

PRE AND POST CONVENTION CERTIFICATIONS

PRE CONVENTION

NETWORK PILATES: FUNDAMENTAL MATWORK CERTIFICATION

Commence a Certificate IV Pilates qualification, with the Network Pilates Matwork course, which is designed to teach you how to deliver dynamic and effective group-based Pilates classes in a safe, effective and informative way. You'll learn how to integrate the mind and body to achieve muscle control and balance. You'll also explore the essential application of functional anatomy and movement mechanics to Pilates based exercises, as well as learning how to challenge mobility and stability to suit participants of all ages and fitness levels.

Date: Monday 6 to Thursday 9 November
Time: 9am to 5pm
Price: \$640 per person – Club Network members (if send 3 or more)
\$840 per person – Network members
\$920 per person – Non-members

CECs: 15

Prerequisite: Certificate III or IV in Fitness qualification

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INDOOR CYCLING EDUCATION (I.C.E.) STAGE 1

Delivered by Matty Clarke

Whether you are a new or experienced cycle instructor, the Indoor Cycling Education (I.C.E.) training program will help you become a world class and internationally certified instructor. Direct from Europe and UK, the I.C.E. training program focuses heavily on music and instructor technique, to enable you to accommodate a variety of experiences and fitness levels in the one class. Using the unique Tomahawk RBK bikes – which have been referred to as the 'Mercedes of indoor cycles' – you'll experience what indoor cycling should really be about, and learn the proven skills, drills and techniques to keep your participants coming back class after class.

Date: Tuesday 7 and Wednesday 8 November
Time: 9am to 5pm
Price: \$179 per person – Club Network members (if send 3 or more)
\$269 per person – Network members
\$349 per person – Non-members

Note: This course has limited places. Registrations will be processed on a 'first-come, first-served' basis. Stage 1 is suitable for instructors with no group exercise to music qualification or cycling experience, or for instructors with minimal work experience.

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POST-CONVENTION

INDOOR CYCLING EDUCATION (I.C.E.)

STAGE 2 AND SENSITIVE CYCLING

Delivered by Matty Clarke

Now you've completed the Stage 1 I.C.E. training, you're ready to learn the Stage 2 and Sensitive Cycling instructor techniques. From this unique 2-day intensive, you'll take home an internationally recognised certification that gives the skills and knowledge to successfully attract and accommodate the more 'sensitive' participants within your indoor cycling classes. Using the Tomahawk RBK bikes, which have unique patented features to cater to the needs of special populations, you'll build on the information from the Stage 1 course, to take home even more techniques and strategies to create a greater class appeal to an even wider demographic.

Date: Sunday 12 to Tuesday 14 November
Time: 9am to 5pm
Price: \$179 per person – Club Network members (if send 3 or more)
\$269 per person – Network members
\$349 per person – non members

Prerequisite: Recognised cycling instructor qualification or completion of I.C.E. - Stage 1

Note: This course has limited places. Registrations will be processed on a 'first-come, first-served' basis. Stage 2 is suitable for instructors with a group exercise to music qualification or cycling experience, or for instructors with at least one year's cycling teaching experience.

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NETWORK PILATES: PILATES AND PREGNANCY

In this cutting-edge course you'll learn exercises suitable for all stages of pregnancy and early motherhood. The focus is on appropriate, effective exercise with extra care given to vulnerable areas such as the lower back and pelvis. This unique course uses Pilates movements and principles to facilitate muscle strengthening, including particularly important areas such as the pelvic floor and deep abdominals. This module also makes up part of Network's Certificate IV Pilates qualification.

Date: Sunday 12 to Monday 13 November
Time: 9am to 5pm
Price: \$220 per person – Club Network members (if send 3 or more)
\$420 per person – Network members
\$500 per person – Non-members

CECs: 10
Prerequisite: Successful completion of Pilates Matwork course, or Certificate IV in Fitness qualification

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TAKE HOME YOUR VERY OWN **TOMAHAWK | RBK BIKE OR REEBOK DECK** FROM NETWORK 06

Network 06 gives you the chance to experience the brand new Tomahawk | RBK indoor cycles. Direct from Europe, and referred to as the 'Mercedes of indoor bikes' these awesome cycles are available to Network 06 delegates at reduced prices. After just 2 days of use at convention, you can take home one of these incredible S-series bikes to call your own for just \$1,125 (normally \$1,250).

Effe Diamond, a Master Trainer for the Indoor Cycling Education 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.'

To find out more about how to beat the peloton to this awesome opportunity, contact Adrian Walker at Reebok by phoning 0404 859 765 or e-mailing adrian.walker@truealliance.com.au

And remember, there are other pieces of Reebok equipment you can buy after use at Network 06, including The Reebok Deck. Speak to Adrian for full details.

