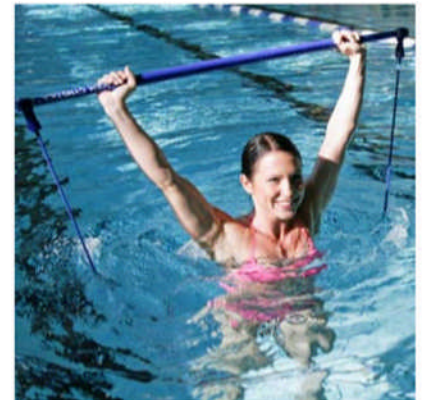


**MARIETTA MEHANNI**  
Presents  
**GYMSTICK AQUA - Group Fitness**

Using exercise bands in water fitness classes is not a new concept, but what is truly unique about the Gymstick Aqua, is it's attachment to the stick. With this innovative design, stationary, propulsive and travelling exercises can utilise the added resistance of the bands. This is ideal for catering to different strength and fitness levels, especially in a water exercise format. This workshop is suitable for all fitness instructors, personal trainers and health professionals who wish to deliver water workouts.

The Gymstick Aqua Workshop teaches instructors how to develop a progression based technique called Trios, a group exercise concept exclusive to Gymstick. It has been proven to be "*Simply Effective*" in delivering a water fitness program that includes muscle strength, endurance, balance, coordination and cardiovascular conditioning.



**What you will learn:**

1. The hydrodynamic principles and how these concepts apply to the Gymstick Aqua and Gymstick Aqua Trios
2. What is a Trio and how to design Trios for specific client groups
3. How to create variety within a water fitness program so that clients are never bored
4. How to use the resistance bands to perform functional training that buoyancy equipment cannot replicate
5. How to deliver a Trio workout
6. How to use the stick effectively for a warm up and stretch

**GYMSTICK AQUA** is like no other water fitness program and it comes with a specific music format to make it easy for the instructor to deliver the workout and for the members to follow.



**Marietta Mehanni**

Marietta Mehanni is an award winning Australian presenter (Author of the Year 2007, Aqua Exercise Leader of the Year 2003) and Australian Fitness Network Ambassador with over 20 years of teaching experience in both land and water based group exercise. Certified with AFAA, ACE, AEA, SCW, Certificate IV in training & assessment, Marietta presents regularly at prestigious national and international conventions on group fitness trends and programs.

Marietta is a World Master Trainer for Gymstick International with expertise in Gymstick Aqua and Gymstick Original. She has been integral in developing the current Gymstick group fitness, aqua and personal training education along with other World Master Trainers.

Marietta is renowned for her contagious enthusiasm for instructor training and mentoring.

For more information on Marietta's workshops, classes and coaching services visit [www.marriettamehanni.com.au](http://www.marriettamehanni.com.au)

**Workshop Details**

**Date:** Saturday 13<sup>th</sup> August 2011 - 12.00pm – 6.00pm

**Venue:** Onehunga War Memorial Pools, Park Gardens, Onehunga, AUCKLAND

**Cost:** \$240.00 / \$340.00

<b>OPTION 1: \$240.00 (cost includes)</b>	<b>OPTION 2: \$340.00 (cost includes)</b>
<ul style="list-style-type: none"> <li>• Gymstick Aqua Manual</li> <li>• Gymstick Music #3 – <b>Licence Free</b></li> <li>• Certificate of Completion</li> <li>• 5 CEC's for Reps Trainers</li> <li>• Light Refreshments</li> </ul>	<ul style="list-style-type: none"> <li>• Gymstick Aqua Manual</li> <li>• Gymstick Music #3 – <b>Licence Free</b></li> <li>• Certificate of Completion</li> <li>• 5 CEC's for Reps Trainers</li> <li>• Light Refreshments</li> <li>• 1 x Aqua Gymstick</li> </ul>

## Gymstick Instructor Training Registration

### YOUR DETAILS:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Email: \_\_\_\_\_  
Club/Business: \_\_\_\_\_

### YOUR QUALIFICATIONS:

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

Qualifications: \_\_\_\_\_  
\_\_\_\_\_  
Registrations No.s: \_\_\_\_\_  
First Aid Qualifications: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

### WORKSHOP DETAILS:

Name of Workshop: \_\_\_\_\_  
Venue: \_\_\_\_\_ Date: \_\_\_\_\_

### PAYMENT:

**OPTION 1 \$240.00**      **OPTION 2 \$340.00**

Payment Amount:      \$ \_\_\_\_\_      \$ \_\_\_\_\_  
Cheque:      please make cheques payable to **Fitness Online Ltd**  
Internet Banking:      to the account of **Fitness Online Ltd - Kiwibank A/c - A/c # 38-9010-0375376-00**  
Credit Card:      please phone **0800 496785** to pay via this option or enclose details below:  
Card Type:  Visa     Mastercard     Amex     Diners  
Name on Card: \_\_\_\_\_  
Credit Card #: \_\_\_\_\_      Exp Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

### HOW TO ENROL:

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

**Fitness Online Ltd** | PO Box 84-294, Westgate, Waitakere 0657

### CONTACT DETAILS:

Collette Skinner | T 0800 496785 | M 021 629923 | E [collette@fitnessonline.co.nz](mailto:collette@fitnessonline.co.nz)

### 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 \$100.00 administration fee will apply or you may defer your enrolment to a later course.