

Peyow™ Aqua Pilates

Course Offerings & Host Information



COURSES	LENGT H	POOL TIME	EQUIPMENT	FEE PP	CHECK
Peyow™ Aqua Pilates Basic and Intermediate Level	6 hrs.	4 hrs.	<ul style="list-style-type: none"> • Aquatic Dumbbells for minimum number of attendees • Ankle buoyancy cuffs if available. • Noodles • Projector for Presentation 	\$239.00 Early Bird \$209.00	<input type="checkbox"/>
Peyow™ Aqua Pilates Advanced Level	6 hrs.	4 hrs.	<ul style="list-style-type: none"> • Aquatic Dumbbells for minimum number of attendees • Aquatic Buoyancy ankle cuffs • Noodles • Projector for Presentation 	\$175.00 Early Bird \$158.00	<input type="checkbox"/>
AquaStretch™ Foundations	8 hrs.	4 hrs.	<ul style="list-style-type: none"> • Weighted 5-10lb ankle cuffs if available • Aquatic Noodles • Projector for Presentation • Aquatic pillows (2) 	\$279 Early Bird \$249	<input type="checkbox"/>
WORKSHOPS	LENGT H	POOL TIME	EQUIPMENT		CHECK
Peyow™ Aqua Pilates FunKtional Barre	3 hrs.	1 ½ hrs.	<ul style="list-style-type: none"> • Noodles • Gloves • Projector for Presentation 	\$129.00 Early Bird \$119.00	<input type="checkbox"/>
Peyow™ Aqua Pilates Plank Challenges	3 hrs.	1 ½ hrs	<ul style="list-style-type: none"> • Aquatic dumbbells • Noodles • Projector for Presentation 	\$119.00 Early Bird \$99	<input type="checkbox"/>
Peyow™ Aqua Pilates for Abs, Posture, Balance	2 hrs.	1 hrs	<ul style="list-style-type: none"> • Aquatic dumbbells and noodle • Projector or equipment for presentation 	\$99.00	<input type="checkbox"/>
Stronger Seniors™ Seated/Chair Exercise Adaptations: Core Fitness	2 hrs.	N/A	<ul style="list-style-type: none"> • Chairs • Music player (ipod compatible) • Projector for Presentation 	\$99.00	<input type="checkbox"/>
Stronger Seniors™ Seated/Chair Exercise Adaptations: Posture & Balance	2 hrs.	N/A	<ul style="list-style-type: none"> • Flex Bands • Chairs • Music player (ipod compatible) • Projector for Presentation 	\$99.00	<input type="checkbox"/>
Stronger Seniors™ Seated/Chair Exercise Adaptations: HIIT (High Intensity Interval Training)	2 hrs.	N/A	<ul style="list-style-type: none"> • Chairs • Light weight toning ball or dumbbell • Projector for Presentation 	\$99.00	<input type="checkbox"/>

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Thank you for hosting Peyow™ Aqua Pilates in the past. Attached please find our 2017 course offerings.. If you are interested in hosting an event at your facility, please look over the information, complete the application with requested dates, and return to education@aquapilates.net . Contact us with any questions.

Facility Name/Address:

Facility Contact (Name, Email, Phone):

Pool Information: *Number, size, depth, temperature.*

How many staff at your facility?

Please note: Trainings held outside of the Chicagoland area require a two-day minimum.

Requested Date(s):

I agree to co-market the workshops to area instructors, clubs, and facilities.

Printed Name & Title:

Signature:

Date:

Peyow™ Aqua Pilates Contacts:

Anne Pringle Burnell, *Peyow™ Aqua Pilates, Creator
AquaStretch™ Instructor*

Cancellations: Peyow™ Aqua Pilates has the right to cancel trainings and workshops with less than the minimum paid participants 30 days prior to the event.

For Stott Pilates/Merrithew Health & Fitness workshops, please contact Anne Pringle Burnell.

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DETAILED DESCRIPTIONS

Peyow™ Aqua Pilates Basic - Intermediate Instructor Training

The Peyow™ Aqua Pilates workout facilitates increased flexibility while challenging the individual to maintain core stabilization, balance, and postural alignment in the healing environment of water. This course will prepare you to confidently incorporate the 82 beginner and intermediate exercises into your aquatic class. In the comfort of shallow water, learn to use buoyancy devices to challenge stability and increase core strength; progress to the deep end to learn 19 deep-water modifications to further challenge your class.

Who Should Attend?

- Pilates instructors practicing traditional Pilates who want to add the element of water for a greater challenge to stability. It is an excellent alternative for those who have limitations with the Pilates mat workout, which is gravity based (body weight) or do not have access to the resistance machines of traditional Pilates.
- Aquatic instructors who are interested in adding variety to their regular class format.

Pre-requisite:

- CPR certification, and a B.S. or nationally recognized Group Exercise or Personal Training certification. Pilates Mat or apparatus training preferred.

Registration fee includes required materials, Peyow™ Aqua Pilates Manual, DVD and CD
Participants receive certificate acknowledging 6-hours of Peyow™ Aqua Pilates practical training

Price: \$239 / Early Bird \$209 (30 days before event)

Continuing Education Credits: AEA 6.0, ACE 0.6, AFAA 6.0, NASM 6.0, ATRI 6, AF 6.0.

The hosting facility agrees to the following:

Schedule: Peyow™ Aqua Pilates Basic and Intermediate Instructor Training - 9:00am – 3:30pm

Lecture 9:00-10:00am
Pool 10:00-12:00pm
Lunch 12:00 – 12:30pm
Lecture 12:30 – 12:45pm
Pool 12:45 – 3:00pm
Lecture 3:00 – 3:30pm

Terms of Agreement

- Required minimum number of registrants for event to run: Eight (8) paid registrants.
- Maximum number of registrants: (20)
- The minimum number of registrants (8) must be met 16 days prior to course date.
- Host facility receives: One (1) complementary course registration and Peyow™ Aqua Pilates manual.

Pool Requirements

- Exclusive pool use (some situations allow lap swimming if disruption is kept to a minimum).
- Pool must have a shallow end, minimum of 4' deep; maximum 5' deep. Deep end optional but preferred.
- Pool temperature ideally between 82-86° Fahrenheit.
- Allow for at least 8 people.

Lecture Room Requirements

PeyowTM Aqua Pilates Course Offerings & Host Information

- A quiet meeting room or studio with chairs and tables to accommodate all registrants.

Course Materials

- Required Materials Include – Instructor Manual, DVD and CD, included in the price of Basic and Intermediate Instructor Training – Included in price of training
- Course materials will be brought to the training or shipped 2 weeks prior to the course date.

Marketing Materials

- Hosting centers will be provided with approved marketing materials to be posted and emailed.

Cancellations: PeyowTM Aqua Pilates has the right to cancel trainings and workshops with less than the minimum paid participants two (2) weeks prior to the event.

PeyowTM Aqua Pilates Advanced Instructor Training

Enhance your workouts with the increased intensity of PeyowTM Aqua Pilates Advanced Instructor Training. You will learn 83 advanced exercises, including deep water, warming and traveling moves plus 11 modifications for Basic and Intermediate material.

Pre-requisite:

- CPR certification, and PeyowTM Aqua Pilates Basic and Intermediate Training

Required materials are the same as Basic and Intermediate Instructor Training

Participants receive certificate acknowledging 6-hours of PeyowTM Aqua Pilates Advanced training

Price: \$175 / Early Bird \$158

Continuing Education Credits: AEA 6.0, ACE 0.6, AFAA 6.0

The hosting facility agrees to the following:

Schedule: PeyowTM Aqua Pilates Advanced Instructor Training 9:00am – 3:30pm

Pool 9:00am – 12:00pm

Lunch 12:00 – 12:30pm

Lecture 12:30 – 2:00pm

Pool 2:00 – 3:00pm

Lecture 3:00 – 3:30pm

Terms of Agreement

- Required minimum number of registrants for event to run: Eight (8) paid registrants.
- Maximum number of registrants: (20)
- The minimum number of registrants (8) must be met 16 days prior to course date.
- Host facility receives: One (1) complementary course registration and PeyowTM Aqua Pilates manual.

Pool Requirements

- Exclusive pool use (some situations allow lap swimming if disruption is kept to a minimum).
- Pool must have a shallow end, minimum of 4' deep; maximum 5' deep. Deep end optional but preferred.
- Pool temperature ideally between 81-84° Fahrenheit.
- Allow for at least 8 people.

Lecture Room Requirements

- A quiet meeting room or studio with chairs and tables to accommodate all registrants.

Course Materials

PeyowTM Aqua Pilates Course Offerings & Host Information

- Required Materials – Same materials as Beginner/Intermediate Instructor Training - Instructor Manual, DVD and CD

Marketing Materials

- Hosting centers will be provided with approved marketing materials to be posted and emailed.

Cancellations: PeyowTM Aqua Pilates has the right to cancel trainings and workshops with less than the minimum paid participants two (2) weeks prior to the event.

HOSTING OUTSIDE OF THE USA: Please email for information, education@aquapilates.net

PeyowTM Aqua Pilates Workshops

PeyowTM Aqua Pilates Plank Challenges

Education Level: Intermediate-Advanced

Take the Plank Challenge and learn to ground the feet using core and trunk stabilizers for front, side, and back plank positions. Pilates based Plank Challenges intensify strength workouts by adding core stabilization, balance, and mind/body integration. Nothing will be the same once you turn it on a diagonal line!

3 CEC hours, approved by ACE, AFAA, ATRI, NASM and AEA

Price: \$99

Minimum 8 paid participants

PeyowTM Aqua Pilates: Pilates for Abs, Posture, Balance

Education Level: Beginner-Intermediate

This workshop focuses on Pilates' Principles and how they affect core strength, balance, and postural alignment. Learn 25 exercises for balance, dynamic stabilization of the lumbo-pelvic region, and scapular stability for use in Aqua Pilates or Aqua Aerobics programs, especially for older adults, and persons recovering from injury/surgery, or Parkinson's, stroke, MS, and arthritis. The Pilot study was completed in 2015 for person with disabilities.

3 CEC hours, approved by ATRI, AEA

Price: \$99

Minimum 8 paid participants

Stronger SeniorsTM Seated/Chair Adaptations

Education Level: Beginner-Intermediate

Chair and seated exercise adaptations for seniors and special populations to increase strength, range of motion, core strength, and flexibility. This top rated program is used throughout the country in nursing homes, and assisted living centers.

2 CEC hours, approved by ATRI, AEA, ACE

Price: \$99

Minimum 8 paid participants

Choose One:

Core Fitness – Pilates based exercises using a flex band

Balance and Posture – Exercises for postural alignment and dynamic balance

HIIT – High Intensity Interval training designed for older adults. Options for standing and seated adaptations.

PeyowTM Aqua Pilates Funktional Barre`

Education Level: Intermediate

This workshop begins with traditional ballet barre` work done on the noodle, imagine a barre` class, with a flexible barre. Tone and strengthen the entire lower body. Cool down and enjoy slow soothing stretches from the Pilates Cadillac & Barrels Ballet Stretches repertoire. Approach and re-approach a stretch again allowing each one to release a little more. Focus on breath with movement, and easing into the positions, opening the hips, and mobilizing and stretching the entire spine.

3 CEC hours, approved by ACE, AEA, ATRI

Price: \$129/discount for staff of host facility \$119

Peyow[™] Aqua Pilates Course Offerings & Host Information

Minimum 8 paid participants

AquaStretch[™] Foundations

AquaStretch[™] is an assisted stretching technique used to restore flexibility and improve quality of movement. Providing quick and dramatic results, those who have experienced it have reported the following benefits:

- Restored flexibility lost due to injury, surgery or training
- Decreased muscle soreness and quicker recovery from intense exercise
- Increased performance potential
- Improved quality of life, including better sleep

This course will prepare you to confidently use 10 primary head-to-toe stretches. Performed in shallow water, learn how to use buoyancy to move freely into stretch positions that cannot be duplicated on land. Alter stretch intensity using varied water depth, facilitator pressure and weighted resistance. Experience the power of the AquaStretch[™] 4-Step Technique: Play-Freeze-Pressure and Move, to improve movement and health.

Who Should Attend?

AquaStretch[™] was created as a fitness and wellness modality to be provided by fitness/athletic trainers, coaches, massage therapists, yoga instructors, physical therapists and those qualified to work one-on-one with clients. This assisted stretching and myofascial release technique is not intended for group exercise.

- Registration fee includes a copy of the 36-page full color AquaStretch[™] Foundations, 2nd Ed manual
- Course is taught in small groups to ensure personal feedback and skill development
- Participants receive a certificate acknowledging 8-hours of theoretical and practical training

CE: AEA 8.0, ACE 0.8, AFAA 6.0, ATRI 8.0, NCBTMB 8.0, APTA-Florida 8.0, IPTA-Illinois 8.0.

Price: \$279/discount for staff of host facility \$249

Minimum: 8 Participants.

Schedule:

Morning: Classroom: 8:00a-10:00a and Pool: 10:00a-12:15p

Lunch on own: 12:15-1:15p

Afternoon: Classroom: 1:15-2:45p and Pool: 2:45-5:00p

Pre-Course Learning ... *NEW*

Participants completing our pre-course study prior to attending AquaStretch Foundations had greater confidence and higher skill competency. In order to optimize your on-site learning, the 2-hour Introduction to AquaStretch[™] Home Study Course is now included FREE with registration to AquaStretch Foundations (includes: downloadable video, written materials and 15 question quiz).

What our course participants are saying:

“Best continuing education course I have ever been to!” - *Jeremy, PTA, West Virginia*

“B-E-Y-O-N-D Reality. I am so excited to go home and start using AquaStretch!”
- *Holly, Aquatic Fitness Instructor, Illinois*

Peyow[™] Aqua Pilates
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"Course was well organized, well taught and a good balance of lecture and practice."
- *Natalie, Exercise Physiologist, West Virginia*