



Suite 2, 25 Grosvenor Street, Neutral Bay NSW

Course Schedule 2003/2004

Legend

- A, B, C Fitness Essentials Full Time Core
- GE Group Exercise/Aerobic Instructor
- GI Gym Instructor
- AI Aqua Instructor

- N Nutrition
- OOT One-on-One Training
- SAP Specialist & Advanced Programming
- EXM Core Exam

- R Rehabilitation
- FB Fitness Business
- SSC Strength & Sports Conditioning
- A, B, C Fitness Essentials Evening Core

2003

2004

May		June		July		August		September		October		November		December		January		February		March		April	
Thurs	1 B	Sun	1 FB	Tues	1 C	Fri	1	Mon	1 A A	Wed	1 B	Sat	1 AI N	Mon	1 A	Thurs	1	Sun	1 GI	Mon	1 A B	Thurs	1
Fri	2 B	Mon	2	Wed	2 C	Sat	2	Tues	2 A	Thurs	2	Sun	2 AI N	Tues	2 A	Fri	2	Mon	2 A	Tues	2 A	Fri	2 GI FB
Sat	3 B	Tues	3	Thurs	3	Sun	3	Wed	3 A A	Fri	3	Mon	3	Wed	3 A	Sat	3	Tues	3	Wed	3 A B	Sat	3 GI FB
Sun	4	Wed	4	Fri	4 GI	Mon	4 A	Thurs	4 B	Sat	4	Tues	4	Thurs	4 B	Sun	4	Wed	4 A	Thurs	4 B	Sun	4 GI FB
Mon	5 C	Thurs	5	Sat	5 GI	Tues	5 A	Fri	5 B FB	Sun	5	Wed	5	Fri	5 B SSC	Mon	5 A	Thurs	5 EXM	Fri	5 B	Mon	5
Tues	6 C	Fri	6	Sun	6 GI	Wed	6 A	Sat	6 B FB	Mon	6	Thurs	6	Sat	6 B SSC	Tues	6 A	Fri	6 N	Sat	6 B	Tues	6
Wed	7 C	Sat	7	Mon	7	Thurs	7 B	Sun	7 FB	Tues	7	Fri	7 GE OOT	Sun	7 SSC	Wed	7 A	Sat	7 N	Sun	7	Wed	7
Thurs	8	Sun	8	Tues	8	Fri	8 B	Mon	8 C A	Wed	8 B	Sat	8 GE OOT	Mon	8 C	Thurs	8 B	Sun	8 N	Mon	8 C B	Thurs	8 EXM
Fri	9 GI	Mon	9	Wed	9	Sat	9 B	Tues	9 C	Thurs	9	Sun	9 GE OOT	Tues	9 C	Fri	9 B	Mon	9 A A	Tues	9 C	Fri	9
Sat	10 GI	Tues	10	Thurs	10 EXM	Mon	10	Wed	10 C A	Fri	10 SAP	Mon	10 A	Wed	10 C	Sat	10 B	Tues	10 A	Wed	10 C B	Sat	10
Sun	11 GI	Wed	11	Fri	11 OOT	Mon	11 C	Thurs	11	Sat	11 SAP	Tues	11 A	Thurs	11	Sun	11	Wed	11 A A	Thurs	11	Sun	11
Mon	12	Thurs	12	Sat	12 OOT	Tues	12 C	Fri	12 GI	Sun	12 SAP	Wed	12 A	Fri	12 GI	Mon	12 C	Thurs	12 B	Fri	12 GI	Mon	12
Tues	13	Fri	13	Sun	13 OOT	Wed	13 C	Sat	13 GI	Mon	13 A C	Thurs	13 B	Sat	13 GI	Tues	13 C	Fri	13 B SAP	Sat	13 GI	Tues	13
Wed	14	Sat	14	Mon	14	Thurs	14	Sun	14 GI	Tues	14 A	Fri	14 B R	Sun	14 GI	Wed	14 C	Sat	14 B SAP	Sun	14 GI	Wed	14
Thurs	15 EXM	Sun	15	Tues	15	Fri	15 GI	Mon	15 A	Wed	15 A C	Sat	15 B R	Mon	15	Thurs	15	Sun	15 SAP	Mon	15 C	Thurs	15
Fri	16 SSC	Mon	16	Wed	16	Sat	16 GI	Tues	16	Thurs	16 B	Sun	16 R	Tues	16	Fri	16 GI	Mon	16 C A	Tues	16	Fri	16 AI N
Sat	17 SSC	Tues	17	Thurs	17	Sun	17 GI	Wed	17 B	Fri	17 B	Mon	17 C	Wed	17	Sat	17 GI	Tues	17 C	Wed	17 C	Sat	17 AI N
Sun	18 SSC	Wed	18	Fri	18	Mon	18	Thurs	18 EXM	Sat	18 B	Tues	18 C	Thurs	18 EXM	Sun	18 GI	Wed	18 C A	Thurs	18 EXM	Sun	18 AI N
Mon	19	Thurs	19	Sat	19	Tues	19	Fri	19 SSC	Sun	19	Wed	19 C	Fri	19	Mon	19 A	Thurs	19	Fri	19 R	Mon	19
Tues	20	Fri	20	Sun	20	Wed	20	Sat	20 SSC	Mon	20 C C	Thurs	20	Sat	20	Tues	20 A	Fri	20 GE OOT	Sat	20 R	Tues	20
Wed	21	Sat	21	Mon	21	Thurs	21 EXM	Sun	21 SSC	Tues	21 C	Fri	21 GI FB	Sun	21	Wed	21 A	Sat	21 GE OOT	Sun	21 R	Wed	21
Thurs	22	Sun	22	Tues	22	Fri	22 GE SAP	Mon	22 B	Wed	22 C C	Sat	22 GI FB	Mon	22	Thurs	22 B	Sun	22 GE OOT	Mon	22 A C	Thurs	22
Fri	23 GE	Mon	23 A	Wed	23	Sat	23 GE SAP	Tues	23	Thurs	23	Sun	23 GI FB	Tues	23	Fri	23 B	Mon	23 B	Tues	23 A	Fri	23
Sat	24 GE	Tues	24 A	Thurs	24	Sun	24 GE SAP	Wed	24 B	Fri	24 GI	Mon	24	Wed	24	Sat	24 B	Tues	24	Wed	24 A C	Sat	24
Sun	25 GE	Wed	25 A	Fri	25 N	Mon	25	Thurs	25	Sat	25 GI	Tues	25	Thurs	25	Sun	25	Wed	25 B	Thurs	25 B	Sun	25
Mon	26	Thurs	26 B	Sat	26 N	Tues	26	Fri	26	Sun	26 GI	Wed	26	Fri	26	Mon	26	Thurs	26 EXM	Fri	26 B SSC	Mon	26
Tues	27	Fri	27 B	Sun	27 N	Wed	27 A	Sat	27	Mon	27 C	Thurs	27 EXM	Sat	27	Tues	27 C	Fri	27 GI	Sat	27 B SSC	Tues	27
Wed	28	Sat	28 B	Mon	28	Thurs	28	Sun	28	Tues	28	Fri	28	Sun	28	Wed	28 C	Sat	28 GI	Sun	28 SSC	Wed	28
Thurs	29	Sun	29	Tues	29	Fri	29 R	Mon	29 B	Wed	29 C	Sat	29	Mon	29	Thurs	29 C	Sun	29 GI	Mon	29 C C	Thurs	29
Fri	30 FB	Mon	30 C	Wed	30	Sat	30 R	Tues	30	Thurs	30 EXM	Sun	30	Tues	30	Fri	30 GI			Tues	30 C	Fri	30
Sat	31 FB			Thurs	31	Sun	31 R			Fri	31 AI N			Wed	31	Sat	31 GI			Wed	31 C C		

Correspondence Courses for Certificate III & Certificate IV

If you can't do a face-to-face course due to work commitments or you live outside of a major regional centre, let us train and educate you in the comfort of your home. Our unique correspondence courses make learning quick and easy! You will learn at your own pace, in your own home, without attending a single lecture. Each course comes with extensive easy-to-follow resources, including the latest fitness text and cutting edge educational videos and CD's.

Course resources and support

With each correspondence course you receive:

- The latest edition of the Fitness Leader Handbook, developed and written by Australia's leading fitness experts (Core course only)
- A comprehensive workbook to guide you through the course
- A selection of CD's and/or videos featuring prominent international instructor trainers

- FREE access to friendly telephone help line
- FREE face-to-face support for problem topics
- FREE access to interactive learning website

Important Information

Network Membership

Your course registration fee for Parts A, B & C includes 12 months membership to Australian Fitness Network - the leading source of information, education and events in the fitness industry.

Course resources

All course handbooks and manuals are included in the price of the course. Additional texts will be recommended for Certificate IV Courses.

Payment and confirmation

It is advisable to book for the courses in advance to avoid disappointment. Please note, a position in a course cannot be held without payment. Network can now offer you the option of paying for your courses in two or three easy installments. Call now to ask about our easy payment option. Confirmation will be sent to you on receipt of your application.

PLEASE NOTE: Additional fees apply for examinations.

Transfers and cancellations

If you are unable to attend the course you have booked, you may transfer to an alternative date. However, please note that you will be required to pay a transfer fee of \$25. If you wish to cancel, a fee of \$50 per core and elective will be deducted from your refund.

Course returns

Upon receipt of correspondence courses you have 30 days in which to return the unused products. There is an \$80 transaction fee for all correspondence course returns.

Postage and handling

Please add \$20 postage per course for shipping of correspondence courses.

Assessments

Students are required to complete both a theory and practical assessment. There are additional fees for all assessments.

ENROLMENT FORM

Mail, Fax, Phone or E-mail

Level	Course	Type	Start Date	Code	Office use only	Price \$	Postage
Fitness Instructor Core Course Certificate III	Fitness Essentials Part A	Face-to-face		CA		199	
	Fitness Essentials Part B	Face-to-face		CB		199	
	Fitness Essentials Part C	Face-to-face		CC		199	
	Fitness Essentials Parts A,B,C	Correspondence		ZJEP-CORE		638	\$20
	Group Exercise	Face-to-face		GE		299 349	
	Group Exercise	Correspondence		ZJEP-AERO		299 349	\$20
	Gym Instructor	Face-to-face		GI		299 349	
	Gym Instructor	Correspondence		ZJEP-FIPT		299 349	\$20
	Aqua Instructor	Face-to-face		AI		299 349	
	Nutrition	Face-to-face		N		299 349	
Master Trainer Certificate IV Personal Trainer	Nutrition	Correspondence		ZJEPN		299 349	\$20
	One-on-One Training	Face-to-face		OOT		299 349	
	One-on-One Training	Correspondence		ZJEP-OOT		299 349	\$20
	Specialist & Advanced Programming	Face-to-face		SAP		299 349	
	Specialist & Advanced Programming	Correspondence		ZJEP-SAP		299 349	\$20
	Strength & Sports Conditioning	Face-to-face		SSC		299 349	
	Strength & Sports Conditioning	Correspondence		ZJEP-SSC		299 349	\$20
	Rehabilitation	Face-to-face		R		299 349	
	Rehabilitation	Correspondence		ZJEP-R		299 349	\$20
	Fitness Business	Face-to-face		FB		299 349	
	Fitness Business	Correspondence		ZJEP-FB		299 349	\$20

Postage & Handling \$ _____

TOTAL \$ _____

Family Name _____ First Name _____

Address _____

City _____ State/Country _____ Postcode _____

Telephone Home (____) _____ Telephone Work (____) _____ Mobile _____

E-mail _____

☐ Cheque ☐ Money Order ☐ Visa ☐ Mastercard ☐ Bankcard ☐ Credit Card No. _____ / _____ / _____ / _____

Expiry Date _____ Cardholder's Name _____

Cardholder's signature _____

INTERNATIONAL ORDERS

Orders will be sent via courier. We will find the lowest rate and your credit card will be debited for the cost of sending. If you require alternate mail arrangements please specify when ordering.

NORMAL DELIVERY

Orders are sent via registered Australia Post. Please allow 7 - 14 days for delivery.



Australia & International
Australian Fitness Network
PO Box 57 Neutral Bay
NSW 2089



Australia
61 2 9908 4349



Australia
61 2 9908 4944
61 2 9909 3867



Australia
web: www.fitnessnetwork.com.au



Australia
e-mail: training@fitnessnetwork.com.au