

Peyow™ Aqua Pilates

Course Offerings & Host Information



COURSES	LENGTH	POOL TIME	EQUIPMENT	FEE PP	CHECK
Peyow™ Aqua Pilates Basic and Intermediate Level	6 hours	4 hours	<ul style="list-style-type: none"> • Aquatic Dumbbells for minimum number of attendees • Ankle buoyancy cuffs if available. • Noodles • Projector for Presentation 	\$239.00	<input type="checkbox"/>
Peyow™ Aqua Pilates Advanced Level	6 hours	4 hours	<ul style="list-style-type: none"> • Aquatic Dumbbells for minimum number of attendees • Aquatic Buoyancy ankle cuffs • Noodles • Projector for Presentation 	\$149.00	<input type="checkbox"/>
StretchTension Aquatic Suspension Technique	8 hours	5 hours	<ul style="list-style-type: none"> • Projector for Presentation • Pool with shallow depth between 3.5 – 5’. • StretchCordz Mini Modular kit (equipment shipped to facility) 	\$279.00	<input type="checkbox"/>
StretchTension Intro Core Balance	3 hours	1.5 hours	<ul style="list-style-type: none"> • Projector for Presentation • Pool with shallow depth between 3.5 – 5’. • StretchCordz Mini Modular kit (equipment shipped to facility) 	\$149.00	<input type="checkbox"/>
Aqua FunKtional Barre Level 1	3.5 hours	2 hours	<ul style="list-style-type: none"> • Noodles • Gloves • Projector for Presentation 	\$139.00	<input type="checkbox"/>
WORKSHOPS	LENGTH	POOL TIME	EQUIPMENT		CHECK
Peyow™ Aqua Pilates Plank Challenges	3 hours	1.5 hours	<ul style="list-style-type: none"> • Aquatic dumbbells • Noodles • Projector for Presentation 	\$99.00	<input type="checkbox"/>
Peyow™ Aqua Pilates for Abs, Posture, Balance	2 hours	1 hours	<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 hours	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 hours	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:	2 hours	N/A	<ul style="list-style-type: none"> • Chairs • Light weight toning ball or dumbbell • Projector for Presentation 	\$99.00	<input type="checkbox"/>

PeyowTM Aqua Pilates Course Offerings & Host Information

HIIT (High Intensity Interval Training)					
Stronger Seniors TM Seated/Chair Exercise Adaptations: Chair Yoga	2 hours	N/A	<ul style="list-style-type: none"> ● Chairs ● Towel ● Music player (ipod compatible) ● Projector for Presentation 	\$99.00	<input type="checkbox"/>
Ai Chi Unravel – Multi-planar exercises to slide, compress, and hydrate the fascial sheath.	3 hours	1.5 hours	<ul style="list-style-type: none"> ● Towel or Mat ● Projector for Presentation 	\$99	<input type="checkbox"/>
Peyow TM Aqua Pilates Plank Challenges: Level 2	3 hours	1.5 hours	<ul style="list-style-type: none"> ● Pre-requisite PeyowTM Aqua Pilates Level 1, or Plank Challenges ● Aquatic dumbbells ● Noodles ● Projector for Presentation 	\$99.00	<input type="checkbox"/>

Thank you for hosting PeyowTM Aqua Pilates. Attached please find our current 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:

PeyowTM Aqua Pilates Contacts:

Anne Pringle Burnell, *PeyowTM Aqua Pilates, Education
Dir., AquaStretchTM Instructor*

Peyow™ Aqua Pilates

Course Offerings & Host Information

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.

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.

Prerequisite:

- CPR certification, Aquatic, B.S., or nationally recognized Group Exercise or Personal Training certification preferred. Pilates Mat or apparatus training welcome.
 - Registration fee includes required materials, Peyow™ Aqua Pilates Manual, Video and CD/Music
- Participants receive certificate acknowledging 6-hours of Peyow™ Aqua Pilates practical training

Continuing Education Credits: 6

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) complimentary course registration meeting the minimum registrant requirement, 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

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

Peyow[™] Aqua Pilates

Course Offerings & Host Information

Course Materials

- Required Materials Include – Instructor Manual, Video and CD/Music, 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: Peyow[™] Aqua Pilates has the right to cancel trainings and workshops with less than the minimum paid participants two (2) weeks prior to the event.

Peyow[™] Aqua Pilates Advanced Instructor Training

Enhance your workouts with the increased intensity of Peyow[™] 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 Peyow[™] Aqua Pilates Basic and Intermediate Training

Required materials are the same as Basic and Intermediate Instructor Training

Participants receive certificate acknowledging 6-hours of Peyow[™] Aqua Pilates Advanced training

Continuing Education Credits: 6

The hosting facility agrees to the following:

Schedule: Peyow[™] 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: Six (6) paid registrants.
- Maximum number of registrants: (15)
- The minimum number of paid registrants (6) must be met 20 days prior to course date.
- Host facility receives: One (1) complimentary course registration and Peyow[™] Aqua Pilates manual, if minimum of 6 is met.

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

- Required Materials – Same materials as Beginner/Intermediate Instructor Training - Instructor Manual

Marketing Materials

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

Peyow[™] Aqua Pilates Course Offerings & Host Information

Cancellations: Peyow[™] 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

Peyow[™] Aqua Pilates Workshops

Peyow[™] 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

Minimum 6 paid participants

Peyow[™] Aqua Pilates: Plank Challenges Level 2

Education Level: Intermediate-Advanced

Take the Plank Challenge Level 2 and build core-centric plank routines for adding to your cardio or Pilates classes. Plank Challenges Level 2 intensifies strength workouts by adding core stabilization, balance, and mind/body integration. Recommended Prerequisite Plank Challenges or Peyow[™] Aqua Pilates Instructor training.

3 CEC hours

Minimum 6 paid participants

Peyow[™] 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 people with disabilities.

3 CEC hours

Minimum 6 paid participants

Stronger Seniors[™] 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. Choose for available workshops: Seated Core Strength, Posture & Balance, Chair Yoga, Chair HIIT.

2 CEC hours

Minimum 6 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.

Yoga – Modified yoga poses for the chair.

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.

Peyow™ Aqua Pilates Course Offerings & Host Information

4 CEC hours
Minimum 6 paid participants

Ai Chi Unwind

Exploring a blend of twister-like positions and Ai Chi movements in multi-planar exercises to become more malleable, allowing freedom of the layers of muscle surfaces, bones, and tendons, to slide, wriggle, and hydrate the fascial sheath. Ai Chi patterns reinforce the multi-dimensional motions. Perfect for arthritis, Parkinson's, MS, and special populations.

3 CEC Hours
Minimum 6 paid participants

StretchTension – Aquatic Suspension Technique

Suspension exercise has been a way for athletes to train when away from a gym, most notably TRX developer Randy Hetrick, former Navy Seal Commander. This type of body weight suspension training activates the core, shifts the center of gravity, and focuses on both mobility and stability. Translating these exercises to the aquatic environment lightens the load, and makes them accessible to a larger patient population, and older adults who need strength and balance recovery.

Stretch Tension benefits:

- Strength and agility without joint load
- Increased performance
- Improved balance recovery

Course Includes:

- Registration fee includes a copy of the StretchTension Aquatic Suspension 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

FULL COURSE

CE: 8 CEC hours

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

Minimum: 8 Participants

Schedule:

Morning: Classroom: 8:00a-10:00a and Pool: 10:00a-12:30p

Lunch on own: 12:30-1:30p

Afternoon: Classroom: 1:30-2:30p and Pool: 2:30-5:00p