

EXHIBITION CENTRE COLOGNE | 8 & 9 APRIL 2017

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FOR THE
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FIBO EUROPEAN
CONVENTION

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and Trainers



European Aerobic Association

FIBO EUROPEAN CONVENTION – MEET THE WHOLE COMMUNITY

Be a part of the biggest European event for the fitness community! About 3,000 trainers and instructors will get together for the first time at FIBO in Cologne to train with and learn from the world's best presenters! Among those who have signed up are GUILLERMO GONZÁLEZ VEGA, GIL LOPES and LUKAS KOLEK.

The programme consists of practical masterclasses on various stages on the following themes: "Group Fitness Freestyle", "Body & Mind", "Group Fitness Pre-Choreographic", "Hip Hop" and "Aqua Fitness". What's more, leading industry speakers will be sharing their know-how in theory seminars!

BE THERE RIGHT FROM THE START TO MAKE THE MOST OF YOUR VISIT

- Extend your theoretical and practical knowledge
- Acquire new trainer skills, try out new fitness programmes and be among the first to offer these in your studios
- Experience the stars of the scene live on stage and try out new trends with "colleagues" from all over Europe
- Our offering covers ALL aspects of Group Fitness

Book your tickets now at:

WWW.FIBO.COM/CONVENTIONTICKETS

The first 1,000 registrations will receive a FREE [PUMA Sports Kit](#) with all that you need for a successful convention. The kits will be ready for pick-up at registration counters in hall 5.1.

FACTS & FIGURES

Date	8 + 9 April 2017
Venue	Messegelände Köln, Messeplatz 1, 50679 Köln, Germany Hall 5.1, Hall 4.1 & Congress Centre North
Kontakt	Our Convention Hotline is happy to assist you: Phone: +49 211-90191-410 E-mail: convention@fibo.com
Opening hours	8 + 9 April from 9 a.m. to 6 p.m. For Entrance West only: Open from 7.30 a.m. for participants of the conventions
Entrances	Entering possible via all entrance gates via fast lane for convention participants/exhibitors Shortcut to the convention hall via Entrance South and West

IMPORTANT INFORMATION

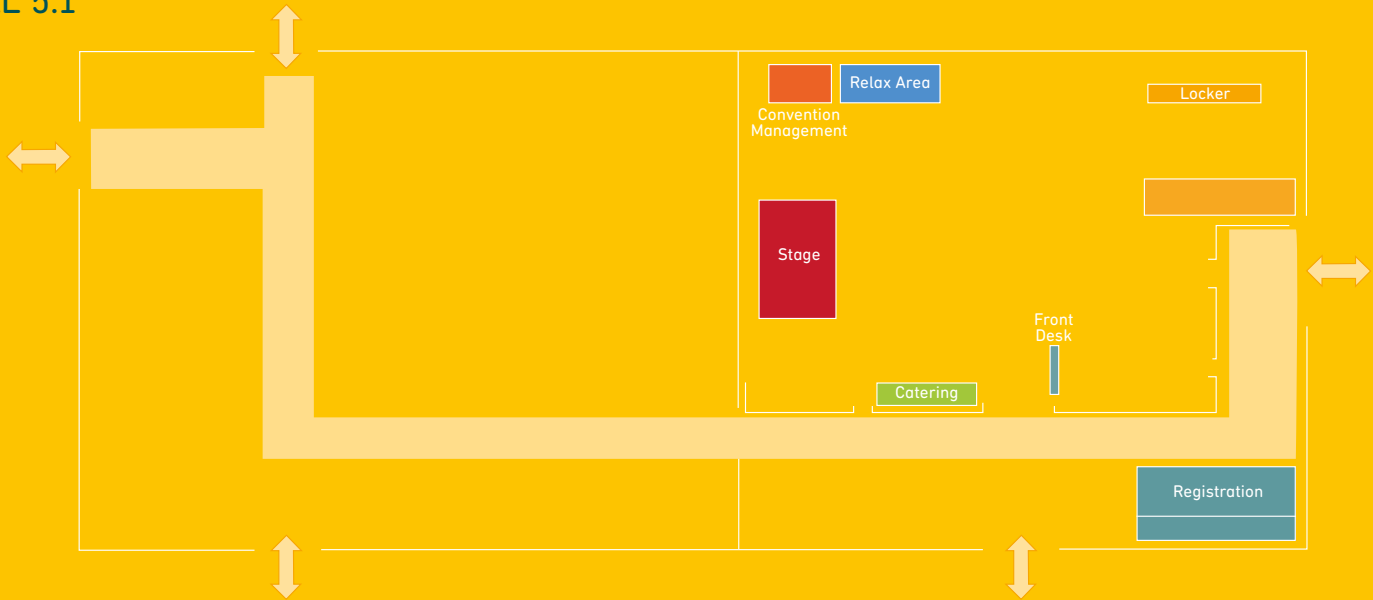
Here are a few tips to speed up your entry to the FIBO EUROPEAN CONVENTION:

- Please fill out the limitation of liability form and bring it with you. You can download it here: www.fibo.com/convention
- For everyone's safety, we will be conducting bag searches at the entrance. Please ensure you allow for waiting time and only pack the essentials, preferably in just one rucksack.
- Drinks: Bring your own drinking bottles – water will be provided by us during the convention, but please bring other drinks yourself. To help you survive a long convention day, you will receive free fitness bars from us on-site.
- Showers and changing rooms: In hall 4.1 there will be showers and changing rooms you can use free of charge.
- Act fast: The first 1,000 participants to register will receive a FREE PUMA sports kit consisting of a gym bag, towel, wash bag and drinking bottle.

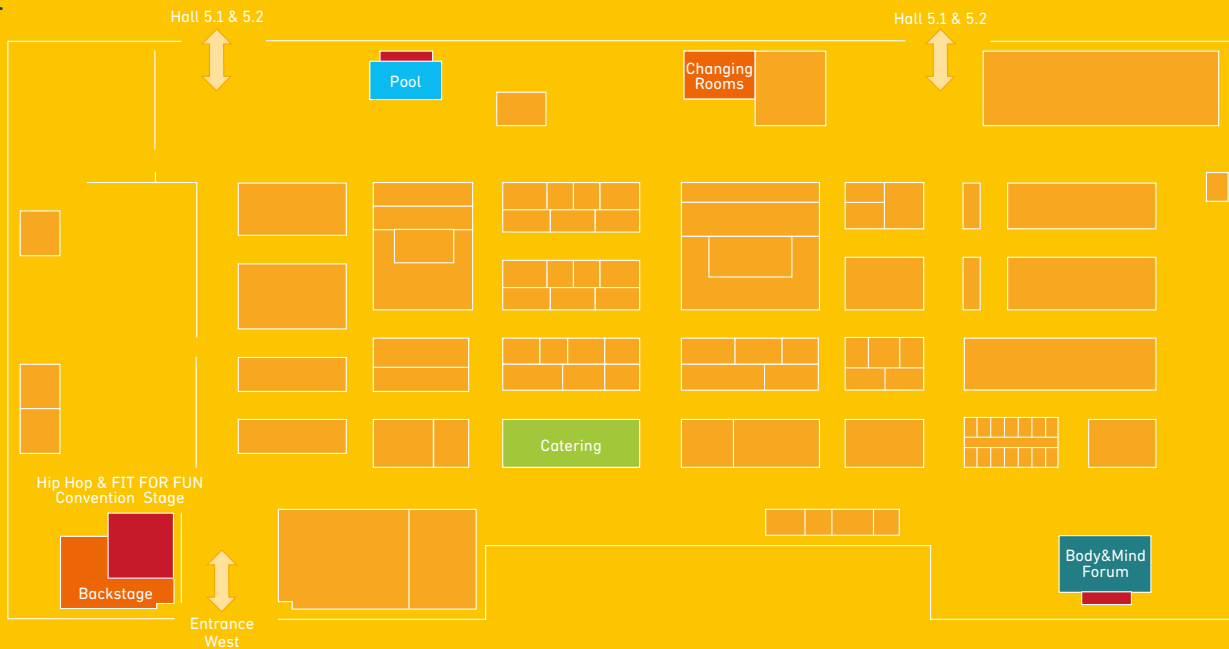


FIBO CONVENTION HALLS 5.1 AND 4.1

HALL 5.1



HALL 4.1





SCHEDULE GROUP FITNESS PROGRAMME

GROUP FITNESS STAGE + BODY & MIND FORUM

FIBO EUROPEAN CONVENTION

GROUP FITNESS PRE CHOREOGRAPHIC + FREESTYLE

STAGE 1, HALL 5.1	SATURDAY APRIL 08
09:00 A.M. – 09:45 A.M.	PILOXING KNOCKOUT – VIVECA JENSEN
09:50 A.M. – 10:35 A.M.	STEP ARGENTINA – GUILLERMO G. VEGA
10:40 A.M. – 11:25 A.M.	POUND ROCKOUT WORKOUT – KIRSTEN POTENZA
11:30 A.M. – 12:15 P.M.	BAILA BAILA DANCE – CLAUDIO MELAMED
12:20 P.M. – 01:05 P.M.	STRONG BY ZUMBA – AI LEE SYARIEFF
01:10 P.M. – 01:55 P.M.	DANCE STEP – MARC O. KLUIKE
02:00 P.M. – 02:45 P.M.	BODYATTACK – BETTINA KELLER
02:50 P.M. – 03:35 P.M.	DANCE AERO PARIS – REMY HULEUX
03:40 P.M. – 04:25 P.M.	PILOXING SSP – VIVECA JENSEN
04:30 P.M. – 05:15 P.M.	AERODANCE PASSION – JESSICA EXPOSITO
05:20 P.M. – 06:05 P.M.	ZUMBA FITNESS PARTY

GROUP FITNESS PRE CHOREOGRAPHIC + FREESTYLE

STAGE 1, HALL 5.1	SUNDAY APRIL 09
09:00 A.M. – 09:45 A.M.	BODYCOMBAT – BETTINA KELLER
09:50 A.M. – 10:35 A.M.	STEP IMPACT – REMY HULEUX
10:40 A.M. – 11:25 A.M.	STRONG BY ZUMBA – AI LEE SYARIEFF
11:30 A.M. – 12:15 P.M.	DANCE AEROBIC – MARC O. KLUIKE
12:20 P.M. – 01:05 P.M.	PILOXING BARRE – VIVECA JENSEN
01:10 P.M. – 01:55 P.M.	GLAM DANCE – GUILLERMO G. VEGA
02:00 P.M. – 02:45 P.M.	ZUMBA FITNESS PARTY
02:50 P.M. – 03:35 P.M.	STEP NO STOP – GIL LOPES
03:40 P.M. – 04:25 P.M.	BIG DANCE – JONATHAN CANADA
04:30 P.M. – 05:15 P.M.	STEP KEOPS – CLAUDIO MELAMED
05:20 P.M. – 06:05 P.M.	SH'BAM – ISABELL SCHRUF

MORE GROUP FITNESS: HIP HOP STAGE ON SATURDAY

BODY & MIND

BODY & MIND FORUM, HALL 4.1	SATURDAY APRIL 08
09:00 A.M. – 09:45 A.M.	REHAB PILATES – LUKAS KOLEK
10:40 A.M. – 11:25 A.M.	PILATES CLASSICAL – KATIA VASILENKO
11:30 A.M. – 12:15 A.M.	BODYBALANCE – TARSIA THARUN
02:00 P.M. – 02:45 P.M.	PILATES ON THE STEP – KATIA VASILENKO
02:50 P.M. – 03:35 P.M.	BODY FLY GENESIS – GENNARO SETOLA
03:40 P.M. – 04:25 P.M.	CROSSYOGA – JONATHAN CANADA & FABRICE TYACK

BODY & MIND

BODY & MIND FORUM, HALL 4.1	SUNDAY APRIL 09
09:00 A.M. – 09:45 A.M.	BARRE TRAINING – ROMANA CRAINIC
10:40 A.M. – 11:25 A.M.	EN-FLIGHTENED FLOW – FABRICE TYACK
11:30 A.M. – 12:15 A.M.	DYNAMIC YOGA – LUKAS KOLEK
02:00 P.M. – 02:45 P.M.	FLYBOARD DYNAMIC & BALANCE – GENNARO SETOLA
02:50 P.M. – 03:35 P.M.	OPEN HEART, OPEN MIND – FABRICE TYACK
03:40 P.M. – 04:25 P.M.	FUSION BARRE PILATES – ROMANA CRAINIC



SCHEDULE THEORY PROGRAMME

CONGRESS CENTER NORTH

KEY NOTE SPEAKERS

RHEINSAAL, SECTION 5	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	BUILDING YOUR OWN PERSONAL BRAND – PETER VAN DER STEEGE
11:30 A.M. – 12:15 P.M.	USING SOCIAL MEDIA TO MOTIVATE AND BRING A HEALTHY LIFESTYLE TO THE PUBLIC – KARL ESS
01:10 P.M. – 01:55 P.M.	INNOVATE LIKE A BOUTIQUE CLUB – EMMA BARRY
02:50 P.M. – 03:35 P.M.	THE POWER OF MOVEMENT – RICHARD SCRIVENER
04:30 P.M. – 05:15 P.M.	SPRINT 8 INTERVALLTRAINING / HIIT – STEVE BARRET

KEY NOTE SPEAKERS

RHEINSAAL, SECTION 5	SUNDAY APRIL 09
09:50 A.M. – 10:35 A.M.	YOUTH TRAINING DEVELOPMENT – BRENDAN CHAPLIN
11:30 A.M. – 12:15 P.M.	NEW STUDY TO PRESENT THE FITNESS PROFESSIONALS MARKET OVERVIEW IN EUROPE – NIELS GRONAU
01:10 P.M. – 01:55 P.M.	LEADERSHIP, BEHAVIOUR AND MOTIVATION – ROBERT CAPPUCCIO
02:50 P.M. – 03:35 P.M.	PHYLOSOPHY BEHIND TOMTOM, CORPORATE WELL-BEING – PETER FRANCE
04:30 P.M. – 05:15 P.M.	TO BE DEFINED



SCHEDULE THEORY PROGRAMME

CONGRESS CENTER NORTH

PERFORMANCE

CONFERENCE ROOM E	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	GO FAST(ER), JUMP HIGH(ER) – ANTHONY WALL
11:30 A.M. – 12:15 P.M.	PERFORMANCE ENHANCEMENT IN FITNESS USING THE OPTIMUM PERFORMANCE TRAINING (OPT) MODEL – RENATA AGO
01:10 P.M. – 01:55 P.M.	GO FAST(ER), JUMP HIGH(ER) – ANTHONY WALL
02:50 P.M. – 03:35 P.M.	PHILOSOPHY BEHIND NATURALICIOUS – NATURALICIOUS
04:30 P.M. – 05:15 P.M.	PERFORMANCE ENHANCEMENT IN FITNESS USING THE OPTIMUM PERFORMANCE TRAINING (OPT) MODEL – RENATA AGO

PERFORMANCE

CONFERENCE ROOM E	SUNDAY APRIL 09
09:50 A.M. – 10:35 A.M.	DECODING FITNESS AND UNDERSTANDING TRULY WHAT FUNCTIONAL MEANS – GURNIT SINGH DUA
11:30 A.M. – 12:15 P.M.	SPARTAN GIRJA – THE ORIGINAL KETTLEBELL IN S&C IN FITNESS – GABRIELLA BANKUTI
01:10 P.M. – 01:55 P.M.	THE STATE OF THE ART AND LATEST RESULTS IN RESEARCH ON WHOLE BODY EMS – WOLFGANG KEMMLER
02:50 P.M. – 03:35 P.M.	PROJECT: KIDS AT THE START! – JANA HAVRDOVA
04:30 P.M. – 05:15 P.M.	SPARTAN GIRJA – THE ORIGINAL KETTLEBELL IN S&C IN FITNESS – GABRIELLA BANKUTI

CORE + MOVEMENT, TRAINING

RHEINSAAL, SECTIONS 1+2	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	ANIMAL FLOW MOVEMENT WORKSHOP – RICHARD SCRIVENER
11:30 A.M. – 12:15 P.M.	NEW APPROACH TO CORE STABILITY AND FUNCTIONAL TRAINING – CESAR MUNOZ
01:10 P.M. – 01:55 P.M.	THE SCIENCE OF FLEXIBILITY – GERARD VON DER POEL
02:50 P.M. – 03:35 P.M.	NEW APPROACH TO CORE STABILITY AND FUNCTIONAL TRAINING – CESAR MUNOZ
04:30 P.M. – 05:15 P.M.	THE SCIENCE OF FLEXIBILITY – GERARD VON DER POEL

CORE + MOVEMENT, TRAINING

RHEINSAAL, SECTIONS 1+2	SUNDAY APRIL 09
09:50 A.M. – 10:35 A.M.	POWER OF GROUP FITNESS – MATTEO CERRUTI
11:30 A.M. – 12:15 P.M.	bodyART STRENGTH – COMBINING STRENGTH, FLEXIBILITY AND BALANCE – JANNI GANNIKAKIS
01:10 P.M. – 01:55 P.M.	SMALL GROUP TRAINING – MATTEO CERRUTI
02:50 P.M. – 03:35 P.M.	CUSTOMIZING WORKOUT AND NUTRITION BEGINS WITH BODY COMPOSITION ANALYSIS – CLAUDIO SUARDI
04:30 P.M. – 05:15 P.M.	CORE CONCEPT CHALLENGING YOUR LIMITS – GEORGE XIROS

BEHAVIOR CHANGE + NUTRITION

RHEINSAAL, SECTIONS 3+4	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	EXERCISE FOR OVERWEIGHT OR OBESITY: BRIDGING THE GAP BETWEEN THEORY AND PRACTICE – ALEXIS BATRAKOULIS
11:30 A.M. – 12:15 P.M.	OBESITY AND BEHAVIOUR CHANGE – KELBY JONGEN
01:10 P.M. – 01:55 P.M.	FORGET STRENGTH, LETS BUILD POWER! – BRENDAN CHAPLIN
02:50 P.M. – 03:35 P.M.	LEADERSHIP, BEHAVIOUR AND MOTIVATION – ROBERT CAPPUCCIO
04:30 P.M. – 05:15 P.M.	FORGET STRENGTH, LETS BUILD POWER! – BRENDAN CHAPLIN

BEHAVIOR CHANGE + NUTRITION

RHEINSAAL, SECTIONS 3+4	SUNDAY APRIL 09
09:50 A.M. – 10:35 A.M.	ANIMAL FLOW MOVEMENT WORKSHOP – RICHARD SCRIVENER
11:30 A.M. – 12:15 P.M.	BUSINESS OF FITNESS: RECRUITING AND RETAINING MEMBERS – JIM BELL
01:10 P.M. – 01:55 P.M.	TIMING OF NUTRITION, MISMATCH BETWEEN TRAINING AND EATING – MARCO PETRIN
02:50 P.M. – 03:35 P.M.	EXERCISE FOR OVERWEIGHT OR OBESITY: BRIDGING THE GAP BETWEEN THEORY AND PRACTICE – ALEXIS BATRAKOULIS
04:30 P.M. – 05:15 P.M.	LEADERSHIP, BEHAVIOUR AND MOTIVATION – ROBERT CAPPUCCIO



SCHEDULE AQUA FITNESS PROGRAMME

AQUA POOL STAGE HALL 4.1

FIBO EUROPEAN CONVENTION

SATURDAY APRIL 08	TRAINING	TRAINER
09:00 – 10:00 A.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH	EKATERINA KHAPKOVA (RUS)
10:00 – 10:30 A.M.	AQUA BIKE 3.0 GENERATION	EAA/AQQAUTIX EXPERT
10:30 – 11:00 A.M.	AQUA BESPORT	BECO AQUACOLLEGE INA MENNE & KATHRIN LA ROCCA
11:00 – 12:00 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT	FABRIZIO CANTARINI (ITA)
12:00 – 12:30 A.M.	AQUADRO	BECO AQUACOLLEGE MONJA LUDIN, INA MENNE & KATHRIN LA ROCCA
12:30 – 01:00 P.M.	AQUA JUMP & STEP	EAA/AQQAUTIX EXPERT
01:00 – 02:00 P.M.	AQUACYCLING + MONITORED TRAINING	NELLY BALLESTER (FRA)
02:00 – 02:20 P.M.	ACQUAPOLE-BAG	EAA/AQQAUTIX EXPERT
02:20 – 03:00 P.M.	AQUA ZUMBA WET'N'WILD! PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA – HOL)
03:00 – 03:20 P.M.	AQUA SUP'P EXPERIENCES	EAA/AQQUATIX EXPERT
03:20 – 04:00 P.M.	AQUACROSS X FIT & FUN	JAVIER BERGAS (SPA)
04:00 – 04:20 P.M.	AQUADRO	BECO AQUACOLLEGE MONJA LUDIN, INA MENNE & KATHRIN LA ROCCA
04:30 – 05:00 P.M.	BEBOARD CORE	BECO AQUACOLLEGE KATHRIN LA ROCCA
04:30 – 05:00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCE ROOM B)	

SUNDAY APRIL 09	TRAINING	TRAINER
09:00 – 10:00 A.M.	AQUACYCLING + MONITORED TRAINING	NELLY BALLESTER (FRA)
10:00 – 10:30 A.M.	SHARK PUNCH	BECO AQUACOLLEGE INA MENNE & KATHRIN LA ROCCA
10:30 – 11:00 A.M.	AQUA SUP'P EXPERIENCES	EAA/AQQUATIX EXPERT
11:00 – 12:00 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT	FABRIZIO CANTARINI (ITA)
12:00 – 12:30 P.M.	AQUA BIKE 3.0 GENERATION	EAA/AQQUATIX EXPERT
12:30 – 01:00 P.M.	AQUA BESPORT	BECO AQUACOLLEGE INA MENNE & KATHRIN LA ROCCA
01:00 – 02:00 P.M.	AQUACROSS X FIT & FUN	JAVIER BERGAS (SPA)
02:00 – 02:20 P.M.	AQUA JUMP & STEP	EAA/AQQUATIX EXPERT
02:20 – 03:00 P.M.	AQUA ZUMBA WET'N'WILD! PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA – HOL)
03:00 – 03:20 P.M.	ACQUAPOLE-TONE	EAA/AQQUATIX EXPERT
03:20 – 04:30 P.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH	EKATERINA KHAPKOVA (RUS)
04:30 – 05:00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCE ROOM B)	

HIP HOP PROGRAMME

HIP HOP STAGE HALL 4.1

SCHEDULE HIP HOP PROGRAMME

HIP HOP STAGE, HALL 4.1	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	HIP HOP CHOREO – ANDREAS „WICKEDMINDS“ MAINTZ
10:40 A.M. – 11:25 A.M.	HIIT THE FLOOR – JONATHAN CANADA
11:30 A.M. – 12:15 P.M.	HOUSE – MARCO „OBELIXX“ MENEZES
12:20 P.M. – 01:05 P.M.	HI-LO-PES DANCE – GIL LOPES
01:10 P.M. – 01:55 P.M.	LOCKING – ANDREAS „WICKEDMINDS“ MAINTZ
02:50 P.M. – 03:35 P.M.	AFRO DANCE – MARCO „OBELIXX“ MENEZES
04:30 P.M. – 05:15 P.M.	OLD SCHOOL HIP HOP – STEF FERRET

HIP HOP UNITE on Sunday: Don't miss out on this!

Hip-hop is coming back to FIBO! For the first time, the **Germany-wide hip-hop tournament** is taking place at FIBO on Sunday **9 April 2017**. Around **200 dancers** will be competing against each other in the different categories like Battles, Crews and Megacrews. The tournament offers plenty of action and fun for spectators, judges and other athletes. It will culminate in a **prize presentation**, with the lucky winners receiving up to **700 euros**.

Spectator tickets are available from
www.fibo.com/conventiontickets

Athletes can register here to participate:
www.hiphopunite-germany.de and you will find the line-up on this page.

THE PRESENTER

HIP HOP – ANDREAS „WICKEDMINDS“ MAINTZ – Germany
Originally from Germany, Andreas is a well-known Hip Hop Star in the Netherlands. He is World-Judge at FISAF and since February of this year Director of Hip Hop Unite at DFAV. The former baker recently made a splash when he entered the semifinal at the TV show „Got to Dance“.

THE PRESENTER

GROUP FITNESS – Gil Lopes

Brazilian Gil Lopes is one of the best known presenters in the world, a three-time world champion in aerobics and an immensely popular instructor. His enthusiasm and charisma captivate everyone around him. His enduring passion for fitness began 20 years ago and he has organised many international events throughout the sector.



GUILLERMO GONZÁLEZ VEGA – Argentina

Guillermo is since 26 years the most booked presenter in the World, and one of the most respectable person into the fitness industry. He is considerate an institution himself. His brilliant and charismatic style incorporates his knowledge of sports physiology and unconventional choreography into a fluid integration of mind, body and soul trough the joy of movement. Through his own school “EUROEDUCATION”, he creates a leading education system.



JESSICA EXPOSITO – Spain

Jessica is not only well-known in Europe but also beyond its borders: she has been awarded by the fitness industry's most renowned congresses and in 2013 she was nominated as an “International Phenomenon” by ECA USA. She has been teaching for more than 20 years in more than 40 countries.



RÉMY HULEUX – France

Rémy launched his career in 2005 as an “International Presenter” and in the same year he was crowned the Best French Fitness Talent. Shortly afterwards he won the biggest European Fitness Talent competitions in Paris and Copenhagen. He is the director of the Leaderfit' Events events company, the L'Orange Bleue Group and his training company Motion System.



VIVECA JENSEN – Sweden

Viveca, the founder of PILOXING, is an internationally renowned celebrity trainer and fitness expert. She is a Master Pilates instructor, a trained boxer and award-winning body builder. She trained in dance at the internationally renowned Stockholm Ballet Academy and studied under Billy Goodson in Los Angeles.



KARL ESS – Germany

Over the last four years, Karl has become one of the most well-known fitness instructors in Germany. Through social media, he has inspired millions of young people to live a fit and healthy lifestyle. On Facebook alone he has 750,000 fans and more than 100 million clicks on YouTube. He believes in “using social media to motivate society and encourage people to lead a healthy lifestyle.”



OUR SPECIAL OFFER FOR YOU

Secure your FIBO EUROPEAN CONVENTION ticket for a special price of € 85.00 (instead of € 169.00) with this promotion code:

IT'S EASY TO REDEEM YOUR VOUCHER:

1. Go to www.fibo.com/voucher. If you have visited FIBO in the last two years, you can log in with your existing access data. If not, please re-register. It is not possible to redeem your voucher without registering!
2. Enter promo code.
3. At the end of this process, download the ticket and barcode onto your smartphone or print it out and take it with you to FIBO.
4. Scan the ticket at the machine at the entrance to receive your entry pass to FIBO and the FIBO EUROPEAN CONVENTION.

More information at

WWW.FIBO.COM/CONVENTION



Follow us on Facebook

OUR SPECIAL OFFER PACKAGE

- 3-day ticket for FIBO (Fri. to Sun.)
- Participation in Convention programme (Sat. and Sun.)
- You don't have to be present on both days.



Super special offer when you redeem your voucher:

€ 159.00 (instead of € 169.00)

instead of € ~~169.00~~

50% discount € 85,00

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