



## **Mat Pilates for Real Bodies Teacher Training Presented by Amy Jay**

11am – 4.30pm February 19, 26, March 4,11,25 April 1 2012  
Pilates@Brighton, 2/643 Nepean Hwy, Brighton East.

### **About The Course**

Pilates For Real Bodies Teacher training course will provide you with all the knowledge and skills you need to help your Pilates instructor career take off!

This course is a comprehensive program covering:

- over 100 mat exercises from the Pilate's repertoire (floor and small props)
- Pilates method foundations and principles
- anatomy
- Plan and design mat exercise programs for small groups and one on one sessions
- Exercise progressions and regressions and exercise prescription skills

### **Who is this course for?**

Fitness professionals seeking to become a fully qualified mat Pilates instructor accredited with Fitness Australia (15 CEC points and REPS NZ 32.5)

## Key Features

You will become a fully qualified mat Pilates instructor with 15 CEC points with Fitness Australia and 32.5 CEC points with REPS New Zealand

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

Over 40 hours of practical tips and strategies for effective teaching

Build teaching confidence in a highly supportive environment

Flexible payment terms and options, course fee \$1750. Initial investment \$500.



### 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.



## 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](mailto: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.