

## Amy Jay Pilates Mat Foundation Teacher Training Course –NZ 2010

The Pilates method works to strengthen the center, lengthen the spine, build muscle tone and increase body awareness and flexibility.

Pilates addresses the body as a whole, correcting the body's weaknesses to prevent reinjury and bring balance back into the body.

- The Mat Foundation course will cover a comprehensive mat exercise repertoire
- exercise progressions and regressions,
- anatomy
- verbal and tactile cueing, imagery
- class sequencing, design and application to mat classes, individual or small groups
- theraband, magic circle and swiss ball

At the completion of this intensive course you will be qualified as a mat pilates instructor to teach mat classes in gyms, health clubs, studios or to private clients. The course is accredited with REPS and the qualification is recognized anywhere in New Zealand.

The course will be run over 5 days commencing Tuesday 25 th May 2010.

Conclusion

date Sunday 30 th May 2010.

Venue – Bruce's Fitness Centre, 107 George Street, Te Awamutu, 3800

Time – 25 th May 10.30 – 5 pm and all other days 9 -5 pm

Investment - NZ\$ 900

You will receive a comprehensive manual, a magic circle, exercise band, anatomy posters.

**Accreditation – REPS**



### Amy Jay

Amy is a highly qualified Pilates presenter with formal training in the Somatic Pilates method and equipment including Reformer Bed, Cadillac, wunda chair.

Amy is Australia's Gymstick Pilates Master Trainer as well as a national and international Pilates Method & Indoor Cycle presenter and Certificate in Fitness III lecturer.

With extensive experience as a club coordinator, Amy has a strong appreciation of the fitness industry and a passion to help other instructors deliver inspiring and effective fitness experiences.

**To book your place, please complete and return the attached registration form.**

**Amy Jay Pilates**  
**Instructor Training Enrolment Form**

**Your Details:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Your Qualifications:**

*List all relevant industry qualifications eg Certificate III in Fitness (Group Exercise),  
Certificate IV in  
Fitness (Fitness Trainer), Bach in App Science (Human Movement)*

Qualifications: \_\_\_\_\_

Registration No's: \_\_\_\_\_

First Aid Qualifications: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

**Workshop/Course Details:**

Name of Workshop: \_\_\_\_\_

Venue: \_\_\_\_\_ Date: \_\_\_\_\_

**Payment:**

Payment Amount \$ \_\_\_\_\_

Cheque: \_\_\_\_\_ Attached \_\_\_\_\_

Credit Card: Visa \_\_\_\_\_ MasterCard \_\_\_\_\_

Name on Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

I require a tax invoice to be sent to me in my name. Yes \_\_\_\_\_ No \_\_\_\_\_

**How to Enrol:**

Complete all the details above and post or email the completed form along with payment to:

Amy Jayasuriya: Unit 14/9 Park Avenue, Glen Huntley VIC 3163 or email  
[amy@amyjaya.com](mailto:amy@amyjaya.com)

**Refund Policy:**

If a course is cancelled a full refund will be paid immediately.

If you cancel your enrolment with at least 7 days notice prior to the commencement date you will receive a full refund.

If you cancel within 7 days of the commencement date a \$150.00 administration fee will apply or you may defer your enrolment to a later course.

**Contact Details:**

Amy Jayasuriya T 0410473996 E [amy@amyjaya.com](mailto:amy@amyjaya.com)