



ASIA FITNESS CONFERENCE 2022

6:00 - 7:00 PM	Session Number	001
	Room Number	
	Session Title	Make the Most of Your AFC: Orientation for All
	Presenter	AFC Team

DAY 1 - FRIDAY, SEPTEMBER 30th

Lunch Served from 11:00 AM to 2:00 PM	8:00 - 9:15 AM	Session	101	102	103	104	105	106	107	108	109
		Room	Sports	PT	Dance/GX	Mind-Body	Rehab	Special Pops	Science	Business	
		Session Title	Brain Games are Not Enough	Prepped and Primed	AFC Dance 2022	Morning Yoga with SuryaNamaskar & Om	DRUMTASTIC Fit to Learn, Fit for Life	Play: The Missing Link for Ageing Clients	Energy Pathways with Resistance Training	From Child to Champion	Dance Competition
		Sponsor							NASM®		
	Presenter	Jonathan Ross	Adam Jongsma	Anastasia Alexandridi	Yuttana Poncharoen	Carrie Ekins	Ken Baldwin	Fabio Comana	Peter Twist	Showcase sessions	
	9:45 - 10:30 AM	002- OPENING CEREMONY- BJ Hall 1									
	10:45 AM - 12:00 PM	Session	111	112	113	114	115	116	117	118	119
		Room									
		Session Title	Rebirth of Isometrics and Tempo	8 Mandatory Movement Patterns for Performance	The Rise of Group Ex Periodisation	Creative Matwork with Small Apparatus	Postural Integrity	Is Sitting the New Smoking?	Nutrition to Strengthen the Immune System	Small Actions, Big Results	Dance Competition
		Sponsor						NASM®			
Presenter	Joe Drake	Nick Tumminello	Vanessa Leone	Serafino Ambrosio	Helen Vanderburg	Rick Richey	Douglas Kalman	Robert Cappuccio			
12:00 - 12:45	003- LUNCH BREAK										
12:45 - 2:00 PM	Session	121	122	123	124	125	126	127	128	129	
	Room										
	Session Title	Injury Prevention for Endurance Sports	Optimizing Mechanics for the Big Three Lifts	ABILITY Beats Make the Impossible Possible	The 3 Flexibility, Stability, Mobility	Are All Injuries Created Equal?	Alzheimers: Prevent it With Everything You've Got	Living to Eat or Eating to Live	Inflammation: What it is and How it Works	Dance Competition	
	Sponsor								NASM®		
Presenter	Peter Twist	Adam Jongsma	Carrie Ekins	Leslee Bender	Ulrik Larsen	Jonathan Ross	Benjamin Siong	Rick Richey			
2:30 - 3:45 PM	Session	131	132	133	134	135	136	137	138	139	
	Room										
	Session Title	Updated Glute Training: Top Landmine Moves	Foot and Ankle - Form and Prevention	Freestyle Group Master Experience	Shoulder 360	5 Things You Need to do With Every Client	Personalisation in Stress and Recovery	Nutrition for the Female Athlete	Overcoming Mental Barriers to Success	Dance Competition	
	Sponsor		NASM®				PHA		NASM®		
Presenter	Joe Drake	Fabio Comana	Vanessa Leone	Helen Vanderburg	Sue Falsone	Cameron McDonald	Douglas Kalman	Angie Miller			
4:15 - 5:30 PM	Session	141	142	143	144	145	146	147	148	149	
	Room										
	Session Title	Balance Training in the OPT® Model	Corrective Exercises for Tight Hip Flexors	Funky Dance	Pilates Fascia and Pelvic Floor	Beat the Most Common Types of Knee Pain	Powerful Aging: Load to Explode	Optimise Your Immune System in 8 Weeks	Reboot	Dance Competition	
	Sponsor	NASM®						PHA			
Presenter	Rick Richey	Nick Tumminello	Sasha Oishkin	Serafino Ambrosio	Ulrik Larsen	Ken Baldwin	Cameron McDonald	Robert Cappuccio			

DAY 2 - SATURDAY, OCTOBER 1st

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Lunch Served from 11:00 AM to 2:00 PM	8:00- 9:15 AM	Session	201	202	203	204	205	206	207	208	209	
		Room										
		Session Title	Athletic Warm-up Equation	Movement in 3D	Dance Fuego	Meditation for Challenging Times	Corrective Exercise for Active Ageing	Training the Post-Partum Client Safely	Coaching Not Training: Tips for Success	Out of the Question	Dance ICON Swag	
		Sponsor							NASM®			
	Presenter	Joe Drake	Adam Jongsma	Anastasia Alexandridi	Beth Shaw	Leslee Bender	Claire Norgate	Fabio Comana	Robert Cappuccio	Frans Ferdinand		
	9:45- 11:00 AM	Session	211	212	213	214	215	216	217	218	219	
		Room										
		Session Title	The Do's and Don'ts of Running Form	The 5 Ab Exercises You Are Doing Wrong	Old School Hype Dance	Total Body Mobility	Balance Training Revamped	Barefoot Training for Active Ageing	Creatine and Cognitive Nutrition	How to Stress Less and Savor the Moment		
		Sponsor								NASM®	Les Mills	
	Presenter	Ranell Hobson	Nick Tumminello	Tony Stone	Helen Vanderburg	David Liow	Ken Baldwin	Douglas Kalman	Angie Miller			
	11:30 - 12:45 PM	Session	221	222	223	224	225	226	227	228	229	
		Room										
Session Title		Anatomy of a Memorable Training Experience	Bulletproof Your Feet	Group Fitness Class Connect	Pilates 4 Kids	Most Common Running Technique Errors	Females' Hormone Health	Key Concepts in Oxygen Kinetics and Exercise	Mental Well-being for Coach and Client	Dance ICON Cardio		
Sponsor			Naboso					NASM®				
Presenter	Joe Drake	Emily Splichal	Emma Masters	Serafino Ambrosio	Ulrik Larsen	Claire Norgate	Fabio Comana	Peter Twist	Erick Limans			
12:45 - 1:30 PM	004- LUNCH BREAK											
1:30 - 2:45 PM	Session	231	232	233	234	235	236	237	238	239		
	Room											
	Session Title	Bodyweight Power Conditioning	Fully Functional Hips in 15 minutes	Step New Style	Training the Back Side	Thoracic Spine: What You Need to Know	Brain Science Meets HIIT	The Microbiome, Athletics and You	The Courage to Lead	Dance Up		
	Sponsor											
Presenter	Ranell Hobson	Nick Tumminello	Sasha Oishkin	Helen Vanderburg	Sue Falsone	Jonathan Ross	Douglas Kalman	Robert Cappuccio	Anastasia Alexandridi			
3:15 - 4:30 PM	Session	241	242	243	244	245	246	247	248	249		
	Room											
	Session Title	Functional Physique	Homecoming: Enhancing In-Home Training	DanceGLAM by DanzFitNation	Get a Grip!	When the Cuff Has Had Enough	Healing Trauma with Yoga	You Are Only as Well as Your Gut	Building a Fitness Community That Matters	Baila Fiesta		
	Sponsor				Naboso					ZUMBA®		
Presenter	Peter Twist	Adam Jongsma	Tony Stone	Emily Splichal	David Liow	Beth Shaw	Benjamin Siong	Alvin Netto	Monthira Lerat			
5.00 - 6.30PM	005- BACK TOGETHER AGAIN - EXHIBITION HALL											

DAY 3 - SUNDAY, OCTOBER 2nd

8:00 - 9:15	Session	301	302	303	304	305	306	307	308	309
	Room									
	Session Title	Warming Up to Run	Shoulder Injury Prevention Program	House Dance Step	Yoga Lean	Preventing Lower Back Pain	Yoga for Marathon/ Ultra Runners	Top 15 Fat Loss Methods	7 Steps to the Best Virtual Experience	
	Sponsor									Les Mills
Presenter	Ranell Hobson	Nick Tumminello	Sasha Oishkin	Beth Shaw	Sue Falsone	Yuttana Poncharoen	Benjamin Siong	Noel Chelliah	??????????????	
9:45 - 11:00 AM	Session	311	312	313	314	315	316	317	318	319
	Room									
	Session Title	Exercise Gamification	Clusters: Pre-plan Challenging Circuits	Group Fitness Beyond the Beat	Training Outside the Box	Beat the Most Common Types of Shoulder Pain	Latest in Training Pregnant Clients	Hormones, Health and Body Composition	Heart and Science of Fitness Leadership	MMA GX
	Sponsor									
Presenter	Peter Twist	Rick Richey	Vanessa Leone and Emma Masters	Helen Vanderburg	Ulrik Larsen	Claire Norgate	Cameron McDonald	Jonathan Ross	Nattapong Champachan	
11:30 AM -12:45 PM	Session	321	322	323	324	325	326	327	328	329
	Room									
	Session Title	Sensory Stacking! A New Approach to Balance Training	Your Core: Where Science Meets Fiction	THE Chair Dance Class	Yoga to Relieve Anxiety and Depression	Elbow Pain in the Gym	Functional Ageing	Workout Myths - Why You Have Plateaued	Fitness Studio Start-up in Today's Challenging Environment	Zumba® Class Full of Joy
	Sponsor									
Presenter	Emily Splichal	Leslee Bender	Tony Stone	Beth Shaw	David Liow	Helen Vanderburg	Benjamin Siong	CJ Lee, Glen Ang and Jack Thomas	Marina Subhananta	
12:45 - 1:30 PM	006- LUNCH BREAK									
1: 30 - 2:45 PM	Session	331	332	333	334	335	336	337	338	339
	Room									
	Session Title	Integrated Strength Coordination Training	Sneaky Intensity	Creating an Inclusive Group Ex Culture	Wellness Beats - A Mind-Body Journey	The Scapula: The Key to Shoulder Health	Exercise and Type 2 Diabetes	Mental Health - Improving it in Scope	Resiliency and Adaptability	Ignite Your Burn
	Sponsor									
Presenter	Ranell Hobson	Jonathan Ross	Emma Masters	Carrie Ekins	Sue Falsone	Rick Richey	Cameron McDonald	Peter Twist	Jonathan Goh	
3:15 - 4:30 PM	Session	341	342	343	344	345	346	347	348	349
	Room									
	Session Title	Breath: Driver to Stability Balance Training	The New Rules of Rotational Training	Gagga vs. Madonna	Vertical Pilates Small Apparatus	Functional vs. Sports Training	Strength Training for Women	Using Fitness Technology to Maximise Results	Don't Solve Problems: Seek Solutions	
	Sponsor									Nabosa
Presenter	Emily Spichal	Nick Tumminello	Anastasia Alexandridi	Leslee Bender	David Liow	Claire Norgate	Cameron McDonald	Angie Miller	??????????	
4:30 - 5:30 PM	007- CLOSING CEREMONY - BJ HALL 1									