



Marietta Mehanni presents

# 2 Day Workshop – CHRISTCHURCH 17&18<sup>th</sup> July 2010

## Gymstick PT Workshop – 5 CEC’s

This simple, yet clever concept from Finland is the answer to every personal trainer’s prayer. Light, portable and with the ability to vary resistance in seconds, the Gymstick can be used in and outdoors and can be adapted to suit any client need.

This session will demonstrate how using the Gymstick will effectively and efficiently provide a total body muscle conditioning workout that will also incorporate balance and stability training. Every personal trainer will not only walk away with creative exercise ideas using the Gymstick but also clever exercise combinations that can be performed with a partner.



### WORKSHOP DETAILS

**Date:** Saturday 17<sup>th</sup> July 2010  
**Time:** 12.00 – 5.00 p.m.  
**Venue:** QEII Rec & Sports Centre  
171 Travis Rd, New Brighton  
**Cost:** \$215.00 – **Non Reps**  
**Cost:** \$185.00 – **Reps Registered**  
**5 CEC’s**

## Gymstick Muscle Workshop – 5 CEC’s

In this practical workshop you’ll learn how to take the award winning Gymstick and apply it to your group fitness program. Using a progression based technique called Trios, Marietta will show you how to deliver effective total body-conditioning workouts. The workshop will cover muscle conditioning, balance and stability exercises as well as the easy to follow class structure.

The workshop will provide you with endless creative exercise ideas to help you maximise this simply effective and portable exercise tool.

This workshop is suitable for all group fitness instructors and personal trainers that wish to lead Gymstick group fitness classes.

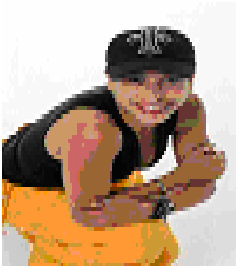


### WORKSHOP DETAILS

**Date:** Sunday 18<sup>th</sup> July 2010  
**Time:** 12.00 to 5.00 p.m.  
**Venue:** QEII Rec & Sports Centre  
171 Travis Rd, New Brighton  
**Cost:** \$215.00 – **Non Reps**  
**Cost:** \$185.00 – **Reps Registered**  
**5 CEC’s**

**RECEIVE A 10% DISCOUNT**  
Book both Workshops: Sat 17<sup>th</sup> & Sun 18<sup>th</sup> July 2010  
**Cost:** \$387.00 – **Non Reps**  
**Cost:** \$333.00 – **Reps Registered**  
**Please Note** that you have the option to register for:  
**Saturday 17<sup>th</sup> July 2010 or**  
**Saturday 17<sup>th</sup> July 2010 and Sunday 18<sup>th</sup> July 2010**

## Marietta Mehanni



Marietta Mehanni is an award winning Australian presenter with over 19 years of teaching experience in both land and water based exercise. Marietta is a qualified international instructor (AFAA, ACE, AEA and SCW) and regularly presents at prestigious fitness conventions both in Australia and around the world.

Marietta is an International Gymstick Master Trainer (one of only five in the world), as well as being a lecturer and examiner for countless workshops including Certificate III in Fitness, Swiss Ball, Aquatic Exercise and Gymstick.

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

**To book your place please complete and return the attached Entrolment Form**



## Instructor Training Enrolment Form

### 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:

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 | [gymstick@fitnessonline.co.nz](mailto:gymstick@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.

### CONTACT DETAILS:

Collette Skinner | T 0800 496785 | M 021 629923 | E [collette@fitnessonline.co.nz](mailto:collette@fitnessonline.co.nz)  
**Fitness Online Ltd | Gymstick New Zealand**