

Marietta Mehanni
Presents
GYMSTICK MUSCLE - Group Fitness

GYMSTICK MUSCLE is a unique Group Fitness Program that uses Gymsticks to provide a muscle conditioning program that can be employed for a wide range of specific client groups. The Gymstick Muscle Workshop teaches instructors how to develop a progression-based technique called Trios. Trios is a group exercise concept exclusive to Gymstick and it has been proven to be *"Simply Effective"* in delivering group fitness programs that includes muscle strength, endurance, balance, coordination, cardiovascular conditioning and mobility.

What you will learn:

- What a Trio is and the components of a Trio
- How Trios effectively incorporate many fitness principles that can be challenging to integrate into a traditional group fitness format
- How to create variety within a group fitness program so that clients are never bored
- How to incorporate functional training into group fitness
- How to deliver a Trio workout
- How to use the stick effectively for a warm up and stretch



GYMSTICK MUSCLE is like no other Group Fitness Program and it comes with a specific music format to make it easy for the instructors 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.mariettamehanni.com.au

Workshop Details

Date: Sunday 14th August 2011 - 10.00am – 4.00pm

Venue: CLM Health & Fitness, 145c Mt Wellington Highway, Mt Wellington, AUCKLAND

Cost: \$240.00 / \$340.00

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

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.