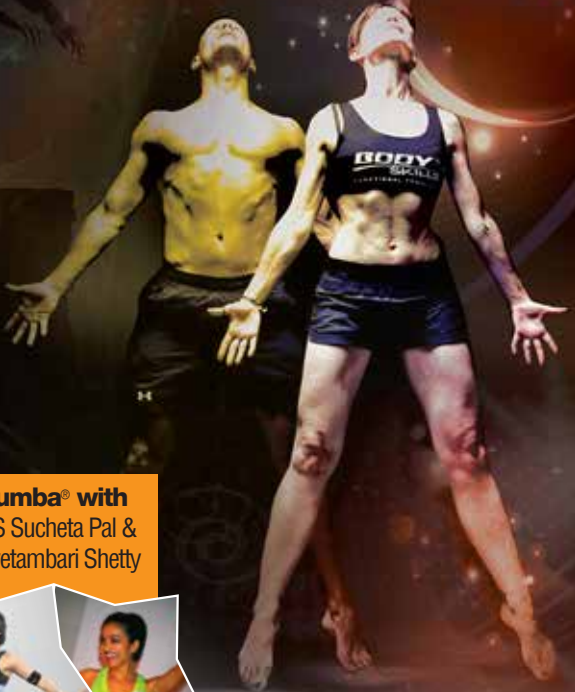




www.ifaa-india.com

# International Fitness & Aerobic Academy



**Zumba® with**  
ZES Sucheta Pal &  
Shwetaambari Shetty



Concurrent Convention by IFAA at:



**Workshop For  
Trainers &  
Gym Owners**

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

Partners:



## **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](http://www.ifaa-india.com)**

# (9th to 10th Oct 2014) CONGRESS PROGRAM

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

<b>DAY 1</b>	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 <b>Martin Klein IFAA</b>
	1130 - 1200 hrs	Welcome by <b>Martin Klein IFAA</b>
	1200 - 1300 hrs	Generating revenue through networked fitness by <b>Cliff Manifold PRECOR</b>
	1300 - 1400 hrs	Lunch
	1400 - 1530 hrs	Branch of EXERTAINMENT – A new look at the fitness business by <b>Martin Klein IFAA</b>
	1530 - 1730 hrs	Keys of success by <b>Martin Klein IFAA</b>
	1730 - 1800 hrs	Break
	1800 - 1900 hrs	Q&A (Question and Answers)
	END	
<b>DAY 2</b>	1000 - 1015 hrs	Welcome by <b>Martin Klein IFAA</b>
	1015 - 1115 hrs	Increasing secondary revenue through networked fitness by <b>Cliff Manifold PRECOR</b>
	1115 - 1130 hrs	Break
	1130 - 1300 hrs	Aspects of MEMBER GROWTH, Member Growth is more than ‘sales’ by <b>Martin Klein IFAA</b>
	1300 - 1345 hrs	Lunch
	1345 - 1515 hrs	Sales Process by <b>Martin Klein IFAA</b>
	1530 - 1630 hrs	Boosting Revenue with Personal Cardio Training by <b>Justine Wright STAR TRAC</b>
	1630 - 1645 hrs	Break
	1745 - 1900 hrs	Set-Up, Pre-Sales, Marketing for Commercial Gyms / Health Clubs by <b>Kaizzad Capadia K11</b>
	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](mailto:booking@ifaa-india.com)

Register at [www.ifaa-india.com](http://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 <b>Star Trac</b> 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**



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