



Global Training Systems

*P*ositive *A*ction

Global Training Systems

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

WHO ARE WE?



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

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

The Positive Action – Global Training Systems 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 – Global Training Systems 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. That's why in 2003 we invented **FITNESS PILATES** in our course "Fitness Pilates – Mat" which received **FULL ACCREDITATION** from Fitness Australia, Kinect Australia and REPs New Zealand.

Our courses are not Traditional pilates training and repertoire 'rebadged' as fitness. They are Traditional pilates re-designed from the ground up to be safe for the Fitness environment and to meet ALL the contraindications for OUR fantastic industry.

The Positive Action – Global Training System 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
- Highly trained in Pilates over many years
- Run 2 successful Traditional Pilates Studios in Melbourne
- Have appeared on Donna Aston'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 & Kinnect 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 for the Fitness Industry
- Our Courses have **Accreditation** (not just Recognition) from FA, KA & Reps NZ
- **WE KNOW AND HELPED TO CREATE THE DIFFERENCE BETWEEN STUDIO TRADITIONAL PILATES AND FITNESS PILATES**



WHAT HAVE WE DONE?



Fitness Industry Experience:

- Over twenty years in the Fitness industry
- Instructors in Pilates, Body Step, Body Jam (dance), Body Pump, Body Balance, Body Vive.
- Past National & International Trainer for Body Jam for Les Mills Asia Pacific.
- Current National & International Trainer for Body Balance & Body Vive for Les Mills Asia Pacific.
- Sports / Remedial Massage background

Pilates Experience:

- Started doing Pilates in the late 1980's as dancers
- Own and run two pilates studios in Melbourne (Hampton and Carnegie)
- Work with clients referred to us by Osteopaths, Physiotherapists, Chiropractors and Doctors.
- Wrote the first 'fully accredited' (Fitness Australia) 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

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

Media:

- 2006 – 'Pilates Mastery'. A text book 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

'Fitness Pilates – Mat Level 1'

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

'From Traditional to Contemporary'

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

2010 Course Dates:

Contact Positive Action – Global Training Systems for 2010 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 small apparatus that the Personal Trainer or small group instructor can add to their client's workout. You will learn how to incorporate 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.

CEC's: **WORKSHOP COMING MID 2010**

For bookings or further information contact:

Positive Action – Global Training Systems.

Ph. 03 9569 0025

Email. positiveactionpilates@hotmail.com

Visit. www.positiveaction.com.au

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. Credit Card 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 9569 0025

P.O.Box 389 VIC Elwood. 3184.



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.



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Email. positiveactionpilates@hotmail.com

Visit. www.positiveaction.com.au