

# MASTERBLASTER

23rd - 24th July  
**2011**



**The Music and Motion Studio**

[www.musicandmotion.com.au](http://www.musicandmotion.com.au)

# MASTERBLASTER 2011 SESSION DETAILS

**VENUE:** Melbourne University, Tin Alley, Swanston Street,  
Carlton VICTORIA

**DATES:** Saturday 23rd - Sunday 24th July 2011

WELCOME to the sixth Music & Motion Studio MASTERBLASTER Conference. This event was put together in 2006 to cater for FREESTYLE fitness. It has been designed that you can come for just one session, or just a day or the whole weekend. You can come and sample new styles of group fitness classes that you haven't done before so you can see if it's something you would perhaps like to learn more about and eventually teach or just get some fresh new ideas.

In the last few years the event booked out several weeks before the date in many sessions. We have sourced presenters who are experts in their field, many of which currently present regularly both nationally and internationally.

We have included every popular class style currently being taught in group fitness so come and have fun, meet new people and learn new things. Being a small convention of around 200 delegates you will find the atmosphere warm and friendly and can have a chat with the presenters after their sessions, and do some shopping at the trade show in the breaks as well. Not to be missed!

**CONTACT:** The Music & Motion Studio

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## SATURDAY 9am



### **FAB FREESTYLE – Jenny Harrison**

Always a popular inclusion on the group fitness timetable, freestyle classes are the grassroots of group fitness. But how do you build an effective class with challenging choreography?

If you have ever struggled for ideas for your choreography, if you've spent hours counting 32 beats trying to make up a block, or if you want to revisit the joys of freestyle, FAB freestyle is for you. This workshop will take you step by step through the journey of developing an energetic, challenging and fun class based on a selection of FAB blocks. Experience the ease of bi-lateral choreography development and learn how to use progressions and alternative moves to enhance and personalize your group fitness class. By the end of the session you will have full teaching progressions for 4 FAB blocks. Your classes will be the talk of the group fitness centre!

Suitable for newly qualified instructors who need ideas for routine development and experienced instructors who want to re-ignite their passion for freestyle. FAB is for all instructors who want to present quality routines without spending hours trying to develop their own choreography



### **The Mixed Pilates Class Challenge – Stephanie Glickman**

Dealing with mixed-level Pilates classes requires high-level skills. There's a certain amount of foundational knowledge needed to get the most out of the Pilates technique. How do we

give that to our beginner participants while still challenging our intermediate and advanced ones?

This masterclass will focus on teaching to mixed groups, with helpful hints on layering and cueing of exercises that will allow all participants, whether beginner or advanced, to have a safe and effective Pilates workout.



### **VERTICAL HORIZONS (step) - Erin Raines**

Using the step platform set in a vertical position instead of a traditional horizontal plane; experience a low-impact routine that glides from one combo to the next. No need to think about right side or left, just go with the flow!!! You choose the level of complexity and intensity from the options provided.



## **SATURDAY 11am**



### **Step by Step – Joyce Ford**

Stepping doesn't have to be confusing if you put method into the madness. This step masterclass will contain step routines starting from its base moves, and thoroughly layered into its final product. It will suit participants with some step experience, looking for practical and teachable routines to suit a class with intermediate stepping skills. You are most welcome to sweat it out for the entire session or observe the class as we go step by step into combinations that require some athleticism. Written notes will be given with the breakdowns of all routines at the session.



### **Free Flow Hi/Lo – Andrew Marcus**

When creating a Hi/Lo class it is essential that each move flows smoothly from one to another, especially if the class has elements of complexity. Free Flow Hi/Lo combines base aerobic and dance moves to provide the wow factor, but retains the important ingredient; a great workout.



Join Andrew as he demonstrates how to create and teach a free flowing Hi/Lo class



### **Yopilo™ – Ruth Oliver**

Extremely popular in the fitness industry Yopilo™ is a unique blend of yoga postures and Pilates exercises, combining western exercise principles with eastern philosophy. This workshop will show you how to effortlessly combine the disciplines of Yoga, Pilates, traditional strength work and flexibility whilst maintaining a seamless flow to your class. Experience how the flow of movement and present moment attention opens the lines of communication between the body and mind leading to a more conscious and embodied state. By working with the body's energy and enhancing the mind body connection, you can achieve physical vitality and inner health. Help yourself and your clients to achieve not just fitness but a feeling of total well being.

## SATURDAY 1.30pm



### **Killer power cycling workouts! Amy Jay**

Power cycling workouts with a specific emphasis on either aerobic or anaerobic metabolism are very effective and short in time to gain maximum benefits from the ride.

In order to either increase or maintain your VO2 max it is best to train at a level close to your VO2 max. In this workshop we will aim to ride as much as possible at your VO2 max in intervals and with active recovery. Benefits? You can keep your training short in time and still reach your goals. All you need is O2+H2+ fun attitude!

You will learn how to increase maximum O2 consumption ,push hard during the interval phases, tricks to avoid riding to exhaustion and key elements of the recovery phases.

This is a ride not to miss, come prepared for guaranteed results.



### **ChiBall™ Flow Yoga - Lynley Gladdis**

Join us in a smooth, flowing yoga workshop that explores the softness of yin energy and the power and strength of yang energy. Flow from moon salutations to powerful standing postures and into seated and lying postures to find balance and harmony for body, mind and spirit.



### **Caliente HI – LO – Alan Gomez**

If you ever wondered how to snap out of a plain High Low Group exercise routine with ordinary music, look no further!! Caliente HI LO is a Latin High and Low impact Group Exercise Class that fuses intoxicating latin music with traditional Aerobics routines without forgetting about the simplicity that a successful class should have. If you are a High Low Instructor, Dance Instructor or even Latin dance Instructor this is a good draw card to have to spice up your classes. Open to all levels of fitness.

## SATURDAY 1.30 and 5.00pm



### **LIFESPRIENTS with Lynne Colston**

For Group Exercise, Personal Trainers and Gym Instructors Lifesprints exercise has been developed from research conducted in the Medical Faculty at the University of NSW. This research has shown that a 20 minute workout consisting of 8 seconds of sprint exercise, followed by 12 seconds of relative recovery resulted in more fat loss than 40 minutes of steady state exercise.

The Music & Motion Studio, with Getsmart Fitness Master Trainer Lynne Colston, have got together to develop a training program on behalf of the University of NSW for fitness instructors, Personal Trainers and Group Exercise instructors.

The program includes a range of equipment for use in group exercise programs or one on one training sessions. You will learn how to use it in a circuit type arena as well as discover its suitability for the gym floor. It

includes the use of cycle, boxing, skipping and other equipment easily found in most fitness centres.

This 3 hour training in the Lifesprints program gives instructors, personal trainers and gym staff the tools to train their clients or offer new group exercise classes in the 8 second sprint 12 second rest format. Researchers from the University of NSW developed this program and it has been hugely successful for weight loss. This program was promoted on both current affairs and radio shows throughout 2007 and more recently in Good Health Magazine as well as a new book called The 8 Second Secret written by Dr Gail Trapp released March 2010.

THIS IS THE BASE ACCREDITATION TRAINING FOR THOSE THAT WANT TO QUALIFY TO TEACH LIFESPRINTS. It is a 3 hour accredited session and attracts 3 CEC's.

## SATURDAY 3.30pm



### **Gymstick Core - Marietta Mehanni**

Want to spice up your core exercise repertoire? The Gymstick, a new and exciting fitness tool from Finland, can be used to create a total body workout. This workshop will highlight the multi- planner and multi-dimensional uses that the Gymstick can be used to develop functional core strength. If you are a personal trainer or a group fitness instructor and are 'over' your traditional exercises then this workshop is not to be missed.



### **SPICE IT UP CYCLE – Effe Diamond**

Spice up your communication and overall class delivery skills by learning how to formulate your instructional sequencing. Explore methods to help expand and enhance your verbal and non verbal communication skills and discover some great strategies to help you become a stronger coach and powerful performer on the cycling podium.



### **Meditations to Create Balance & Harmony – RITA Cattivera**

Using a combination of body awareness, breathing techniques, visualisations and sound therapy, come and enjoy these simple yet beautiful ways to learn how to relax and balance your clients.

Enjoy and let go to a session of pure peace and relaxation with beautiful meditations, music, aromatherapy and the sounds of Chrystal/Tibetan healing bowls.

## SUNDAY 9AM



### **Fun and effective group fitness for older adults – Paula Todd**

If you are looking for ideas to inspire and entertain your older adults whilst delivering first-class fitness training, this masterclass will tick all the boxes for you. Paula will take you through a 60 minute class and then discuss the class design and choreography, so you will understand not just the how, but also the WHY of what you are teaching in your classes. Loads of take-home value for Instructors who work with 'fit active' clients.



### **MUSIC CYCOLOGY – Effe Diamond**

In this master class you will learn how to effectively utilize the features in music to plan a class in more intricate detail. Experience a choreographed ride to both basic and advanced music maps, where the moves and the teaching become synchronized and the music becomes a teaching tool as valuable as the Instructors' voice and body language.



### **You Can't Funk This - Erin Raines**

An MC Hammer inspired dance cardio workout that will leave you feeling uplifted and re-energised. This class is taught like a dance class, with plenty of jumps and leaps to get your heart racing and your body sweating. Using simple teaching methods to attain funky steps, ending in the ultimate 80's classic showdown! So if you want to experience a dance-based class while achieving a good workout or just need choreography ideas to inject into your aerobic classes this session is a must. You will achieve a dance-inspired workout with little to no dance training



### **Power KickBox – Naomi Ling**

Discover how to create challenging kickboxing workout by combining the intensity of interval training with the exciting boxing combination. Kick, punch, jump and push; move your body in endless combinations. Learn the principles of this training method to make your clients train harder and more satisfied. This session will also provides you with ideas to refresh your own style with combinations to utilize for your clients.

Target Level: Beginner

## **SUNDAY 11am**



### **ChiBall™ Gentle Moves - Lynley Gladdis**

ChiBall Gentle Moves uses a fusion of mind body concepts to create a program for improving overall health, particularly in those with reduced mobility caused by increasing age, injury or illness. Low impact, yet energetic, this session can be performed standing or seated. Take away the skills to integrate elements of tai chi, dance, yoga, Pilates, ChiBall Release, relaxation and meditation to increase participants' vitality and enthusiasm for life.



### **CHALLENGE: Group Revolution – Alan Gomez**

This a group exercise sessions that holds elements of Outdoor training, Bootcamp, Circuit Workout, Toning, Fitness Boxing that will take you to a new level of Group Fitness Workout. An excellent option to have in Fitness Centre's that are full of standard conventional classes. It will take the participant out of their comfort zone with a variety of simple exercise patterns used in outdoor programs, circuit programs and boxing classes. Participants will walk away with ideas they will be able to implement into their classes or be able to create new classes from scratch. Open to all levels.



### **HiLo 2D – Megan Rehfish**

No 3D glasses necessary for this session, just your eyes, your legs and some enthusiasm for freestyle hilo aerobics. Come and join Megan in this beginner to intermediate workshop that focuses on the fun of hilo, with an emphasis on planar choreography. You will be taken through some interesting choreography that is clear to teach and accessible to your participants, with some options at the end for 3D possibilities.



You don't have to be "down" with technology to enjoy this session!



### **Ready Set, Sprint - Amy Jayasuriya**

Sprints are a fantastic training element in any cycle class and one of the best tools to use to get better results fast. To feel the real benefits of sprints a certain amount of load or resistance is needed. To do it properly and achieve the benefits at the same time a number of elements are required from proper bike fit to correct riding profile, posture, timing, load, breathing and active rest periods. Come and experience the buzz of sprints, explore the elements, and learn the how and why they are important and how to integrate real sprints in to your classes

## **SUNDAY 1.30pm**



### **Functional Muscle Conditioning – Marietta Mehanni**

What do we do everyday? We move our own body weight. Body weight exercises have come back in vogue and many group fitness instructors and personal trainers are looking for creative ways to use gravity to effectively target muscle groups and movement patterns.

This workshop will demonstrate how traditional muscle conditioning can be freshened up to challenge and surprise your clients and members. Appropriate in either a group exercise format or one on one training session, these exercises will update and add to your current repertoire.



### **BOOTCAMP OUTDOORS !!! THE REAL DEAL – Cheryle Milligan**

Attention !!!!!!! Group Fitness instructors and Personal Trainers... Bootcamp training has it all. Cardio Work, Resistance Training, Core Strengthening, Partner Work and Team Building, all designed to give the participant the workout that they strive to achieve. Bootcamp is suitable for any fitness level. Enlist with Cheryle in this outdoor Masterclass and learn why this type of workout has become a popular training program. Bootcamp training is for anyone wanting to get fit, tone up, lose weight and have fun along the way.

This masterclass is packed full of ideas you can take away.. Learn how to set up circuits doing body weight exercises without equipment. Games using a soccer ball, boxing drills and loads of safe exercises without a single "Burpee". You will use actual army equipment including ammo tins, camo net, ropes, stretchers and army webbing... If you have never done a Bootcamp session before, come along to see what everyone is talking about. You won't be disappointed.



### **Fitness Essentials for Older Adults Training - Paula Todd**

What are the essential elements which need to be considered when designing fitness training for older adults? Whether you are writing a gym program, devising a PT session or putting together a GF class for older adults, Paula will show you the 'what', 'why' and 'how' to deliver first-class training for your older clients. This session is ideal for instructors and trainers who work with 'fit active' older adult clients. However, the essentials we will cover are still applicable to even chair-based training.



### **DYNAMIC 2-STEP – Effe Diamond**

Take your existing step classes to the next level as you experience a never fail formula which will enable you to design & implement a 2 step class successfully. You can easily take this methodology and apply it to your already existing step choreography, giving it a fresh new dimension every time.



## **SUNDAY 3.30pm**



### **Circuit Attack – Naomi Ling**

This is a full body, high intensity circuit workout incorporating kickboxing and exercise training using various equipments commonly available in the gym or group exercise classes (e.g. steps, bars, medicine balls, swiss balls and Bosu). Discover how to create fun, achievable and challenging circuit class that provide aerobic, anaerobic and resistance training. This session is also packed with interesting ideas for partner training.



### **PROPaganza – Rayanne Hutchins and Lynne Colston**

Where there are PROPS there is FUN!  
So you've utilised balls and beanbags.... BUT have you considered broomsticks and buckets? Using props in your older adult classes adds interest and variety to the cardio, resistance and functional components of your sessions. If you looking to add some fresh and fun activities into your classes then come and Join Lynne and Rayanne for their creative and crazy take on using props within the older adults class.



### **Step Manouvres – Daniel Smidt**

Aimed at the intermediate to advanced participant, Step manouvres demonstrates freestyle choreography designed to seamlessly flow from one block into the next. With cues from some of Europe's most original instructors, Step Manouvres has a definite dance feel and when coupled with the latest uptempo music, creates a routine which not only gets the heart rate up but doesn't feel like exercise!



# MASTERBLASTER BOOKING FORM

**VENUE:** Melbourne University, Tin Alley,  
Swanston Street,  
Carlton VICTORIA

**DATES:** Sat 23rd - Sun 24th July 2011

**COST :** Individual sessions \$ 55 (early bird \$44)  
Full Day \$ 199 (early bird \$160)  
Weekend Pass \$ 360 (early bird \$ 300)

(EARLY BIRD PRICES APPLY UNTIL 15 JUNE 2011) BOOKING  
DEADLINE – NO BOOKINGS TAKEN AFTER 17TH JULY 2011

## HOW TO BOOK

Choose your sessions in each time section (FOR EXAMPLE you can choose one session at 9.00 out of the choices on offer, one at 11am out of those on offer and so on for each day). Make sure you book early so you don't miss out on the sessions you want!

## FOOD / REFRESHMENTS

Tea, Coffee and biscuits will be provided on the weekend and water will be available. You will need to arrange your own meals. There is a café on site with breakfasts, lunches and snacks available which will be open over the weekend between 9am and 5pm. We are also only a short walk from Lygon Street Cafe's and Restaurants.

## ACCREDITATION

FITNESS AUSTRALIA CEC'S - there will be 1 point allocated every 2 hours of sessions attended. You must attend a minimum of 2 session to receive CEC's. For example 2 sessions only will give you 1 CEC; 1 session only will give you no CEC's.

KINECT - PDP's - This will be accredited with Kinect - how many PDP's will be advised.

Maximum  
3 CEC's  
per day



## ACCOMMODATION

There are many hotels in Swanston Street in the city which is a short tram ride to the event as well as Carlton. Check out [www.visitvictoria.com.au](http://www.visitvictoria.com.au) for information on accommodation in Melbourne.

## SHOPPING OPPORTUNITIES

We will have sales of CD's, DVD's, fitness gear, fitball products and more.

## **CANCELLATION POLICY**

If you cancel 14 days or more prior to the event you will receive a full refund LESS administration fee (\* see below)

If you cancel within 14 days of the event less you will receive a credit note LESS an administration fee (\* see below).

If you cancel after the event has started and have a genuine reason (e.g. medical emergency) and you contact us during the weekend by mobile or leave a message in the studio, you will receive a credit note of the amount LESS the administration fee\*.

If you do not contact us during the weekend and don't turn up, NO refund or credit will apply. We can be contacted during the masterblaster either on our answering machine at the office or on a mobile phone number that will be left on the answering machine message.

\*Administration Fee

\$50 for more than 1 day booked

\$30 for 1 day

\$10 per single session

Adequate proof will need to be supplied for credit note to be applied (i.e. Doctors Certificate)

## **OTHER INFORMATION**

All details pertaining to parking, venue maps, access to building and so on will be sent to you with your receipt upon having received your booking and payment in full.

We will also send you information on the tradeshow, food availability and a list of accommodation in the area.

**TO ACCEPT THE BOOKING WE MUST RECEIVE THE FORM  
EITHER BY MAIL OR FAX WITH THE SIGNED WAIVER.  
WE CANNOT TAKE PHONE BOOKINGS.**

<b>COST :</b>	Individual sessions (early bird \$44)	\$ 55
	Full Day (early bird \$160)	\$ 199
	Weekend Pass (early bird \$ 300)	\$ 360

# SATURDAY 23RD JULY

## price

9-10.30am	<input type="checkbox"/>	Erin Raines Vertical Step	<input type="checkbox"/>	Jenny Harrison Fab Freestyle	<input type="checkbox"/>	Stephanie Glickman The Mixed Pilates Class Challenge	<input type="checkbox"/>
11-12.30pm	<input type="checkbox"/>	Joyce Ford Step by Step	<input type="checkbox"/>	Andrew Marcus Free Flow Hilo	<input type="checkbox"/>	Yopilo Ruth Oliver	<input type="checkbox"/>
1.30-3pm	<input type="checkbox"/>	Alan Gomez Caliente Hilo	<input type="checkbox"/>	Lynne Colston Lifesprints (1.30 - 5.00)	<input type="checkbox"/>	Lynley Gladdis Flow Yoga	<input type="checkbox"/> Killer Power Cycling workouts
3.30-5pm	<input type="checkbox"/>	Marietta Mehanni Gymstick Core	<input type="checkbox"/>	Lynne Colston Lifesprints (1.30 - 5.00)	<input type="checkbox"/>	Rita Cattivera Meditations to Create Balance and Harmony	<input type="checkbox"/> Spice It Up Cycle

# SUNDAY 24TH JULY

## price

9-10.30am	<input type="checkbox"/> Naomi Ling Power Kickbox	<input type="checkbox"/> Paula Todd Fun & Effective GE for Older Adults	<input type="checkbox"/> Erin Raines You can't Funk this	<input type="checkbox"/> Effe Diamond Music CYCology
11-12.30pm	<input type="checkbox"/> Megan Rehfisch 2D Hilo	<input type="checkbox"/> Alan Gomez Group Revolution	<input type="checkbox"/> Lynley Gladdis Chiball Gentle Moves	<input type="checkbox"/> Amy Jay Ready, Set, Sprint
1.30-3pm	<input type="checkbox"/> Marietta Mehanni Functional Muscle Conditioning	<input type="checkbox"/> Paula Todd Fitness Essentials for Older Adult Training	<input type="checkbox"/> Effe Diamond 2 Step	<input type="checkbox"/> OUTDOOR BOOTCAMP The Real Deal
3.30-5pm	<input type="checkbox"/> Naomi Ling Circuit Attack	<input type="checkbox"/> Lynne & Rayanne PROPaganza	<input type="checkbox"/> Daniel Smidt Step Manouvres	

**Total**

NAME	<input type="text"/>		
ADDRESS	<input type="text"/>	POST CODE	<input type="text"/>
TEL: (h)	<input type="text"/>	(w)	<input type="text"/>
(mob)	<input type="text"/>	(e-mail)	<input type="text"/>

PAYMENT BY:  CASH  CHEQUE  MONEY ORDER  VISA  MASTERCARD  AMEX

CREDIT CARD NO:  EXPIRY DATE:

CARD HOLDER'S NAME:  SIGNATURE:

## The Music and Motion Studio

ABN 91 850 274 514

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# Waiver and Payment

**WAIVER** Please fill in your details and sign this waiver – we cannot process your registration without this signed waiver.

I willingly participate in all aspects of The Music & Motion Studio's MASTERBLASTER CONFERENCE at my own risk. I am in reasonable physical health and acknowledge that when engaging in exercise routines or similarly strenuous activity, I may suffer injury, illness or death. I assume the risk of, and the responsibility for, any injury, illness, death or damage to or loss of property resulting from my participation in any activities and will not seek to penalise, prosecute or claim compensation from the organisers, sponsors, suppliers, presenters or participants. Additionally I understand that my written feedback may be published and/or I may be photographed, filmed, videotaped or audio-taped during The Music & Motion Studio's MASTERBLASTER CONVENTION and its affiliates will own all or part of any such film, tape or recording and use it for any and all commercial and non-commercial purposes without providing remuneration or seeking permission. I agree to not videotape, film, photograph or audiotape any part of any session without written authorisation from The Music & Motion Studio. I have read and understood this waiver and know how it affects my legal rights.

SIGNED BY :

(PRINT NAME IN FULL)

DATE:

CONTACT PHONE NUMBER (business hours)

## PAYMENT

Payment must accompany your registration and session selection forms for processing to take place. Please make cheques payable to: The Music & Motion Studio

**A confirmation tax invoice will be sent to you in your name.  YES  NO**  
**In the case of purchases order / invoices we cannot offer early bird price as this is only available upon full payment.**



## The Music and Motion Studio

ABN 91 850 274 514

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