preggi bellies™
the leaders in exercise for pregnancy

Exercise

Pregnancy

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HOW WILL YOU MASTER THE DELIVERY OF EXERCISE TO MUSIC CLASSES?

ESSENTIALLY FREESTYLE TRAINING COURSE (15 CEC's)

Marietta Mehanni, International Group Fitness Instructor & Presenter www.mariettamehanni.com

Marietta Mehanni is an award winning Australian presenter with over 19 years of group exercise teaching. Recently qualified for international instructor accreditations (AFAA, ACE, AEA and SCW), Marietta presents regularly at prestigious fitness conventions both in Australia and many countries around the world on group fitness trends and programs.

This 30 hour course (over 6 days) will give you the fundamentals you need to confidently teach group exercise to music classes.

Who should enrol?

- Instructors who only know how to teach pre-choreographed classes and want to learn the building blocks to teach freestyle
- Instructors who want to effectively motivate a class to perform to their best regardless of skill or fitness level

Areas covered include:

- Music Phrasing, Choreography, Cueing and group teaching skills
- Understanding participants, how they learn and how best to teach them

Dates: October 2010 7th, 8th 9th (4-6 hours/day)
15th, 16th (4-6 hours/day)
22nd (6 hours)
Cost: $595.00 incl GST (10% discount for two courses)

HOW WILL YOU RETAIN YOUR CLIENTS NOW THAT THEY ARE PREGNANT?

PREGNANCY EXERCISE INTENSIVE (15 CEC's)

Brought to you by Preggi Bellies - The Leaders in Exercise for Pregnancy www.preggibellies.com.au

Preggi Bellies is the international expert on exercise for pregnancy. Over 12,000 pregnant women have exercised safely and effectively under the supervision of our physiotherapists and specialist personal trainers – learn the research behind this new area.

This 4 day course will prepare you to take what you know about exercise to music and apply it to pregnancy. It can be taken as a standalone program for those already with a suitable fitness qualification, or added to the Essentially Freestyle Training Course above as an additional specialist course.

Who should enrol?

- Personal Trainers & Fitness Instructors who have an interest in the pregnant and post-natal population
- Personal Trainers & Fitness Instructors who want a comprehensive knowledge of the application of exercise for pregnancy

Areas covered include:

- Learn how to practically apply this knowledge to exercise for pregnancy
- Safe and effective exercise provision for pregnancy
- Contraindications for exercise during pregnancy
- Exercise modifications for common biomechanical complaints in pregnancy.

Dates: 25th–28th October 2010
Cost: $975.00 incl GST (10% discount for two courses)

TO FIND OUR MORE CALL 1300 72 71 71 or email sales@preggibellies.com.au

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