

# Positive Action Pilates



**Pilates Certification  
Designed Specifically for the  
Fitness Industry by  
Pilates & Fitness Industry Leaders**

## WHO ARE WE?

### Positive Action Pilates

**Positive Action Pilates** has been involved in both the Fitness and Pilates industries for over 20 years as Coaches, Trainers, Presenters and Authors.

The **Positive Action Pilates** training is designed in a way that will give the Fitness Instructor/Trainer both theoretical and practical tools to teach the Pilates principles for one on one Personal Training as well as within a group environment.

*The Positive Action Pilates, Pilates Certification courses have the support of leading Gyms and Fitness Centres and are considered one of the premier providers of Pilates training for the Fitness Industry.*

## WHY ARE WE DIFFERENT?

There are a lot of Pilates training courses out there! So, what makes us different?

Many of these courses are run by traditional Pilates studios, running traditional Pilates mat courses and marketing them to the fitness industry. These courses are great if you want to work in a traditional Pilates studio, however much of the course is contraindicated for OUR industry. Positive Action Pilates offers modular education that allows students to progress at their own pace and match their training to the level they want to teach. The emphasis is on the original work by Joseph H Pilates with modifications for groups and PT's as well as the unique culture of the Fitness Centre and Health Club environment. Our course "Pilates Principles for Fitness Professionals" has received **FULL ACCREDITATION** from both Fitness Australia & Kinect Australia.

Our courses are not Traditional Pilates training and repertoire 'rebadged' as fitness. Our courses are based on Joseph's original 34 Mat exercises & re-engineered to be safe for the Fitness environment and to meet ALL the contraindications for OUR fantastic industry.

The **Positive Action Pilates**, Pilates Certification Courses have been designed **SPECIFICALLY FOR THE FITNESS INDUSTRY** in consultation with leading Osteopaths and Physiotherapists.

## PILATES EXPERIENCE & FITNESS EXPERIENCE. THE PERFECT FIT!

### WE KNOW ABOUT PILATES !

- Combined 30 years Pilates experience
- Have trained with 1<sup>st</sup> & 2<sup>nd</sup> generation teachers from Joseph Pilates.
- Highly trained in Pilates over many years
- Operate a successful Traditional Pilates Studio in Melbourne
- Have appeared on Donna Astone's Pilates DVD's
- Have co-authored a Pilates book with a Chiropractor for the Japanese market



### WE KNOW ABOUT THE FITNESS INDUSTRY !

- Combined 40 years Fitness industry experience
- We both are Trained Fitness Instructors currently working in Gyms throughout Melbourne
- Registered with both Fitness Australia & Kinect Australia
- We are Pilates instructors, Group exercise instructors and Personal Trainers
- We have great relationships with all of Melbourne's leading Gyms and Fitness Centres

### WE KNOW WHAT WE'RE DOING !

- Our Courses have been **SPECIFICALLY** written with the Fitness Industry in mind.
- Our Courses have **Accreditation** (not just Recognition) from Fitness Australia & Kinect Australia
- **WE UNDERSTAND AND HELPED TO CREATE THE DISTINCTION BETWEEN STUDIO TRADITIONAL PILATES AND FITNESS PILATES**
- **WE WERE INSTRUMENTAL IN THE DEVELOPMENT OF THE 'PILATES INSTRUCTOR' REGISTRATION CATEGORY FOR KINECT AUSTRALIA**





## WHAT HAVE WE DONE?

### Fitness Industry Experience:

- Over twenty years in the Fitness industry
- Instructed Pilates, Body Step, Body Jam, Body Pump, Body Balance, Body Vive for over 10 years.
- Past National & International Trainer for Body Balance, Jam & Vive for Les Mills Asia Pacific.
- Current National Trainer for 'Body Training Solutions.
- Current National Trainer for Pilates for 'Total Gym' (*Gravity Training System*)
- Sports / Remedial Massage background

### Pilates Experience:

- Started doing Pilates in the late 1980's as dancers
- Operates a Pilates studio in Melbourne
- Work with clients referred to us by Osteopaths, Physiotherapists, Chiropractors and Doctors.
- Was involved in writing the first 'fully accredited' Fitness Pilates course in Australia (2003)
- Facilitate Fitness Pilates training in both Australia and New Zealand
- Facilitate Fitness Pilates certification program in Australia and New Zealand
- 2010 Advanced Classical Pilates training – Florida USA.
- 2011 Advanced Classical Pilates training – Los Angeles USA.
- Have trained with 1<sup>st</sup> & 2<sup>nd</sup> generation teachers from Joseph Pilates.

### Presentations:

- Filex 2007 – Pilates Principles for Fitness Professionals
- Filex 2008 – Pilates Circuit Programs for Personal Trainers and Group Fitness Instructors
- Filex 2009 – Muscle Recruitment Patterning
- Filex 2009 – Pilates for Older Adults
- Filex 2009 – The Power of Flexibility
- National Fitness 2007 – 30 minute pilates workouts
- National Fitness 2007 – Athletic Yoga
- National Fitness 2007 – 10 Beliefs that will change your life
- AIPT PT Pro 2008 – A New Era in Pilates Training
- AIPT PT Pro 2008 – Using Pilates to Combat Chronic Back Pain
- AIPT PT Pro 2009 – Pilates Training for Personal Trainers
- AIPT PT Pro 2009 – How to use the Right Communication Style to get the Best results for your Clients
- WAFIC 2010 – The Power of Flexibility
- WAFIC 2010 – Pilates for PT's
- WAFIC 2011 – Pilates Programs for Common Postural Issues
- WAFIC 2011 – Pilates for Pregnancy

### Media:

- 2006 – 'Pilates Mastery'. A textbook on Pilates co-written with a Chiropractor for the Japanese market.
- 2006 – 'Pilates to Go – Levels 1 & 2'. The Pilates DVD's in the Donna Aston 'Fitness to Go' series.
- 2008 – Personal Trainer Magazine. 'Do you know the difference between Tension and Strength'



# PILATES INSTRUCTOR TRAINING COURSES

## Pilates Principles for Fitness Professionals

*'Beginner Mat'*

**Fully Accredited training course**



The 'Pilates Principles for Fitness Professionals' course is our foundation course. In this two-day course you will learn the history of Pilates, the Pilates principles, the basic Pilates repertoire and be given the tools and ability to integrate pilates in either the PT or group environment. This course is ideal for the Personal Trainer or Group Exercise instructor who wants to introduce the Pilates principles into their training.

11 CEC's – Fitness Australia.

3 PDP's – Kinect Australia

## Fitness Pilates – Mat Level 2

*'Intermediate Mat'*

**Fully Accredited training course**



The 'Fitness Pilates – Mat Level 2' course is a two day course that expands on the repertoire of the 'Pilates Principles for Fitness Professionals' course. You will learn about the 'Traditional' Pilates format and exercises and then how to modify them for the Fitness environment. This course is ideal for the Personal Trainer or Group Exercise instructor who wants to take their Pilates to the next level.

13 CEC's – Fitness Australia.

3 PDP's – Kinect Australia

## 2012 Course Dates:

Contact Positive Action Pilates for upcoming training dates.

## Fitness Pilates – Reformer

*'Safe, Inspired Reformer designed for the Fitness Industry'*



The 'Fitness Pilates – Reformer' course is a two day course that builds on the information learned in the 'Pilates Principles for Fitness Professionals' course and expands them onto the 'Reformer Bed'. You will learn a full Level 1 Reformer Bed repertoire and have the ability to start teaching Pilates Reformer classes in the Health Club environment or in your Personal Training business.

12 CEC's – Fitness Australia

3 PDP's – Kinect Australia

## Pilates & Props



This workshop will look at the various Pilates small apparatus such as the Bosu, resistance bands, various size balls, dumb bells, the resistance circle and foam roller. Ideal for Personal Trainers on the go.

7 CEC's – Fitness Australia.

2 PDP's – Kinect Australia

## Pilates for Pregnancy



This workshop is designed to introduce you to how you can use Pilates as a great form of exercise during your client's pregnancy and post-partum. We will give you a number of ideas and exercises specific to each trimester and the post-partum period.

3 PDP's – Kinect Australia.

## For bookings or further information contact:

Positive Action Pilates.

Ph. 03 9533 4831

Email. [positiveactionpilates@hotmail.com](mailto:positiveactionpilates@hotmail.com)

Visit. [www.positiveaction.com.au](http://www.positiveaction.com.au)

# Positive Action Pilates

## COURSE ENROLMENT FORM

### Personal Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post code: \_\_\_\_\_

Home: \_\_\_\_\_ Bus: \_\_\_\_\_ Mob: \_\_\_\_\_

Email: \_\_\_\_\_

Current Qualifications: \_\_\_\_\_

### Course Details

**Name of Course you wish to Attend:**

\_\_\_\_\_

**How did you hear about the course?**

\_\_\_\_\_

**Please tick which course you wish to attend:**

VIC  NSW  SA  QLD  Other  \_\_\_\_\_

Please list the dates of the course you wish to attend: \_\_\_\_\_

### Payment Details

Amount Paid: \$ \_\_\_\_\_ Chq. \_\_\_\_\_ Please make cheques payable to 'Positive Action Health & Fitness' Other \_\_\_\_\_

Card Type: \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Bankcard \_\_\_\_\_

Card Number:

Exp. Date:  /

Card Holders Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Taxation receipts will be mailed out on clearance of full payment.  
Please mail or fax the completed enrolment form & payment to:

**Positive Action Health & Fitness.**

ACN 122 005 118 Ph/Fax 03 9533 4831

P.O.Box 389 VIC Elwood. 3184

#### Direct Deposit Payment

Acc Name: Positive Action Health & Fitness

BSB: 033 040

Acc No: 270612

# POSITIVE ACTION PILATES

## Terms & Conditions of Course Registration

Full payment prior to commencement of course. (\$100 is non-refundable)

Cancellations received 7 days or less prior to course commencement date, \$250 non-refundable. This can be held as credit to transfer to a course at a later date. A \$25.00 transfer fee will be charged to cover administration costs.

No Show or Cancellation on the day of course - NO REFUND.

Positive Action Health & Fitness reserves the right to cancel or postpone any course due to low registration.

If Positive Action Health & Fitness cancels or postpones a course, you have the following options:

- a) transfer to another course date no administration fee.
- b) have a credit valid for a period of one year.
- c) receive a full refund.



## Positive Action Pilates.

Ph. 03 9533 4831

Email. [positiveactionpilates@hotmail.com](mailto:positiveactionpilates@hotmail.com)

Visit. [www.positiveaction.com.au](http://www.positiveaction.com.au)