

MARCH 21 2015

\$30 BY FEBRUARY 15
\$35 BY MARCH 15
\$40 AT THE DOOR
\$35 REFUEL MEMBERS

QUALITY INN
125 N. Main St. Newark, NY 14513

REFUEL
GROUP FITNESS FACILITY

PRESENTS:

INSPIRE

HEALTH & FITNESS CONFERENCE



TO PURCHASE TICKETS:

please visit,

WWW.REFUELGFF.YAPSODY.COM

or stop in and see us at **REFUEL**,
221 W. UNION ST. NEWARK, NY

SCHEDULE OF EVENTS:

12:30PM - 1:00PM
REGISTRATION

1:00PM - 1:30PM
OPENING REMARKS:
with **Linda Bridgman**

KEYNOTE SPEAKER:
Danelle Bell, "Inspire to take your next step"

1:30PM - 2:00PM
KEYNOTE SPEAKER:
Christine Pilaroscia, "Inspire to take it to the next level"

2:00PM - 3:00PM
KEYNOTE SPEAKER:
Sara Murphy, "PURE INSPIRATION"

15 MINUTE BREAK

3:15PM - 4:15PM
MIXED FITNESS:
with **Refuel & Bounce instructors**

4:30PM - 5:00PM
Q & A WITH DANELLE AND CHRISTINE:
Building a strong business
For Instructors and Studio Owners - \$5.00 Each

Coffee water and fruit will be provided.

Gym Owners/Instructors who bring 10 or more people will receive a free t-shirt or water bottle.

DANELLE BELL

OWNER OF REFUEL GFF

Danelle began her career in health and fitness as a Weight Watchers Leader while traveling the US with her husband. After leading meetings in 3 states her and her family settled in the Newark area in 2012. Soon after, she left WW to pursue her dream of opening a fitness facility.

The doors to Refuel GFF opened in 2013 with 3 instructors and 13 classes. Now Refuel offers 37 classes with a team of 9 instructors. Refuel offers fun exercise programs and advice on healthy eating through weight loss challenges. They give you the tools, support and encouragement needed to achieve a healthier, fitter YOU. Refuel strives not only to help their members, but to bring awareness about health and fitness to the entire community.



SARA MURPHY

ABC'S EXTREME
WEIGHT LOSS WINNER

Sara Murphy is 4 feet 4 inches tall and is the first little person to appear on ABC's, *Extreme Weight Loss* as a participant.

Despite her obstacles, Murphy defied all odds and lost the highest percentage of weight ever on *Extreme Weight Loss* at any stage. Currently 136 pounds lighter, Sara Murphy is a changed woman. She now works out six days a week. Her goal now is to build more muscle, run a marathon every year and keep on track with her weight. She knows this journey wasn't just about the weight and has a message for anyone out there looking to make a change.

"If you fall, pick yourself back up and do it then."



BEFORE

CHRISTINE PILAROSCIA

MASTER TRAINER

Along with being one of the Owners and Lead Instructors at Bounce Aerobics in Rochester, NY, Christine Pilaroscia is also a Master Trainer for the multi-billion dollar fitness company, Beachbody.

With over 13 years in the fitness industry, Christine has been at the forefront of molding NY's premier group fitness instructors and personal trainers. She has primary certifications through AFAA, ACE, & ACSM. She is also licensed to instruct PiYo LIVE, Turbo Kick, INSANITY LIVE, P90X LIVE, Zumba Fitness, MAD DOG Spinning, FiTour Pilates, YogaFit, and many others. Christine's passion is to help others find their "place" in the fitness world and turn their love for health and exercise into a lifestyle and career!

