



2555 collins avenue suite 1205
miami beach, fl 33140-4761 u.s.a.

t 800.806.8482 f 305.673.6932

www.aquilaltd.com info@aquilaltd.com

FOR IMMEDIATE RELEASE

CONTACT:

Yvan Miklin, President & CEO

(T) 1.800.806.8482 ext. 85

(F) 1.305.673.6932

yvanmiklin@aquilaltd.com

www.aquilaltd.com

2555 Collins Avenue, Suite 1205
Miami Beach, FL 33140 U.S.A.

MOSCOW INTERNATIONAL OPEN FITNESS FESTIVAL (MIOFF) SELECTS MR. YVAN MIKLIN, PRESIDENT & CEO OF AQUILA, AS THE INTERNATIONAL SPEAKER AT ITS 3RD INTERNATIONAL FORUM OF FITNESS INDUSTRY EXPERTS

Moscow, Russian Federation, September 10, 2005 — MIOFF has selected Yvan Miklin, President & CEO of Aquila, as the international speaker at its 3rd International Forum of Fitness Industry Experts to be held September 21 through September 23, 2005 in Moscow, Russia.

The 3rd International Forum of Fitness Industry Experts is one of the most significant events in the fitness & wellness industry of Russia and Commonwealth of Independent States (CIS). This event is an annual meeting for more than 80% of Russian Fitness Industry representatives. It includes a wide range of topics such as finance and investments, marketing and advertising, and wellness and medicine.

The special section of the Forum -- Wellness as the Business -- has been created together with the WELLCOM, a wellness company for the support and development of wellness in Russia. The unique character of MIOFF Business Forum will provide direct business contact with buyers and dealers from the areas of: fitness, wellness, recreation and leisure, beauty and health instructors, spa and health resort representatives, fitness and wellness club operators and owners, beauticians, physiotherapists, and medical practice owners.

CONTINUED

MIOFF is organized by the RTE GROUP, "Fitness Report" Magazine, Wellness Company–WELCOM, and sponsored by The Olympic Committee of Russia, Federal Agency on Physical Training and Sports, and the Government of Moscow. IHRSA (International Health & Racquet Sportsclub Association) and Aquila, Ltd., Health & Fitness Solutions are providing the international support.

Mr. Miklin's schedule is as follows:

September 21, 2005

15:00-15:50 (GMT+3:00) "Creating Your Own Internship Program"

16:00-16:50 (GMT+3:00) "How to Design Resistance & Cardiovascular Fitness Programs for Members with Medical Conditions"

September 22, 2005

13:10-14:00 (GMT+3:00) "The Emphasis is Back on the "Q" – The Quality of Your Service"

September 23, 2005

12:10-13:00 (GMT+3:00) "What is a Medical Spa & How can Your Facility Benefit from Working with One"

For more information about MIOFF, please visit: www.mioff.ru

ABOUT AQUILA

Aquila is a fully integrated health, wellness, fitness and spa management organization that serves clients nationally and internationally. For more than a decade, Aquila has been providing Innovative Programming and Results Oriented Fitness & Wellness Management to Fortune 1000 Companies, Government Agencies, Educational Institutions, and Private Establishments. For more information about Aquila, please visit: www.aquilaltd.com.

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