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### Programme Details

CD-ROM	MP3	Title & Speaker
A1A		Managing a successful fitness business in 2010... Justin Tamsett
A1B		Reverse selling: catapult your business from good to great... Petar Lackovic
A1C		The real bottom line: understanding profit... Darren Jacobson
A1E		The myo-fascial system: impact on movement & training... Michol Dalcourt
A1L		Good mood food... Dr Joanna McMillan-Price
A1N		The role of fitness in preventative health... Max Martin
A1A-b		Managing a successful fitness business in 2010... Justin Tamsett
A2B		The proven formula for writing fitness adverts... Emmett Williams
A2F		Metabolic conditioning simplified... Phoebe Lahey & Nardia Norman
A2N		Beat the instructor shortage!... Marietta Mehanni & Ange LaScala
A2L		Redefining the change with mind and body fitness... Maureen Hagan
A2K		Science, psychology & art of fat loss... Susie Burrell
A1A-c		Managing a successful fitness business in 2010... Justin Tamsett
A3C		Strategic planning for club owners & general managers... Joe Cirulli
A3D		Profiting from PT... Andrew Simmons
A3E		Life after three sets of 12... Ish Cheyne
A3M		Kids fitness solutions for generations Y & Z... David Norman
A3N		DISC-over what makes your clients tick... Anthony Spark
A1A-d		Managing a successful fitness business in 2010... Justin Tamsett
A4B		Tips& tricks from worldwide clubs to boost your business... Dave Wright
A4C		Strategic planning for club owners & general managers... Joe Cirulli
A4E		Attract & retain great clients to grow your business... Steve Herzberg
A4F		The pleasure principle... Paul Taylor
A4H		The top 10 personal training injuries... Tim Keeley
A4L		The 7 P's of nutrition and fat loss... Craig Kelly
B1A		Social media and your business – the future of gaining and retaining advocates?... Ryan Hogan & Craig White
B1B		Managing with intention... Darren Jacobson
B1F		Emerging biomechanics... Michol Dalcourt
B1H		Helping your clients with depression & anxiety... Chad Timmermans
B1M		Weight loss trouble shooting... Dr Amanda Sainsbury-Salis
B2F		Lumbar spine disc injury rehab – pain to performance... Tim Keeley
B3A		Minding the gap: keeping your new members from falling out of fitness... Maureen Hagan
B3E		Holistically fat... Paul Taylor
B3G		Self management of diabetes: a practical guide for PTs... Morwenna Kirwan
B3C		Stand out from the crowd... Andrew Simmons
B3L		Digest this... Joanna McMillan-Price
B4A		Avoid the inevitable sales slump... Steve Jensen
B4B		Become a high performance leader... Joe Cirulli
B4C		Wellness coaching – the growth of an industry... Fiona Cosgrove
C1C		The game plan for personal trainers... Aaron Whear
C1D		7 mistakes trainers make & how to avoid them... Chad Timmermans
C1E		Compelling communication... Kris Tynan
KN		Extraordinary Living for Ordinary People... Jay Blahnik
C2A		Industry trends to bank on... Maureen Hagan
C2B		The future of health club memberships... Expert panel chaired by Justin Tamsett
C2D		The 7 keys to PT studio success... Sonja Falvo
C2E		Core training that transfers... Michol Dalcourt
C3A		Advocates and assassins – the importance of great customer service... Darren Jacobson
C3C		Ancient brains and bodies in a modern world... Paul Taylor
C3E		Fat loss success... Joanna McMillan-Price

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