

WHY CHOOSE THE ENERGYWISE ACADEMY FOR YOUR FITNESS TRAINING?

Our highly experienced, well qualified tutors are all still working actively in the area in which they teach
Between our team of 15 tutors we have more than 300 years experience in the fitness industry. We believe this is unique!

| Date(s) | CPD Course Title | Component | REPS Points | Location | Tutor | Pre -Requisite | Cost |
|----------|---|-----------|-------------|-----------|--------------------------------|---|----------------|
| 04/02/12 | Weight loss Seminar - Understand the principles of Nutrition and its application for weight loss | 1 of 1 | 4 | Edinburgh | Jane Jamieson | None | £55.00 |
| 05/02/12 | Pathway to Pilates Introduction to the Principles of Pilates- focuses on postural alignment allowing potential teachers to decide if this method of exercise suits them | 1 of 1 | 4 | Glasgow | Fiona Brown | None | £125.00 |
| 11/02/12 | Ballet Fitness Introduction to Ballet Fitness for group exercise | 1 of 1 | 4 | Edinburgh | Sam Leyton & Lesley Mitchell | ETM Level 2 | £125.00 |
| 10/03/12 | Flexibility Workshop Learn a vast range of stretches for specific conditions to enhance performance and prevent injury | 1 of 1 | 4 | Edinburgh | Fiona Fleming | ETM/Gym Level 2 Pilates/PTs Level 3 | £55.00 |
| 24/03/12 | Burlesque-a -cise Burlesque-a-cise group exercise. This fun low impact workout suits absolute beginners | 1 of 1 | 4 | Edinburgh | Lindsey Chisholm & Fiona Brown | ETM Level 2 | £125.00 |
| 24/03/12 | Kick Fitness Training Introduction to Kick Fitness- groups | 1 of 1 | 8 | Perth | Dawn Gillies | ETM Level 2 | £125.00 |
| 14/04/12 | Champion Choreography Learn a variety of teaching skills, choreography formats - build interesting effective exercise to music sessions – stand out from the crowd | 1 of 1 | 8 | Edinburgh | Mark Flannigan | ETM Level 2 | £125.00 |
| 15/04/12 | Bootcamp Training Understand how to provide safe and effective group exercise sessions in the great outdoors | 1 of 1 | 8 | Glasgow | April Logan | Personal Trainer Level 3 | £125.00 |
| 22/04/12 | Personal Training out with the Gym Understand how to provide safe and effective exercise sessions on a 1-1 basis out with the gym environment | 1 of 1 | 8 | Edinburgh | Lesley Mitchell | Personal Trainer Level 3 | £125.00 |
| 28/04/12 | Body Conditioning for PTs safe and effective sessions for Body Conditioning clients/classes using small equipment | 1 of 1 | 8 | Fife | Lyndsay Gallacher | ETM/Gym Level 2 Personal Trainer Level 3 | £125.00 |
| 05/05/12 | Ante/Post Natal CPD Have confidence including one or two Ante /Post Natal clients in your class NB This does not enable instructors to teach specific Ante /Post Natal Classes | 1 of 1 | 4 | Edinburgh | Rhona Finlay | ETM/Gym Level 2 Pilates/PTs Level 3 | £125.00 |
| 26/05/12 | Step Workshop Introduction to Step Aerobics & choreography | 1 of 1 | 8 | Edinburgh | Sam Deans | ETM Level 2 | £125.00 |

WHY CHOOSE THE ENERGYWISE ACADEMY FOR YOUR FITNESS TRAINING?

Our highly experienced, well qualified tutors are all still working actively in the area in which they teach
Between our team of 15 tutors we have more than 300 years experience in the fitness industry. We believe this is unique!

*Successful completion of these qualifications allow instructors access to the Register of Exercise Professionals

| VTCT Level 3 Diploma in Mat Pilates* | | | REPS Points | Location | Tutors | Cost |
|--|-------------------------------|--------|-------------|---|--|---------------------|
| 13 th -15 th January 2012 | Level 3 Mat Pilates (Phase 1) | 1 of 4 | 20 | The EnergyWise Academy Edinburgh | Fiona Brown Lesley Mitchell Fiona Fleming | Phase 1 £1425.00 |
| 20 th -22 nd January 2012 | Level 3 Mat Pilates (Phase 1) | 2 of 4 | | | | |
| 17 th -19 th February 2012 | Level 3 Mat Pilates (Phase 1) | 3 of 4 | | | | |
| 16 th -18 th March 2012 | Level 3 Mat Pilates (Phase 1) | 4 of 4 | | | | |
| 7 th April 2012 | Level 3 Mat Pilates (Phase 1) | Exam | | | | |

| VTCT – Level 2 Certificate in Fitness Instructing - Exercise to Music* | | | REPs Points | Location | Tutors | Cost |
|--|---------------------------|--------|-------------|---|--------------------------------|---------|
| 27 th -29 th January 2012 | Level 2 Exercise to Music | 1 of 3 | 20 | The EnergyWise Academy Edinburgh | Fiona Brown Lesley Mitchell | £595.00 |
| 5 th February 2012 | Level 2 Exercise to Music | 2 of 3 | | | | |
| 24 th -26 th February 2012 | Level 2 Exercise to Music | 3 of 3 | | | | |

Successful completion of The Award for adapting physical activity for antenatal /postnatal clients allows instructors to run specialist classes for this group

| VTCT – Level 3 Award in Adapting Physical Activity for Antenatal and Postnatal Clients | | | REPs Points | Location | Tutor | Cost |
|--|--|--------|-------------|------------------------|--------------|---------|
| 11 th -12 th Feb 2012 | Level 3 Award - Ante/Post Natal Fitness | 1 of 2 | 20 | Edinburgh Venue tbc | Rhona Finlay | £395.00 |
| 24 th -25 th March 2012 | Level 3 Award - Ante/Post Natal Fitness | 2 of 2 | | | | |

