

EXHIBITION CENTRE COLOGNE | 8 & 9 APRIL 2017

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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 master-classes 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.

FIBO CONVENTION HALL 5.1





SCHEDULE GROUP FITNESS PROGRAMME

STAGE 1 + 2 & AUDITORIUM

FIBO EUROPEAN CONVENTION

FREESTYLE + BODY AND MIND

STAGE 1	SATURDAY APRIL 08
09:00 A.M. – 09:45 A.M.	STEP ARGENTINA – GUILLERMO G. VEGA
09:50 A.M. – 10:35 A.M.	PILATES CLASSICAL – KATIA VASILENKO
10:40 A.M. – 11:25 A.M.	BAILA BAILA DANCE – CLAUDIO MELAMED
11:30 A.M. – 12:15 P.M.	BODYBALANCE – TARSIA THARUN
12:20 P.M. – 01:05 P.M.	DANCE STEP – MARC O. KLUIKE
01:10 P.M. – 01:55 P.M.	PILATES ON THE STEP – KATIA VASILENKO
02:00 P.M. – 02:45 P.M.	DANCE AERO PARIS – REMY HULEUX
02:50 P.M. – 03:35 P.M.	BODY FLY GENESIS – GENNARO SETOLA
03:40 P.M. – 04:25 P.M.	AERODANCE PASSION – JESSICA EXPOSITO
04:30 P.M. – 05:15 P.M.	CROSSYOGA – JONATHAN CANADA & FABRICE TYACK
05:20 P.M. – 06:05 P.M.	STEP NO STOP – GIL LOPES

FREESTYLE + BODY AND MIND

STAGE 1	SUNDAY APRIL 09
09:00 A.M. – 09:45 A.M.	HIIT THE FLOOR – JONATHAN CANADA
09:50 A.M. – 10:35 A.M.	EN-FLIGHTENED FLOW – FABRICE TYACK
10:40 A.M. – 11:25 A.M.	STEP IMPACT – REMY HULEUX
11:30 A.M. – 12:15 P.M.	DYNAMIC YOGA – LUKAS KOLEK
12:20 P.M. – 01:05 P.M.	GLAM DANCE – GUILLERMO G. VEGA
01:10 P.M. – 01:55 P.M.	FLYBOARD DYNAMIC & BALANCE – GENNARO SETOLA
02:00 P.M. – 02:45 P.M.	HI-LO-PES DANCE – GIL LOPES
02:50 P.M. – 03:35 P.M.	FUSION BARRE PILATES – ROMANA CRAINIC
03:40 P.M. – 04:25 P.M.	STEP KEOPS – CLAUDIO MELAMED
04:30 P.M. – 05:15 P.M.	OPEN HEART OPEN MIND – FABRICE TYACK
05:20 P.M. – 06:05 P.M.	DANCE AEROBIC – MARC O. KLUIKE

MORE BODY AND MIND: WORKSHOP ROOM 1, 09:00 A.M. – 09:45 A.M.

PRE CHOREOGRAPHIC

STAGE 2	SATURDAY APRIL 08
09:00 A.M. – 09:45 A.M.	PILOXING KNOCKOUT – VIVECA JENSEN
10:40 A.M. – 11:25 A.M.	POUND ROCKOUT WORKOUT – KIRSTEN POTENZA
12:20 P.M. – 01:05 P.M.	STRONG BY ZUMBA – AI LEE SYARIEFF
02:00 P.M. – 02:45 P.M.	BODYATTACK – BETTINA KELLER
03:40 P.M. – 04:25 P.M.	PILOXING SSP – VIVECA JENSEN
05:20 P.M. – 06:05 P.M.	ZUMBA FITNESS PARTY

PRE CHOREOGRAPHIC

STAGE 2	SUNDAY APRIL 09
09:00 A.M. – 09:45 A.M.	BODYCOMBAT – BETTINA KELLER
10:40 A.M. – 11:25 A.M.	STRONG BY ZUMBA – AI LEE SYARIEFF
12:20 P.M. – 01:05 P.M.	PILOXING BARRE – VIVECA JENSEN
02:00 P.M. – 02:45 P.M.	ZUMBA FITNESS PARTY
03:40 P.M. – 04:25 P.M.	BIG DANCE – JONATHAN CANADA
05:20 P.M. – 06:05 P.M.	SH'BAM – ISABELL SCHRUF

KEY NOTE SPEAKERS

AUDITORIUM	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 INTERVALTRAINING / HIIT – STEVE BARRET

KEY NOTE SPEAKERS

AUDITORIUM	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 GROUP FITNESS PROGRAMME SEMINAR ROOM, WORKSHOP ROOM 1 +2

FIBO EUROPEAN CONVENTION

PERFORMANCE

SEMINAR ROOM	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.	FORGET STRENGHT, LETS BUILD POWER! – BRENDAN CHAPLIN
04:30 P.M. – 05:15 P.M.	PERFORMANCE ENHANCEMENT IN FITNESS USING THE OPTIMUM PERFORMANCE TRAINING (OPT) MODEL – RENATA AGO

PERFORMANCE

SEMINAR ROOM	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.	FORGET STRENGHT, LETS BUILD POWER! – BRENDAN CHAPLIN
04:30 P.M. – 05:15 P.M.	SPARTAN GIRJA – THE ORIGINAL KETTLEBELL IN S&C IN FITNESS – GABRIELLE BANKUTI

CORE + MOVEMENT, TRAINING + BODY AND MIND

WORKSHOP ROOM 1	SATURDAY APRIL 08
09:00 A.M. – 09:45 A.M.	REHAB PILATES – LUKAS KOLEK
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 MUÑOZ
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 MUÑOZ
04:30 P.M. – 05:15 P.M.	THE SCIENCE OF FLEXIBILITY – GERARD VON DER POEL

CORE + MOVEMENT, TRAINING + BODY AND MIND

WORKSHOP ROOM 1	SUNDAY APRIL 09
09:00 A.M. – 09:45 A.M.	BARRE TRAINING – ROMANA CRAINIC
09:50 A.M. – 10:35 A.M.	POWER OF GROUP FITNESS – MATTEO CERRUTI
11:30 A.M. – 12:15 P.M.	bodyART STRENGHT – 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

WORKSHOP ROOM 2	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	EXERCISE FOR OVERWEIGHT OR OBESITY: BRIDGING THE GAP BETWEEN THEORY AND PRACTICE – ALEXIS BATRAKOU LIS
11:30 A.M. – 12:15 P.M.	OBESITY AND BEHAVIOR CHANGE – KELBY JONGEN
01:10 P.M. – 01:55 P.M.	INCREASING YOUR INFLUENCE BY ACTING NORMAL – BAS HOLLANDER
02:50 P.M. – 03:35 P.M.	LEADERSHIP, BEHAVIOR AND MOTIVATION – ROBERT CAPPUCCIO
04:30 P.M. – 05:15 P.M.	INCREASING YOUR INFLUENCE BY ACTING NORMAL – BAS HOLLANDER

BEHAVIOR CHANGE + NUTRITION

WORKSHOP ROOM 2	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 BATRAKOU LIS
04:30 P.M. – 05:15 P.M.	LEADERSHIP, BEHAVIOR AND MOTIVATION – ROBERT CAPPUCCIO



SCHEDULE AQUA FITNESS PROGRAMME

AQUA POOL STAGE HALL 4.1

FIBO EUROPEAN CONVENTION

SATURDAY APRIL 08	TRAINING	TRAINER
09.00 A.M.–09.10 A.M. 09.20 A.M.–09.50 A.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH (THEORY) AQUA FITNESS ADVANCED – HEALTH AND TECH (WORKOUT)	EKATERINA KHPKOVA (RUS)
BREAK INCLUDING SHORT DEMOS	AQUA BIKE 3.0 GENERATION BECO SPORT DEMO	EAA/AQUATIX EXPERT BECO EXPERT
11.00 A.M.–11.10 A.M. 11.20 A.M.–11.50 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT (THEORY) GYM&AQUA CARDIO FITNESS CIRCUIT (WORKOUT)	FABRIZIO CANTARINI (ITA)
BREAK INCLUDING SHORT DEMOS	BECO SPORT DEMO AQUA JUMP & STEP	BECO EXPERT EAA/AQUATIX EXPERT
1.00 P.M.–1.10 P.M. 1.20 P.M.–1.50 P.M.	AQUACYCLING + MONITORED TRAINING (THEORY) AQUACYCLING + MONITORED TRAINING (WORKOUT)	NELLY BALLESTER (FRA)
BREAK INCLUDING SHORT DEMO	ACQUAPOLE-BAG	EAA/ACQUAPOLE EXPERT
2.20 P.M.–2.50 P.M.	AQUA ZUMBA WET'N'WILD! – PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA – HOL)
BREAK INCLUDING SHORT DEMO	AQUA SUP'P EXPERIENCES	EAA/AQUATIX EXPERT
3.20 P.M.–3.30 P.M. 3.35 P.M.–3.55 P.M.	AQUACROSS X FIT & FUN (THEORY) AQUACROSS X FIT & FUN (WORKOUT)	JAVIER BERGAS (SPA)
BREAK		
4.30 P.M.–5.00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCE ROOM B)	DR. FRANCESCO CONFALONIERI & ONE MASTER TRAINER
SUNDAY APRIL 09	TRAINING	TRAINER
09.00 A.M.–09.10 A.M. 09.20 A.M.–09.50 A.M.	AQUACYCLING + MONITORED TRAINING (THEORY) AQUACYCLING + MONITORED TRAINING (WORKOUT)	NELLY BALLESTER (FRA)
BREAK INCLUDING SHORT DEMOS	BECO SPORT DEMO AQUA SUP'P EXPERIENCES	BECO EXPERT EAA/AQUATIX EXPERT
11.00 A.M.–11.10 A.M. 11.20 A.M.–11.50 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT (THEORY) GYM&AQUA CARDIO FITNESS CIRCUIT (WORKOUT)	FABRIZIO CANTARINI (ITA)
BREAK INCLUDING SHORT DEMOS	AQUA BIKE 3.0 GENERATION BECO SPORT DEMO	EAA/AQUATIX EXPERT BECO EXPERT
1.00 P.M.–1.10 P.M. 1.20 P.M.–1.50 P.M.	AQUACROSS X FIT & FUN (THEORY) AQUACROSS X FIT & FUN (WORKOUT)	JAVIER BERGAS (SPA)
BREAK INCLUDING SHORT DEMO	AQUA JUMP & STEP	EAA/ACQUAPOLE EXPERT
2.20 P.M.–2.50 P.M.	AQUA ZUMBA WET'N'WILD! – PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA – HOL)
BREAK INCLUDING SHORT DEMO	ACQUAPOLE-TONE	EAA/AQUATIX EXPERT
3.20 P.M.–3.30 P.M. 3.35 P.M.–3.55 P.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH (THEORY) AQUA FITNESS ADVANCED – HEALTH AND TECH (WORKOUT)	EKATERINA KHPKOVA (RUS)
BREAK		
4.30 P.M.–5.00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCE ROOM B)	DR. FRANCESCO CONFALONIERI & ONE MASTER TRAINER

HIP HOP SCHEDULE

HIP HOP	
HIP HOP STAGE	SATURDAY APRIL 08
09:50 A.M. – 10:35 A.M.	HIP HOP CHOREO – ANDREAS "WICKEDMINDS" MAINTZ
11:30 A.M. – 12:15 P.M.	HOUSE – MARCO "OBELIXX" MENEZES
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 through 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."



FACTS & FIGURES

Date	8 + 9 April 2017
Venue	Messegelände Köln, Messeplatz 1, 50679 Köln, Germany
	Hall 5.1
	Aqua Fitness pool in hall 4.1
Kontakt	Our Convention Hotline is happy to assist you: Phone: +49 211-90191-410 E-mail: convention@fibocom
Opening hours	8 + 9 April from 9 a.m. to 6 p.m. 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.fibocom/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. You can either bring food with you or buy something to eat in halls 4.1 and 5.1.
- Showers and changing rooms: In halls 4.1 and 5.1 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.



BUDGET ACCOMMODATION IN COLOGNE:

THE FIBO CONVENTION CAMP

You want to come to FIBO, but are still looking for an affordable place to stay? Not an easy task when there's a big trade show on in Cologne. This is why we're hosting the FIBO CONVENTION CAMP for the first time at FIBO 2017.



Located in walking distance from Koelnmesse exhibitions grounds on a headland by the Rhine River, with its green fields and old trees the Jugendpark offers the perfect scenic backdrop in the middle of Cologne to wind down after a tiring day at FIBO. At an affordable price, you will be able to spend the night in a one-of-a-kind atmosphere in a specially set-up camp, as well as meet like-minded fitness fans from all over Europe with whom you can spend a relaxing evening. Chill-out areas, a BBQ and a campfire will add to the unique experience.

More infos and booking at: WWW.FIBOCAMP.DE

OUR SPECIAL OFFER FOR YOU

Secure your FIBO EUROPEAN CONVENTION ticket for a special price of € 159.00 (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



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OUR SPECIAL OFFER PACKAGE

- 3-day ticket for FIBO (Fri. to Sun.)
- Participation in Convention programme (Sat. and Sun.)



Super special offer when you
redeem your voucher:
€ 159.00 (instead of € 169.00)

instead of € 169.00

€ 159.00



In addition, we offer you
accommodation for three nights
(Fri. to Mon.) and breakfast at the
FIBO CONVENTION CAMP for

instead of € 289.00

€ 279.00