



Pregnancy & Pilates

One day course

Presented by Amy Jay

Sunday 22 April 2012 from 11am – 4.30pm
Pilates@Brighton, 2/643 Nepean Hwy, Brighton

Want to learn how to deliver a safe Pilates exercise program that is tailored to your client to help keep them fit and healthy pre and post pregnancy?

This course is a comprehensive program covering:

- The early weeks of pregnancy
- Physical and emotional changes with pregnancy
- What happens in labour & different kinds of labour
- Prescribe Pilates based exercises for the pregnant client
- Design safe, effective & tailored exercise program/s & modifications
- Develop suitable Pilates based programs for client in each trimester
- Prescribe Pilates based exercises for the postnatal client

Course Fee \$230 includes manual and CEC points



About Amy Jay

Amy is a highly qualified Pilates presenter with formal training in Stott and Somatic mat and studio Pilates, equipment including Reformer Bed, Cadillac and wunda chair.

Amy is a national and international Pilates Method & Indoor Cycle presenter and Certificate in Fitness III lecturer. Amy has a Pilates studio in Melbourne where she holds training and mentoring of her students. With extensive experience as a club coordinator, Amy has a strong appreciation of the fitness industry and a passion to help other instructors deliver inspiring and effective fitness experiences.

Key Features

You will be able to add Pregnancy and Pilates instruction to your repertoire with CEC points from Fitness Australia

Practical and proven tips and strategies for effective teaching

Build teaching confidence in a highly supportive environment

Taught in a small group environment with personalized attention for each student

Comprehensive manual with easy to follow instruction



Registration

Personal Details:

Name:

Address: Post Code

Phone: Mobile: Fax:

Email:

Qualifications:

List all relevant industry qualifications, i.e Certificate III in Fitness (Group Exercise), Certificate IV in Fitness (Fitness Trainer), Bach in App Science (Human Movement)

Qual 1:

Qual 2:

Qual 3:

Registration No's:

First Aid Qualifications: Expiry Date:

****Leave above qualifications section blank if not applicable**

Payment:

Payment Amount \$

Cheque: Attached

Credit Card: Visa MasterCard

Name on Card

Credit Card Number Expiry Date: ___/___

Signature

I require a tax invoice to be sent to me in my name. Yes ----- No-----

Submit your enrolment form:

Complete all the details above and post or email the completed form along with payment to:

Amy Jayasuriya, 4/148 Nepean Highway Aspendale VIC 3195 or e-mail to amy@amyjaya.com

Refund Policy:

If a course is cancelled a full refund will be paid immediately. If you cancel your enrolment with at least 7 days notice prior to the commencement date you will receive a full refund. If you cancel within 7 days of the commencement date a \$150.00 administration fee will apply or you may defer your enrolment to a later course.