



www.ifaa-india.com



International Fitness & Aerobic Academy

Zumba® with
ZES Sucheta Pal &
Shwetaambari Shetty



**Workshop For
Trainers &
Gym Owners**

Concurrent Convention by IFAA at:



Bombay Exhibition & Convention
Centre, Off Western Express Highway,
Goregaon (East), Mumbai - 400 063
9-11 October, 2014

Partners:

BLACKROLL

Nutrazone



PRECOR

Reebok

STAR TRAC

The academy for Personal Trainers, Instructors, Gym Managers, Business Owners and Fitness Enthusiasts.

The International Fitness & Aerobics Academy (IFAA) is a well known brand in the fitness and aerobics scenario in Europe. It offers inspiration, motivation, learning & expertise to Trainers, Gym Managers, Business Owners, Instructors & Fitness Specialists.

With more than 30 years experience in fitness, aerobics and management solutions & certifications in Europe, IFAA-India is making its debut through its three-day CONVENTION and CONGRESS alongside the bodyLIFE IFW Expo at the Bombay Exhibition Centre, Mumbai, from 9-11 October, 2014.

In attendance will be International Master Trainers and Presenters from the United States, Germany, Poland, the Netherlands, Austria, UK, Australia and, of course, India and International Business Consultants, with work experience in India, US, Asia and European market.

Meet our Business Consultant to achieve more success and take your business to new dimensions with international standard operation processes. Get in touch with our Master Trainers for news, views, tips and latest updates on fitness concepts and trends.

Your IFAA India Team

MOVE & PREP | PLYOMETRICS | MYOFASCIAL |
ZUMBA® | LABOOCA® | STEP | AEROBOX |
FUNCTIONAL TRAINING | KETTLEBELL | LATIN
EXPLOSION | M.A.X.® | SPEEDBALL® | PILARDIO®
NUTRITION | AND MANY MORE

**To be part of our Workshop visit our website to book at
www.ifaa-india.com**

(9th to 10th Oct 2014) CONGRESS PROGRAM

for Club-Owners, Club-Managers, Head of Departments

DAY 1

0900 - 1100 hrs	Attendee assembly / Registrations open
1000 - 1100 hrs	INAUGURATION of BODYLIFE IFW EXPO, IFAA INDIA CONGRESS AND CONVENTION
1100 - 1130 hrs	Attendee assembly Welcome by Martin Klein IFAA
1130 - 1200 hrs	Welcome by Martin Klein IFAA
1200 - 1300 hrs	Generating revenue through networked fitness by Cliff Manifold PRECOR
1300 - 1400 hrs	Lunch
1400 - 1530 hrs	Branch of EXERTAINMENT – A new look at the fitness business by Martin Klein IFAA
1530 - 1730 hrs	Keys of success by Martin Klein IFAA
1730 - 1800 hrs	Break
1800 - 1900 hrs	Q&A (Question and Answers)
END	

DAY 2

1000 - 1015 hrs	Welcome by Martin Klein IFAA
1015 - 1115 hrs	Increasing secondary revenue through networked fitness by Cliff Manifold PRECOR
1115 - 1130 hrs	Break
1130 - 1300 hrs	Aspects of MEMBER GROWTH, Member Growth is more than 'sales' by Martin Klein IFAA
1300 - 1345 hrs	Lunch
1345 - 1515 hrs	Sales Process by Martin Klein IFAA
1530 - 1630 hrs	Boosting Revenue with Personal Cardio Training by Justine Wright STAR TRAC
1630 - 1645 hrs	Break
1745 - 1900 hrs	Set-Up, Pre-Sales, Marketing for Commercial Gyms / Health Clubs by Kaizzad Capadia K11
END	

AVAILABLE PACKAGES

CONGRESS
9th to 10th Oct 2014

Individual Registration:

For 1 Day:
₹ 5500

For 2 Days:
₹ 8500

Service Tax Applicable 12.36 %



*Group Registration: (Available for min. 5 People)

If you like to join the Congress with your Team,
please send us a email to: booking@ifaa-india.com

Register at www.ifaa-india.com

(10th to 11th Oct 2014) CONVENTION PROGRAM

for Trainer, Instructors and fitness enthusiasts

0800 - 1100 hrs REGISTRATIONS OPEN

DAY 1	Dance Aerobic
1000 - 1100 hrs	Latin Explosion
1130 - 1230 hrs	Zumba®
1300 - 1400 hrs	Dance Aerobics
1430 - 1530 hrs	LABOOCA®
1600 - 1700 hrs	Pilates
1730 - 1830 hrs	Step'n'Shape
1900 - 2000 hrs	REEBOK EASYTONESTEP

DAY 1	Functional Training
1000 - 1100 hrs	Functional Training
1130 - 1230 hrs	Metabolic Conditioning
1300 - 1400 hrs	Minibands
1430 - 1530 hrs	Core Training
1600 - 1700 hrs	Assisted Stretching
1730 - 1830 hrs	Myofascial Training
1900 - 2000 hrs	MOVE & PREP Advanced

DAY 1	Workout
1000 - 1100 hrs	REEBOK KETTLEBELL
1130 - 1230 hrs	Back & Spine
1300 - 1400 hrs	Nutrition 1
1430 - 1530 hrs	Stretching
1600 - 1700 hrs	Functional Workout
1730 - 1830 hrs	REEBOK KETTLEBELL
1900 - 2000 hrs	Bio-Mechanics in Resistance Training

DAY 2	Dance Aerobic
1000 - 1100 hrs	Aerobox
1130 - 1230 hrs	Zumba®
1300 - 1400 hrs	LABOOCA®
1430 - 1530 hrs	Pilardio®
1600 - 1700 hrs	REEBOK STEP'N'DANCE
1730 - 2000 hrs	Zumba® Party

DAY 2	Functional Training
1000 - 1100 hrs	MOVE & PREP
1130 - 1230 hrs	Myofascial Release Advanced
1300 - 1400 hrs	Assisted Stretching
1430 - 1530 hrs	Core Training
1600 - 1700 hrs	Manual Resistance
1730 - 1830 hrs	Plyometrics
1900 - 2000 hrs	REEBOK Kettlebell

DAY 2	Workout
1000 - 1100 hrs	REEBOK KETTLEBELL
1130 - 1230 hrs	Nutrition 2
1300 - 1400 hrs	Functional Workout
1430 - 1530 hrs	Boosting Revenue with Personal Cardio Training by Star Trac Justin
1600 - 1700 hrs	Bootcamp
1730 - 1830 hrs	REEBOK Powertubes and Bands
1900 - 2000 hrs	Bio-Mechanics in Resistance Training

CONVENTION
10th to 11th Oct 2014

Individual Registration:

For 1 Day:

₹ 2400

For 2 Days:

₹ 2700

Service Tax Applicable 12.36 %



*Group Registration: (For min. 5 People)

For 1 Day:

₹ 2150

For 2 Days:

₹ 2400

Service Tax Applicable 12.36 %



EACH DAY OF ATTENDANCE
AT THE CONVENTION OR
CONGRESS FOR ALL
ACADEMY SERVICES IN 2015

MASTER TRAINERS & PRESENTERS



Barbara Spritzendorfer
Austria

Certified IFAA Master Trainer, International Master Instructor and educator for SpeedballISM Fitness, MAX(R) and many more.



Jasmin Waldmann
Germany

Certified IFAA Master and the inventor of Pilardio®. An international presenter and a mental coach, she comes from Germany but made India her new home.



Marlon Connor
The Netherlands

Certified IFAA Master Trainer, highly experienced sports and fitness instructor, aqua specialist and physical therapist, and creator of LABOOCA® program.



Ritesh Shaiwal
India

Rising Star | TRX | FMS | Kettlebells | VipR | Les Mills Instructor



Sameer Sheikh
USA

Certified IFAA Master Trainer from New York City is a highly qualified fitness professional and has been in the industry for more than 15 years and a current trainer for many American celebrities.



Swetha Subbiah
India

Certified IFAA Master Trainer and a highly qualified Personal Trainer having certifications from leading fitness institutes in the UK.



Kiran Kumar
India

Certified IFAA Master Trainer and India's first athletes performance trainer (Phase 4)



Shwetambari Shetty
India

ZES - Zumba Education Specialist
II co-founder of Tribe Fitness



Dorota Rozko
Poland

Certified IFAA Master Trainer and certified Personal Trainer, Pilates coach, Zumba, NTC, Speedo, Profi Fitness and many more.



Fabiano da Ros
Australia

Fabiano is a very well-known Personal Trainer with certifications from various leading academies in Europe.



Sandeep Sachdev
India

Motivational speaker, celebrity nutritionist, Personal Training ambassador, winner of India's 'Biggest Loser Challenge' (2007) & Fitness First India (2008-2011).



Vera Leite
Portugal

Passionate about fitness, dance and wellness. She loves Zumba® Fitness and shares her love for dance and workouts, also with kids.



Sucheta Pal
India

Sucheta Pal is an international Zumba Education Specialist and the selected few Master Trainers for Zumba in the world. She is currently leading India after undergoing her fitness training from the United States.



Devrath Vijay
India

A CSCS, Strength and Conditioning coach, a dancer and kick-boxer, a gym manager at a Namma Crossfitter.

**Bombay Convention & Exhibition Centre,
Goregaon East, Mumbai.**



International Trade Fair for Fitness, Wellness & Sports Nutrition

**Enabling
collaborative
opportunities.**

OCTOBER

09-11 | 2014

3 DAY TRADE EXHIBITION

LIVE DEMONSTRATIONS

B2B MEETINGS



Book Your Own Booth and Inform About Your Product at:

www.ifwexpo.com

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