
VIII EUROPEAN FITNESS CONGRESS



12. 10. 2018.

Beogradski sajam,
svečana sala

Bulevar Vojvode Mišića 14
Belgrade, Serbia



TEME I PREDAVAČI / THEMES AND LECTURERS

Boutique fitness – Kategorija u razvoju

Sabrina Fütterer,
Menadžer nemačkog fitness
saveza DSSV (Nemačka) i
Georg Vardai,
Stručnjak za marketing i
prodaju (Mađarska)

Atletski trening za sportiste – Izazov – Povećanje performansi specifičnih za sport

Ulf Sobek,
Sportski naučnik i fitness trener
fudbalske reprezentacije Nemačke
U19 i U20 (Nemačka)

Specijalizacija u fitnessu – primeri dobre prakse

Nenad Đurović,
Profesor sporta i vlasnik prvog
mikrostudija u Zagrebu (Hrvatska)

Zašto funkcionišu fitness diskonti u Evropi

Refit Kamberović,
Generalni direktor nemačkog fitness
saveza i autor osam stručnih knjiga
(Nemačka – Hrvatska)

Doziranje zdravstvenog fitnessa doc. dr Duško Spasovski, Institut za ortopedsko – hirurške bolesti „Banjica” (Srbija)

Gosti

Birgit Schwarze,
Predsednica nemačkog fitness
saveza DSSV

Boutique fitness – Development category

Sabrina Fütterer,
Manager of German Fitness
Association DSSV (Germany) and
Georg Vardai,
Marketing and Sales
Specialist (Hungary)

Athletic training for athletes – Challenge - Increase in sport-specific performance

Ulf Sobek,
Sports scientist and fitness trainer
of the German football team
U19 and U20 (Germany)

Specialization in fitness – examples of good practice

Nenad Đurović,
Professor of sports and owner of the
first microstudio in Zagreb (Croatia)

Why fitness discounts function in Europe

Refit Kamberović,
General Manager of the German Fitness
Association and author of eight
professional books (Germany - Croatia)

Dosage of health fitness doc. Dr Dusko Spasovski, Institute of Orthopedic and Surgical Diseases „Banjica” (Serbia)

Guests

Birgit Schwarze,
President of the German Fitness
Association DSSV



PLAN AKTIVNOSTI / ACTIVITY PLAN



Beogradski sajam – Svečana sala u Upravnoj zgradi

VREME	AKTIVNOST	LOKACIJA
09 ⁰⁰ – 09 ³⁰	Prijavljivanje učesnika / Participant registration	Foaje
09 ³⁰ – 10 ⁰⁰	Svečano otvaranje / Opening ceremony	Svečana sala
10 ⁰⁰ – 10 ⁴⁵	Sabrina Fütterer, Georg Vardai – Boutique fitness – Kategorija u razvoju / Boutique fitness – Development category	Svečana sala
10 ⁴⁵ – 11 ⁰⁰	Pitanja / Questions	Svečana sala
11 ⁰⁰ – 11 ⁴⁵	Prof. dr Ulf Sobek – Atletski trening za sportiste – Povećanje performansi specifičnih za sport / Athletic training for athletes – Increase in sport-specific performance	Svečana sala
11 ⁴⁵ – 12 ⁰⁰	Pitanja / Questions	Svečana sala
12 ⁰⁰ – 12 ³⁰	Pauza za kafu / Coffee break	Foaje
12 ³⁰ – 13 ¹⁵	Nenad Đurović - Specijalizacija u fitnessu – primeri dobre prakse / Specialization in fitness – examples of good practice	Svečana sala
13 ¹⁵ – 13 ³⁰	Pitanja / Questions	Svečana sala
13 ³⁰ – 14 ⁴⁵	Ručak / Lunch	Foaje
14 ⁴⁵ – 15 ³⁰	Refit Kamberović – Zašto funkcionišu fitness diskonti u Evropi / Why fitness discounts function in Europe	Svečana sala
15 ³⁰ – 15 ⁴⁵	Pitanja / Questions	Svečana sala
15 ⁴⁵ – 16 ³⁰	doc. dr Duško Spasovski – Doziranje zdravstvenog fitnessa / Dosage of health fitness	Svečana sala
16 ³⁰ – 16 ⁴⁵	Pitanja / Questions	Svečana sala
16 ⁴⁵	Poseta sajmu Belfis	Hala 3, Beogradski sajam



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Original
**Proteinski
večernji hleb**

**aqua
viva**



FitPass



BELFIS

FITNESS&HEALTH EXPO

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