

NETWORK catalogue

Essential Resources for Fitness Professionals Summer 2006

REEBOK ALLIANCE



Network's official footwear and apparel supplier

YOU can save 35% on the retail prices of RBK gear! With

just a click you can save \$\$\$s on the latest and greatest RBK footwear and apparel. Check out the ever-changing range at <http://alliance.reebok.com.au> – and remember, this is only available to Network members! Get online, get into it, and get the savings!

<http://alliance.reebok.com.au>

CLUB SOLUTIONS NETWORK www.fitnessnetwork.com.au/clubsolutions

As a Club Network member you now have access to turnkey solutions to help increase your facility's success! Whether you are a personal training studio, a health club, part of a franchise or a chain, the Club Solutions Network gives you direct access to all the external expertise you need to gain new members, retain existing ones and increase your bottom line. Visit www.fitnessnetwork.com.au/clubsolutions for a full brochure (PDF) and learn how you can save \$1000s when you work with these Club Solutions Network partners:

- Active Management
- Australian Fitness Network Education
- Ezipay
- Impact Training Corporation
- National Sales Academy
- RBK



www.activemgmt.com.au



www.fitnessnetwork.com.au



www.ezipay.com.au



www.impact-training.net



www.nationalsalesacademy.com.au



www.reebok.com.au

AUSTRALIAN INSTITUTE OF FITNESS

FITNESS INSTRUCTOR CORRESPONDENCE CERTIFICATE COURSES

If you cannot attend a face-to-face course at an Australian Institute of Fitness campus then let the Institute train you in the comfort of your own home! Our unique and effective correspondence courses make learning fun and easy! With accelerated learning techniques, you will progress at your own pace with the convenience of being able to schedule your coursework around your existing commitments.

The course fees include all handbooks, workbooks, assessments and a one-year professional membership with Network. To work in the fitness industry, a Senior First Aid Certificate is required for certification and registration. The course is available through Network in Sydney, and is included as part of Options 1 & 2.

OPTION 1: MASTER TRAINER

This option combines Certificate III in Fitness (SRF 30204), specialising in Gym Instruction, and Certificate IV in Fitness, specialising in Personal Training (SRF 40204).

This course enables you to work as a gym instructor and personal trainer.

The course consists of the following:

- Certificate III
 - Fitness Essentials
 - Gym Instructor
- Certificate IV
 - Nutrition
 - Specialist & Advanced Programming
 - One-on-One Training
 - Fitness Business
 - Strength & Sports Conditioning
 - Rehabilitation

NB: You will need a detailed anatomy text for the rehabilitation module.

OPTION 2: CERTIFICATE III IN FITNESS (SRF 30204)

This course enables you to be a gym instructor or group exercise/aerobics instructor. The course consists of the following:

- Fitness Essentials
- Gym Instructor, or
- Aqua Instructor, or
- Group Exercise Instructor

OPTION 3: CERTIFICATE IV IN FITNESS, SPECIALISING IN PERSONAL TRAINING (SRF 40204)

This course enables those who are already registered as a gym instructor to obtain certification for personal trainer registration.

The course consists of:

- Nutrition
- Specialist & Advanced Programming
- One-on-One Training
- Fitness Business
- Strength & Sports Conditioning
- Rehabilitation

NB: You will need a detailed anatomy text for the rehabilitation module.

Call and speak to one of our career advisors today!

Ph: 1300 669 669



MASTER TRAINER



CERTIFICATE III



CERTIFICATE IV

Phone 1300 669 669 for info on face-to-face courses!

CHOREOGRAPHY DVDs



Step Pro
Marcus Irwin
\$44.00



Step Tools
Marcus Irwin
\$44.00



Airboane
Marcus Irwin
\$44.00



Good to go HiLo
Rob Glick
\$44.00



Step Gone Wild
Rob Glick
\$44.00



For the latest releases
direct from Europe
call for a catalogue
02 8424 7200

eVOLUTION

**MARCUS IRWIN
E:CD SERIES CDs**
2 double cds for \$75
(normally \$55 each)
Limited stock. Limited time



Ph 02 8424 7200
Listen@ www.traxmusic.com.au

Human Kinetics

Earn more CECs by going to www.fitnessnetworkcentre.com where you have access to all the non-contact CEC courses you need for re-registration. Your Network membership provides you with exclusive discounts on some courses. Visit www.fitnessnetworkcentre.com to find out more about print and online CEC courses!



Save \$1,000s of fun!



FREE offers

unlimited voucher downloads

\$\$ savings

The Network's Network program gives you access to discount vouchers that will save you, your family, your clients and your members \$1,000s in FUN! You'll find \$\$ discounts, % discounts, 2-for-1 vouchers, special offers and more - all applicable to dining, travel, accommodation, adventure activities, entertainment, and health & beauty services across Australia! And it's all available to Network members for just \$13.20 (payable again when you renew!). To gain access to all of these savings simply visit www.fitnessnetwork.com.au/nn or complete the form on page 74.

% DISCOUNTS

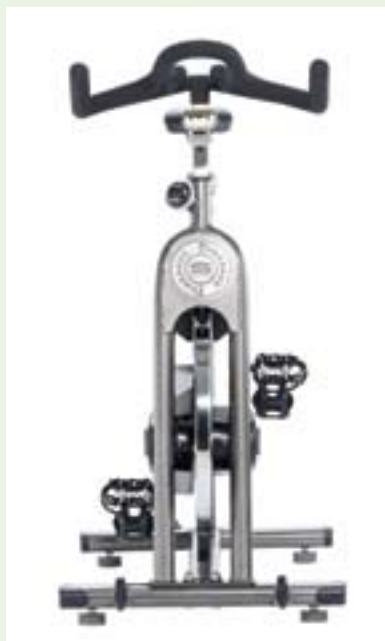
Yours for just \$13.20!

REEBOK DECK



Whether you are based outdoors or indoors, the Reebok Deck is the ultimate PT training tool. The Reebok Deck is one of the most portable and flexible pieces of PT equipment currently available as it ensures all your clients' cardio and resistance training needs are completely taken care of. To find out more visit the Fitness Equipment pages at <http://alliance.reebok.com.au> or phone 1300 364 964.

Tomahawk | RBK Indoor Cycles



The brand new Tomahawk | RBK indoor cycles are now available in Australia. Direct from Europe and referred to as the 'Mercedes of indoor bikes' these awesome cycles are available to Network members. Effe Diamond, a Master Trainer for the Indoor Cycling Education (I.C.E) program is a cycle instructor with 7 years teaching experience and says 'these bikes are the best I have ever ridden.' Similarly, Bec Daughtry, an indoor cycle enthusiast says 'I love indoor cycling and this bike is so fantastic, when I had the chance to buy one for use at home, I simply had to take it.' Whether you are looking for a bike for your studio, club or home this is the best of the best. For distributor details phone 02 8424 7200 or e-mail info@fitnessnetwork.com.au

As the leading source of information, education and events in fitness, Australian Fitness Network has a membership to suit your needs! Visit www.fitnessnetwork.com.au/membership for your full list of benefits or contact our Membership Service Consultants by phoning 02 8424 7200 or e-mail info@fitnessnetwork.com.au

NETWORK ORDER FORM

MAIL, FAX OR PHONE *Please print clearly in BLOCK letters*

MEMBERSHIP

Yes I'd like to join/renew Please send me more information on membership

\$

<input type="checkbox"/> Professional Membership (tick one)	<input type="checkbox"/> \$80 Aust	<input type="checkbox"/> \$A105 Asia	<input type="checkbox"/> \$A130 Int	
Choose 1 FREE Specialty Publication	<input type="checkbox"/> Group Fitness	<input type="checkbox"/> Aqua	<input type="checkbox"/> Personal Trainer	
<input type="checkbox"/> Club Network Membership	<input type="checkbox"/> \$149 Aust	<input type="checkbox"/> \$A175 Asia	<input type="checkbox"/> \$A205 Int	
<input type="checkbox"/> Business Membership	<input type="checkbox"/> \$280 Aust	<input type="checkbox"/> \$A305 Asia	<input type="checkbox"/> \$A330 Int	
You can purchase additional specialty publications.	<input type="checkbox"/> Group Ex, Mind Body & Aqua (\$30) <input type="checkbox"/> Personal Trainer (\$30) <input type="checkbox"/> Fat Loss (\$33)			
NEW <input type="checkbox"/> Network's Network Program <input type="checkbox"/> \$13.20 Access to unlimited number of online vouchers providing discounts on travel, accommodation, holidays, adventure activities, health & beauty, dining services and more!* <i>*Your access to Network's Network is only valid while you are a Network member. You may purchase access at any time, but will be required to pay \$13.20 upon your annual Network membership renewal to retain access to the Network's Network program; but remember – just one voucher can return your entire \$13.20 investment!</i>				
NEW <input type="checkbox"/> Please automatically deduct my annual membership fee from my bank account or credit card until I inform you otherwise** <i>**You will need to complete a Direct Debit Request Form, which we will send to you. Renewal fees may be automatically adjusted in accordance with CPI increases. You will be notified in advance should there be any other increase.</i>				TOTAL

CONTACT DETAILS

Are you a Network member: YES NO **MEMBERSHIP NO.:** _____

Family name: _____ **First name:** _____

Address: _____

Suburb/City: _____ **State:** _____

Postcode: _____ **Country:** _____

E-mail: _____

Ph (W): (____) _____ **Ph (H or M):** (____) _____

Cheque (attached) Money order (attached) Mastercard VISA Bankcard

Credit card no.: _____ / _____ / _____ / _____ **Expiry date:** ____ / ____

Credit card holder's name: _____ **Cardholder ph:** (____) _____

Signature: _____ **Date:** ____ / ____ / ____

INTERNATIONAL ORDERS

CREDIT CARD ONLY All orders are shipped by air mail or courier depending on country. We will find the lowest rate and your credit card will be debited for the cost of shipping. If you require alternative mail arrangements, please specify when ordering.

GUARANTEE

Products sold by Network are guaranteed for quality. If you receive a faulty product, please return to Network within 14 days for a replacement, credit or refund. An administration fee will be applied to all refunds. Postage and handling is non-refundable. While all care is taken to deliver your goods, we cannot accept responsibility for lost or stolen post, whereas courier service is guaranteed.

CONTACT US



ABN 61 003 325 424

AUSTRALIAN FITNESS NETWORK
 Street: Ground Floor, 40 Oxley St, St Leonards, NSW 2065, AUSTRALIA
 Post: PO Box 1606, Crows Nest, NSW 1585 AUSTRALIA
 Fax: 02 9437 6511
 Phone: 02 8424 7200
 E-mail: info@fitnessnetwork.com.au
 Web: www.fitnessnetwork.com.au