



# Pilates Principles for Fitness Professionals comes to NZ!

**Athletic Pilates training developed for the Fitness Industry by  
Fitness Industry leaders**

**Accredited by Fitness Australia & REPS – Earn 20 CECs (NZ)**



***THIS WORKSHOP IS IDEAL FOR ANYONE WHO WANTS TO...***

- Ⓢ Teach mat Pilates in the Health Club environment
- Ⓢ Learn Pilates that is specifically tailored to the Fitness industry
- Ⓢ Understand how to create safe and effective Pilates sessions rather than just learning a limited number of exercises
- Ⓢ Get better results and improve wellbeing for your clients and participants
- Ⓢ Incorporate Pilates Principles into all types of training; group exercise classes, one-on-one personal training and small group personal training
- Ⓢ Refresh Pilates method and how to implement

***THIS WORKSHOP IS IDEAL FOR...***

- Ⓢ Group Exercise Instructors
- Ⓢ Personal Trainers
- Ⓢ Gym Floor Supervisors



## ***TRAINING DATES***

***The Heritage Hotel - Auckland***

# ***FEBRUARY 7 & 8***

***Training fee includes comprehensive manual,  
DVD and membership to the  
Fitness Pilates & Yoga Assoc. of Australasia***

**Train with *Marena Digby***  
**International Trainer and Presenter**  
**Limited Places Available**

**Call + 61 3 9569 0025**

**Or email [cmdigby@bigpond.com.au](mailto:cmdigby@bigpond.com.au) for more details**  
**15% discount for REPs professionals**



**Marena Digby**

Training Director - Positive Action  
Marena co-owns a Melbourne based Pilates studio (**the pilates company**) and is Donna Aston's Pilates expert on her **FitnessToGo DVD series**. She has co-written Pilates programs which are accredited with Fitness Australia and a **text book** on Pilates that has been published in Japan. Marena has presented at **Filex Australia**. She represents **Les Mills** Asia Pacific nationally and internationally for **BODYBALANCE™**, **BODYVIVE™** and **BODYJAM™**.