

**MADOKA
ITO**

DEANNE
★ **MCNAMARA**

TINA
★ **FOTU**

JASMINE
★ **POU**

★ **PHOENIX**

RADICAL

FITNESS

THE CRITICALLY ACCLAIMED EVENT

RADICALLY HOT

UPDATE 4 2011 • SYDNEY • AUSTRALIA

NOVEMBER 25-27

Proudly Supported by



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MASTER TRAINER

MADOKA ITOH

WORKSHOP

JAPAN

Radical Fitness Oceania is proud to present **MADOKA ITOH** from **JAPAN** as our guest International Mega Star for the November **RADICALLY HOT** Update in Sydney November 25–27. **MADOKA** was born and grew up in Tokyo Japan and from an early age **MADOKA** began being involved in dance and martial arts disciplines. At the age of 3 **MADOKA** began training in classical ballet and also developed her skills learning modern ballet and contemporary dance. Throughout her schooling years **MADOKA** also studied extensively in **AIKIDO**.

MADOKA has performed in many dance shows throughout her career and in 2006 was a back-dancer for **RIHANNA** when she toured **JAPAN**. As a dedicated professional **MADOKA** travels to the US more specifically Hollywood California yearly to take special dance lessons in a select group.

MADOKA entered the fitness industry in 1999 as a group fitness instructor in a variety of free-style programs.

MADOKA was a presenter on National Television in Japan for 5 years hosting an exercise show where she instructed and gave fitness advice.

MADOKA has been a **RADICAL FITNESS MASTER TRAINER** since 2006 in **FIGHT-DO**, **MEGA DANZ**, **MEGA LATINO** and **OXIGENO**. **MADOKA** has represented **RF JAPAN** at all 3 World Summits 2008, 2009 and 2011.

On Saturday November 26th **MADOKA** will be running a very special Workshop for ALL Instructors and or Group Fitness Enthusiasts. With her unique strengths in dance and martial arts **MADOKA** will run a 4 hour Workshop devoted to teaching technique and improving your movement skills in dance and martial arts. These techniques blocks will be based around the dance styles from **MEGA DANZ** and **MEGA LATINO** and the techniques involved in **FIGHT-DO**.

MADOKA is an extremely charismatic and skilled presenter and Master Trainer so for any Group Fitness Instructor looking to learn from the very best and improve their movement quality and stage presence **THIS WORKSHOP** is a **MUST!!**

PLEASE NOTE THIS WORKSHOP IS OPEN TO ALL AND PLACES ARE LIMITED SO PLEASE BOOK YOUR SPOT TODAY TO AVOID DISSAPPOINTMENT!

Early Moe Rate \$99

Lazy Rate \$135

SATURDAY NOVEMBER 26TH

12NOON REGISTRATION

WORKSHOP RUNS FROM 12.30PM – 4.30PM

VENUE IS THE SPORTS PIT, LEICHHARDT SYDNEY

UPDATE

RADICAL
FITNESS
RADICALLY HOT
UPDATE 4 2011 - SYDNEY AUSTRALIA
NOVEMBER 25-27

★
Stage 1

POWER 17 Master Class
Fitness First, Five Dock
49 Queens Road, Five Dock
Friday, November 25th @ 7.30pm



Stage 2

New Releases
Five Dock Leisure Centre
Cnr Queen & William Str, Five Dock
Sunday, November 27th @ 9am Registration

MasterClasses 10am - 3pm

Registration includes
Exclusive Radically HOT T-Shirt



Stage 3

Shower off - Dress UP
Step Out - for the Hottest Christmas
Party on the Planet!!

3 Weeds Rozelle
193 Evans Street, Rozelle, NSW @ 6pm

Early Moa Rate \$49.95
Lazy Rate \$69.95



PARTY TIME



3 WEEDS ROZELLE
EST. 1982

Come and Celebrate
**THE HOTTEST
CHRISTMAS
PARTY
ON THE
PLANET**

**RADICAL
FITNESS**

**COME AND CELEBRATE THE YEAR THATS
BEEN AND THE NEXT TO COME!**

SUNDAY 27th NOVEMBER
after the Update

**3 Weeds Rozelle
193 Evans St Rozelle, NSW 2039**

- 6pm – 10pm
- Christmas Drink on arrival
- Fabulous finger food!!
- Early Moa Rate \$35
- Lazy Rate \$45
- Limited numbers so first in first served!!

**YOU KNOW YOU
ALL DESERVE IT!!**

PRESENTING

RADICAL
FITNESS
RADICALLY HOT
UPDATE 4 2011 SYDNEY AUSTRALIA



Madoka



Phoenix



Deanne Mcnamara



Zinan Husein



Tina Fotu



Cynthia Sotelo



Dwayne Pierson



Pauline Monk



Jasmine Pou



Omer Duchovny



Effie Fonseca



Leigh Sherriff



Jaime Barrett



Azania Pekepo



Marie Mason



Craig Potter



Melynda Tempest



Melissa Canham



Phil Canham

RULES 4 REGISTRATION

THE CRITICALLY ACCLAIMED EVENT

RADICALLY HOT

For the Radically Hot Update 4 November 25 – 27 we have:

- An **EARLY MOA RATE** for registrations that are received Monday October 10th with payment details
- The **LAZY RATE** is for registrations received after October 10th with payment details
- Registrations close November 12th

There are 3 MAIN EVENTS happening over the 3 days:

- MT Madoka Itoh's **WORKSHOP** on Saturday November 26th from 12 noon – 4.30pm at the Sports Pit in Leichhardt
- The Radically Hot Update 4 running the **POWER Master Class** on Friday night November 25th at Fitness First in Five Dock and the main Update day on Sunday November 27th at the Five Dock Leisure Centre 9am – 3.30pm
- **The Radically Hot CHRISTMAS PARTY** on Sunday November 27th from 6pm – 10pm at the 3 Weeds in Rozelle, party ticket includes complimentary drink on arrival and great finger food

COME ALONG TO EVERYTHING & SAVE \$\$

All the events are open to Radical Fitness Official Trainers, Club Owners, Club Members and Group Fitness Enthusiasts and numbers are limited on all events so get your registrations through to our Radical Fitness Oceania office today so YOU don't miss out!!!!

Once we have received YOUR registration you will be emailed a confirmation and schedule itinerary for the events.

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Radically Hot Update 4 – November 25 – 27 Registration Form

Name: _____

Address: _____

Contact Number: _____

Email: _____

Early Moa Rate

Valid until 10th October

Lazy Rate

11th October onwards

Mt Madoka's Workshop

\$99

\$135

Radically Hot Update

\$49.95

\$69.95

Christmas Party

\$35

\$45

I Want Everything!!!

\$175

\$239

T Shirt XS S M L XL

Payment Details:

Mastercard Visa

Card Number: _____ / _____ / _____ / _____

Name On Card: _____

Expiry Date: ____ / ____ Total Amount: \$ _____

Signature: _____

CANCELLATION POLICY: Cancellations received by 12th November will receive 50%, from the 13th November onwards there will be no refund.

Please print this form, sign then return via fax on 02 9713 6822 or post to:

Radical Fitness Oceania
PO BOX 105 Westgate, Sydney NSW
Email: rfoceania@radicalfitness.net



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