

2012 Pilates Courses

ENROLMENTS TAKEN NOW!

Accredited by:



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**Level 1 Matwork (APA & ESSA accredited)
Rehabilitation to Intermediate**

Brisbane: 11th & 12th February 2012
Sydney: 11th & 12th February 2012
Melbourne: 4th & 5th February 2012

Level 2 Matwork (APA & ESSA accredited)

Intermediate to advanced
Coming Soon!

Level 1 Equipment (APA & ESSA accredited)

Brisbane: 18th & 19th February 2012

Level 2 Equipment (APA & ESSA accredited)

Coming Soon!

Wunda Chair

Coming Soon!

Equipment Intensive *includes levels 1-3*

A weeklong intensive of all levels
(APA & ESSA accredited)
16th to 20th January 2012

Preglates™

Coming Soon!

Balls Bands & Rollers (ESSA accredited)

Coming Soon!

INSTRUCTORS

Jennifer Birckel B App Sc. (Phty)
Rebecca Fechner B. Phty

PREREQUISITE ENTRY

Physiotherapist
Physiotherapy Student
Exercise Scientist
Exercise Physiologist
Exercise Physiology Student

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