walk away with a few new routines and an abundance of new advice for clients. Grab your chance now to avail of our early bird special.

Do you want to find out more? *Turn the page.*

Fitness Foundation.



Please contact **Laoise Downes** or **Gillian Mooney** at the VIP ideas company on **01 276 3108** to discuss a range of our services.
www.vipideas.ie

- Gym goodie pack promotions
- Sampling/Promotional activities
- Sourcing and branded merchandising
- Consultancy services on creative promotions



The O'Neills tradition dates back to 1918, when the company was founded by Mr. Charles O'Neill. Since then, the company has rapidly expanded to become Ireland's leading leisurewear manufacturer to all associations.

O'Neills Sportswear design and manufacture sports and leisurewear to each customer's specific requirements and colours. Our product range has increased extensively and includes rugby shirts, polo shirts, tracksuits, fleeces, jackets and sweatshirts, all manufactured to the highest specification. We also manufacture a wide range of playing kits for; GAA, Soccer, Rugby, Basketball, Athletics etc.

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Adele has 10 years experience in the fitness industry. My career has taken me around the globe as Fitness Director on board a 5 star cruise liner reaching such destination as the Caribbean and Alaska. As the physical trainer to the NSW Fire Brigade my skills were tested in a new field of fitness, having to design a gym for each of the 300 stations and programmes for the varying levels of fitness amongst the 6,500 firefighters. As a member of the Irish team my biggest athletic achievement to date was winning the Chicago Triathlon in 2003. I excel in all areas of fitness as I see each individuals personal and career goals as a new challenge of my abilities.



"Why follow the path when you can set the trail!"

Sarah has over 7 years experience in the fitness world coupled with many years of Personal Training. Sarah's passion is with running and sports specific programming, she is currently in training for this years Dublin city marathon. Specialising across the board my dedication to you is a promise to help you achieve your career goals. I excel at all levels and styles of classes and as head fitness instructor for Total Fitness Sandyford I have a wealth of knowledge and experience to benefit my team as well as any fitness professional that may cross my path. My best advice to any fitness professional is to broaden your education by studying different courses and class styles as I myself have extended my education to the field of sports psychology.



Delvin Clarke is a director of Fitbods a very successful fitness centre in the West Midlands in England. Also known as 'Mr Charisma' Delvin has presented master classes and workshops around the World specialising in Hi/Lo, Step, Latino, Conditioning and Spinning. Delvin is the most experienced Pulse Group Cycling Master Trainer in the UK. He has taught a wealth of modules, courses and workshops throughout the UK. He is also a personal trainer to many professional athletes and sports enthusiasts in the UK. To his credit he has appeared in many exercise videos. Delvin has gained recognition for his unique style and versatility, a presenter not to be missed.



Troy Dureh is one of the most versatile international presenters to hit the U.K, known for his dynamic personality, unique teaching styles each and every workout he delivers is full of motivation and energy. As a consultant for UNIVERSAL Pictures his role is to revolutionise the U.K. Fitness DVD market by developing new fitness trends and concepts, which has started with his FUNKFIT with the girls from 'Coronation Street', showcasing the idea that fitness is fun!! In 1997 Troy devised the Khai-Bo workout, which became an international success and has seen him train and qualify over 5000 instructors worldwide



Steve has been involved in the fitness industry for over 18 years. He is director of chrysalis promotions and is part of the prestigious pure energy presenter team. After been awarded puma presenter 1998 Steve has gone on to achieve several achievement awards including Fitcamp presenter of the year 1999 presenter of excellence 2003, action UK best British male and best overall presenter 2005. With Steve's flawless break down skills you would think his presentations were tailor made just for you.



Rachel Ravenscroft has been in the health and fitness industry for seven years. Coming from a dance background she specialises in all forms of hi-lo, salsa, step and dance. Having won the Pure Energy new presenter search 2004, she now presents at major conventions up and down the UK, as well as international events. Her sessions are FUN!



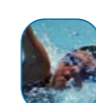
Elise joined the Pure Energy Presenter team after winning the prestigious Pure Energy Presenter of the Year competition in 2002. She has already left her mark on the fitness industry after touring the UK and presenting at major conventions at a International level. As a personal trainer, educational tutor and UK Flexi-bar master trainer, Elise is the complete professional. Coming from a dance background Elise appreciates the importance of breakdown; this is clearly evident in her natural gift of deliverance. Her unique style and flare always guarantees the newest and hottest moves with her truly original form.



Anthony Lynch has been in the fitness industry for the past 5 years, 2 of which he has been running his own successful Personal Training company, "Elite Personal Fitness". Anthony has trained soccer and Gaelic teams, some of which are at county level and has also opened a gym in Australia with a good friend of his. He has a H Dip in Leisure and Recreation Management and Sports and Leisure Management, He is currently working with a top physiotherapist and the Irish Olympic team psychologist for the "Elite Newsletter" a news letter designed to help members cope with all aspects of training.



Tina Kilbride has been teaching swimming for 15 years both group and one to one lessons; for adults, children and Masters. Tina's teaching abilities range from very nervous children and adults to experienced competitive swimmers. Tina qualified as a Swimming Instructor with the Amateur Swimming Association and The Institute of Swimming Teachers and Coaches. As Swimming Coordinator for Total Fitness Ireland Tina is responsible for the day to day running of all three sites and their swimming programs. AquaFit and Aqua Step are just some of the types of classes Tina enjoys teaching.



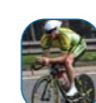
Shelia O'Sullivan is a graduate of UL with a degree in Phys Ed. Trained in the UK and received YMCA/RSA certification in various Fitness modalities including children, older adult and pre-post natal. Shelia is an Ace Personal Trainer, Reebok Master Trainer and NCEF Tutor. She successfully managed Dublin YMCA for 10 years. She implements training for both primary and secondary PE programmes.



Joyce has over 25 years industry experience, is a certified fitness professional a certified Pilates Practitioner, having studied Pilates and Pilates Post Rehabilitation (UK, USA and Australia), a trained Holistic Massage and Bowen Therapist. Has studied Ideokentic training with the Franklin Institute, Body Rolling & Pilates workshops and other mind-body therapy courses through various organisations. In 2003 she developed the unique PRS (Pilates restive system) that has provided the ideal tool for both home rehabilitation and Pilates fitness workouts.



Simon Hookway has worked within the fitness industry for the past 12 years, of which 9 years has been spent actively working with and presenting spin. With his good friend Johnny G Schwinn he set up 'Planet Spin' whilst working for Top-notch health Clubs in London. Simon has since moved to Total Fitness and is now a Regional Manager remaining involved in spinning and heads up the 'Total Spin' module for all TF instructors, coupled with his spinning experience Simon is a competitive cyclist and in his spare time competes in 10 and 25 mile time trials around the country with his Sherwood CC race team.



Fitness foundation presents: Saturday timetable

	Studio 1 (50) A	Studio 2 (50) B	Spin Studio (39) C	Mind and Body (25) D	Lecture Room (50) E	Small Pool (25) F	Relaxation room (25) G
9:00 - 9:30	Registration	Registration	Registration	Registration	Registration	Registration	Registration
9:30 - 10:30 1	KHAI-BO TROY	HIP HOP N' DROP RACHEL	RACE DAY SIMON	FIT CIRCLE JOYCE	CARDIAC REHAB NEILL	POWER OF WATER NIKKI	YOU'RE THE BOSS ANTO
10:45 - 11:45 2	BOXFIT ANTO	STEPPING FRENZY LINDA	HILLS & THRILLS DELVIN	PILATES SHELIA	THE FUTURE OF STRONG BACKS SUE/CIARA	H2O TO GO LILLIAN	FLUME POOL NEILL
12:00 - 1:00 3	AROUND THE BLOCK STEVE	TOTAL PUMP CAROL & SHELLEY	BLAZIN' SADDLES RACHEL	CORE BASICS JEN		AQUA STEP TINA	SPORTS SPECIFIC SUE/CIARA
1:00 - 2:00							
2:00 - 3:00							
3:00 - 4:00 4	STEP KICK TROY	HIP HOP N' DROP ELISE	PURE ENDURANCE SIMON	LOWER BODY BLITZ JOYCE		POOL TRAINING BECKY	GOAL SETTING & ACHIEVEMENT SEAN
4:15 - 5:15 5	SALZA SUPREME RACHEL	MASTER OF THE MOVES DELVIN	THE SCENIC ROUTE SIMON	YOGA FIT SHELIA	YOU'RE THE BOSS ANTO	SPLASH OUT NIKKI	FLUME POOL NEILL
5:30 - 6:30 6	TOTAL COMBAT SHELLEY	STREET JAM TROY/ELISE	HILLS & THRILLS CLAIRE	PILATES JOYCE	THE FUTURE OF STRONG BACKS SUE/CIARA	AQUAFIT LILLIAN	WHEN & WHAT TO EAT NEILL

Fitness foundation presents: Sunday timetable

	Studio 1 (50) A	Studio 2 (50) B	Spin Studio (39) C	Mind and Body (25) D	Lecture Room (50) E	Small Pool (25) F	Relaxation room (25) G
9:00 - 9:30	Registration	Registration	Registration	Registration	Registration	Registration	Registration
9:30 - 10:30 7	STEP AHEAD LINDA	GET THE FUNK UP STEVE	RISE AND CYCLE SIMON	PILATES JEN	WHEN & WHAT TO EAT NEILL	POOL TRAINING LILLIAN	SURVIVE YOUR CAREER RAF
10:45 - 11:45 8	TOTAL PUMP TRACY	TOTAL COMBAT SHELLEY	FAST & FURIOUS RACHEL	BALL STABILITY JOYCE	SPECIAL POPS NEILL	SPLASH OUT BECKY	YOU'RE THE BOSS ANTO
12:00 - 1:00 9	CARDIO JAZZ ELISE	KICKIN' HARD TROY	PURELY VISUAL CLAIRE	LOWER BODY BLITZ SHELIA		AQUA STEP NIKKI	FLUME POOL NEILL
1:00 - 2:00							
2:00 - 3:00							
3:00 - 4:00 10	DOUBLE WHAMMY TROY/ELISE	DEVIL ON A STEP DELVIN	YELLOW JERSEY SIMON	CORE BASICS SHELIA		H2O TO GO LILLIAN	GOAL SETTING & ACHIEVEMENT SEAN
4:15 - 5:15 11	DANCE FEVER STEVE	STEP UP TO IT RACHEL	BLAZIN' SADDLES ANTO	BALL STABILITY JOYCE	THE FUTURE OF STRONG BACKS SUE/CIARA	POOL TRAINING NIKKI	FLUME POOL NEILL
5:30 - 6:30 12	STEP A JAM ELISE	DOUBLE TROUBLE SHELLEY/TRACY	THE ROAD HOME DELVIN	PILATES SHEILA	SPORTS SPECIFIC SUE/CIARA	AQUA STEP TINA	GOAL SETTING & ACHIEVEMENT SEAN

MEET & GREET!!

Come get the weekend started with us and all of the presenters at Bondi Beach Nightclub, Stillorgan.

Friday from 8:00pm.

Your mission is to be the **LAST ONE STANDING** and the **FIRST TO ARRIVE SATURDAY MORNING!**

Free attendance to all registered convention participants.

This event carries Continuing Education Credits for NCEF and NCEHS qualified Health & Fitness Professionals



Join Shelley and the Dynamic TF Team as they take you through their recently launched Total Combat and Total Pump. All our team are highly enthusiastic. Our team will motivate you no matter what your level of fitness.

Their teaching skills and innovative ideas are second to none. A Dynamic TF Team class is a must at some stage over the weekend. Shelly leads the team of Linda, Tracy, Becky, Jen and Claire.

Join our team over the weekend for a guaranteed enjoyable sweat session!



Ciara is a 22 year old Sports Therapist, having worked at Total Wellbeing for the past year she has built up a steady clientele along side also keeping the Total Fitness staff healthy and flexible. Having studied at Crumlin College, Dublin for 2 years she furthered her studies by moving to Wolverhampton to get her BSC in Rehabilitation Studies.

Ciara's main interest is in Sports injuries & Rehabilitation. However she has since spread her wings a little further and has started down the path of Complementary Therapies and has recently qualified in Reflexology, Hot Stone and Indian Head Massage.



Sue Woodall has been in the therapy Business for the past 15 years. I spent 5 years at the Bisham Abbey National Sports Centre, England treating athletes, some of which were professional.

I have a strong background in the Sports and Massage environment and I am currently managing Total Wellbeing with a salon and a rehabilitation centre located in Total Fitness Sandyford. I have introduced the innovative treatments endomologie and Huber to this centre for sport therapy. These innovative treatments are the future of any Fitness instructors or enthusiast surviving a long career.

Fitness foundation presents: Class breakdown

KHAI-BO	KHAI-BO is the ultimate non-contact aerobic martial arts workout. The benefits and results of taking part in a KHAI-BO class are staggering. You can expect to achieve a greater level of cardiovascular fitness, muscle tone, flexibility, co-ordination and an improvement in your posture. A KHAI-BO workout burns far more calories than most other workouts because of the combined arm and leg activity. It is also the ideal way to combat stress by combining martial arts with fitness.
BOXFIT	Rocky meets Mr Motivator in this new hour long circuit where we combine all the elements of boxing with a circuit class for a knuckle crunching workout where you punch your stress clean through the bags
SPINNING	Sprints, hills, intervals, and visualisations like never before— our spin programme will give you it all. Join the visualisation revolution and let our team take you on ride not to be forgotten
STREET JAM	This street jam is a double teach with two of the greats Elise and Troy will take you through this dance/aerobic workout that builds and builds to an explosive choreographed finale.
HIP HOP N DROP	A dance style funk class where all the emphasis is on having a fun workout, as anything and everything goes pop, slide and jump. A class to get you motivated to move as you never thought you would!
SALSA SUPREME	Join us for an aerobic class where we really raise the temperature. Using Latino rhythms, swaying hips and creative choreography we will show you just how hot aerobics can get!!
TOTAL PUMP	Get ready to load your body to the max!! This is a conditioning class that will cover every inch of your body. Our dynamic team will show you how to train the whole body in one session. This class will not only blow your mind but your muscles too!!!!
TOTAL COMBAT	A user friendly class that will incorporate all the power of the martial arts world with the heart stopping world of aerobics.
FIT CIRCLE	The FIT CIRCLE improves muscle tone, endurance, coordination and balance. Great for problem areas that are hard to tone: inner and outer thighs, upper arms, chest and the pelvic floor. This dynamic and fun filled class not only takes you through the classical repertoire, but will introduce you to a new material as well.
PILATES	Pilates will re-educate your body to work in harmony with your anatomy. Pilates is a collection of exercises that promote core stability. The exercises focus on the torso and build inner muscle strength. These muscles then give stability to move the limbs efficiently and safely
YOGA FIT	Yoga fit blends components of strength, flexibility with co-ordination, endurance, concentration and breathing focus. Principles of Ashtanga Yoga are integrated with a western approach to strength training combined with a strong emphasis on movement quality
AQUAFIT	A series of gentle moves using the power of water to tone the entire body
AQUA STEP	This is a new and revolutionised class where the fat burning of step meets the toning power of the water.
CARDIO JAZZ	Prepare The stage and work the floor for that big finale number!!! An easy to follow dance routine packed with energy, laughs and a little bit morewhat are you waiting for its Showtime!!!
YOU'RE THE BOSS	An hour long fully packed informative insight in how to set up your company and become your own boss from the man who has done it himself. Anthony Lynch like any Fitness Instructor started out on the gym floor and gained experience and knowledge whilst building his clientele. Anthony now runs his own successful and busy Personal Training company.
GOAL SETTING AND ACHIEVEMENTS	Goals are not just important for your members and clients. Without your own goals you will drift along through life without focus and never reach your full potential or receive the wants you need!

UDO'S OIL – OMEGA 3, 6 & 9 ENDORSED BY CHAMPION ATHLETES

"From the very outset when I started on Udo's Choice oil blend I noticed my energy levels were significantly increased, I was recovering quicker between sessions, but most importantly I had the improved stamina to perform more consistently in triathlon races"

Trevor Woods, current Irish Half-ironman triathlon champion, 3 time Irish triathlon champion and age-group bronze medallist at 2004 World triathlon championships



THE EXPERT VIEW...

"As an exercise and nutrition consultant I have worked with many world class athletes. The essential fats play a key role in improving energy levels, stamina, strength, recovery, healing processes, immune function and fat loss. They are, in my opinion, a fundamental part of any nutritional plan for all athletes whether they be on the track, in the pool, out on a pitch or in the gym."

Cain Leatham,
Leading Exercise and Nutrition
Consultant, Director of GB Fitness.



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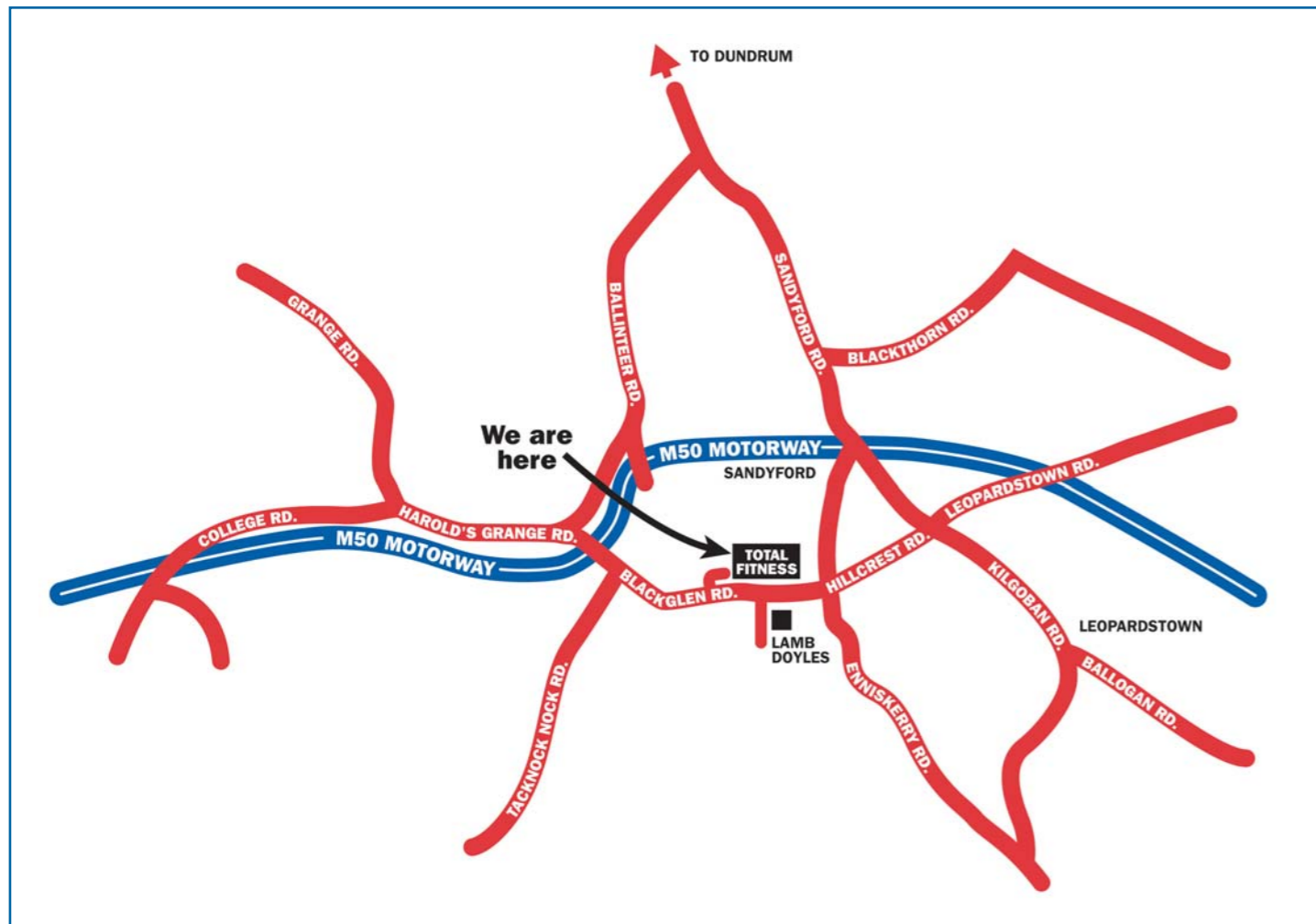
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Have we missed any friends that might be interested?

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 Telephone _____
 Date of Birth _____
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Name _____ Address _____
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Add on-Fitness INTERNATIONAL

- dance & aerobics
- step
- strength & conditioning
- boxing
- body mind spirit
- indoor cycling
- combat
- inspiration

ADD-ON TRAINING SYSTEMS is a new and exciting concept that is to be launched worldwide. **ATS** would be made up of a range of multitude Instructor Training Modules, Workshops, and Systems to create the Total Trainer.

These **ADD-ON-TRAINING** Systems, would enhance studio timetables, instructor abilities and aid membership retention, which are all important factors to large chains and decision makers. Many of the training systems have been written by some of the worlds leading fitness presenters. Each of the eight systems blend body and mind in their own individual way and can be promoted as a solo concept in its own right. The ATS training package is the way forward for those looking to prolong their career or move it in different directions.

HOW MUCH DOES THE LICENSE COST?

There are three packages to consider:

- 1. MOVEMENT CONCEPTS AND EQUIPMENT**
 These systems are not included in the all inclusive Total Trainer Package. Instructors will need to pay course and workshop fees as well as the annual license fee if applicable. Some of these systems also use special equipment or music.
- 2. SOLO TRAINER**
 This package is for instructors wishing to train in only one of the systems, workshops and seminars are all included.
- 3. TOTAL TRAINER**
 This package is for instructors wishing to train in all of the systems, workshops and seminars. The Total Trainer is all-inclusive so the annual license covers all.

Currency	TOTAL TRAINER	SOLO TRAINER	MOVEMENT C&E
GB POUND	350	225	99
EURO	600	425	170

The class choices, below, will be allocated on a first response basis. Those that sign up and reply sooner will get onto their first choice classes. Those that leave their application until later are not guaranteed their preferred classes. We have to be fair. Whilst all effort will be made to ensure that everyone will achieve the most from this unique event. The event will be the premier Fitness Convention in Ireland this year. Hands down.
Confirmation of classes will be given by email to those that wish to receive their confirmation quicker, otherwise it will be sent out through post.

EVENT FEES

€250 for the full weekend *EARLY BIRD SPECIAL* €200 for the full weekend

To avail of the early bird special your registration must be received by our office no later than September 23rd

CLASS CHOICES - MAKE YOUR CHOICE USING 1 AS YOUR FAVOURTITE

Saturday	Class codes	Sunday	Class codes
9:30 - 10:30	1) 2) 3)	9:30 - 10:30	1) 2) 3)
10:45 - 11:45	1) 2) 3)	10:45 - 11:45	1) 2) 3)
12:00 - 1:00	1) 2) 3)	12:00 - 1:00	1) 2) 3)
3:00 - 4:00	1) 2) 3)	3:00 - 4:00	1) 2) 3)
4:15 - 5:15	1) 2) 3)	4:15 - 5:15	1) 2) 3)
5:30 - 6:30	1) 2) 3)	5:30 - 6:30	1) 2) 3)

How to Register

Step 1: Complete the application form overleaf, complete the payment section below and enclose payment cheque in envelope.

Step 2: Tear off the page and post to: **Fitness Foundation, c/o Total Fitness, Blackglen Road, Sandyford, Dublin 18.**

How to Pay

Cheques and postal orders made out to: Total Fitness
(Payment must be made with application)
or call 2069600

Card Payments:

Visa

Mastercard

Laser

Card Number Expiry Date

Signature _____ Date _____

Printed Name _____

Complete Address _____

MEALS AND REFRESHMENTS

A range of healthy budget lunches, fruit, snacks and refreshments will be available for purchase from the Total Cuisine Café at Total Fitness Sandyford. If you prefer to take it away from the complex there are local pubs, within walking distance to the Club, which have a very varied lunch menu.

PARKING

Parking facilities are available free of charge for all participants

THE EXCELLENT TRAINING EXPO

There will be extensive trade stands throughout the venue for the weekend providing you with high quality and innovative products, the latest styles in clothing and workout wear for you, brand new music and videos along with exercise equipment to educate and benefit every fitness professional.

CHANGING ROOM AND LOCKER FACILITIES

All participants of the Fitness Convention will have access to shower and changing facilities. All Participants will also be allowed the use of a locker whilst taking part in the classes you can buy a lock at the reception of Total Fitness or you may bring your own.

Bondi Beach have teamed up with the **Fitness Foundation** to run the weekend's entertainment. On Friday night, only for the real party animals, convention participants, staff and the presenters will be in the Bondi Beach Nightclub at Stillorgan. Entry is free to all those affiliated with the convention, doors open from 8pm and will open to the general public at 10pm. To secure your entry all you need do is bring along your convention Identification. Bondi Beach are offering all convention enthusiasts free entry on Friday, discounted entry on Saturday and free entry on Sunday. It doesn't get any better in Dublin!

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