



Network PILATES

Delivering functional pilates training to the fitness professional

Network Pilates Fundamental Matwork Certification

Network Pilates is a functional method that has a unique approach to body awareness, postural work and stability training. The Network Pilates matwork course is designed to introduce fitness instructors to teaching group based Pilates classes in a safe, effective and informative way, while integrating the mind and body to achieve muscle control and balance. In this dynamic course, you'll explore the essential application of functional anatomy and movement mechanics to Pilates based exercises, and learn how to challenge mobility and stability to suit participants of all ages and fitness levels.

Dates: 2 - 5 February, Sydney
21 - 24 February, Melbourne
25 - 28 April, Sydney

Time: 9am to 5pm

Price: \$690 Network members
\$755 Non members (includes membership)

CECs: 15

Pre-requisite: Registered Group Exercise Instructor or Personal Trainer

Accredited by



Network Pilates Intermediate Matwork Certification

Take your Pilates teaching to the next level. This dynamic training course is a natural progression for those who have already completed a Matwork training course and focuses on learning and mastering intermediate moves. If you are teaching Pilates you can't afford to miss this intensive training program.

Dates: 19 - 20 February, Sydney
25 - 26 February, Melbourne
19 - 20 March, Sydney
2 - 3 May, Sydney

Time: 9am to 5pm

Price: \$360 Network members
\$425 Non members (includes membership)

CECs: 10

Pre-requisite: Successful completion of Pilates Matwork course

Pilates personal training: functional Pilates training for the personal trainer

Become a Network Pilates personal trainer, with this exciting extension of the Pilates fundamental matwork course. This innovative course provides you with the tools and knowledge to prescribe the Pilates techniques to individual clients, based on their posture, mobility and strength. Using Pilates matwork movements and functional mobility and conditioning exercises, you'll learn how to incorporate Pilates principles into your client's programs. The addition of Pilates into your personal training repertoire will add a unique dimension and bring about specific gains and an increase in body awareness, movement and control in your clients.

Dates: 2 - 3 May, Sydney

Time: 9am to 5pm

Price: \$360 Network members
\$425 Non members (includes membership)

CECs: TBC

Pre-requisite: Successful completion of Pilates Matwork course

Please tick the course you would like to attend

Network Pilates Fundamental Matwork Certification

- ☐ 2 - 5 February, Sydney
☐ 21 - 24 February, Melbourne
☐ 25 - 28 April, Sydney

Network Pilates Intermediate Matwork Certification

- ☐ 19-20 February, Sydney
☐ 25 - 26 February, Melbourne
☐ 19 - 20 March, Sydney
☐ 2 - 3 May, Sydney

Pilates Personal Training: Functional Pilates Training for the Personal Trainer

- ☐ 2 - 3 May, Sydney

NETWORK Membership No:

Expiry date:

____ / ____ / ____

Australian Fitness Network,
Suite 2, 25 Grosvenor Street,
Neutral Bay NSW 2089
PO Box 57 Neutral Bay NSW 2089
Ph (02) 9908 9908 Fax (02) 9908 9999
www.fitnessnetwork.com.au/pilates
E-mail: info@fitnessnetwork.com.au



Family name: _____

First name: _____

Address: _____

City: _____

State/Country: _____ Postcode: _____

Phone: _____

Fax: _____

E-mail: _____

☐ Cheque ☐ Money order ☐ Visa ☐ Mastercard ☐ Bankcard ☐ Amex **Total:** _____

Cardholder's name: _____ Signature: _____

Expiry date: ____/____/____ Amex ID: _____