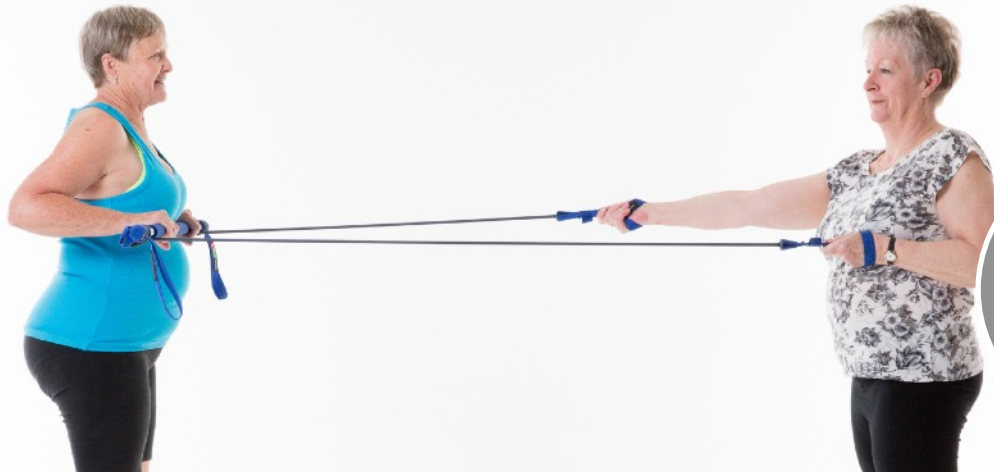


GYMSTICK™



Gymstick for
Older Adults
Brisbane

GROUP EXERCISE & PERSONAL TRAINING FOR OLDER ADULTS

The Gymstick for Older Adults education will provide personal trainers, group exercise instructors, physiotherapists and exercise physiologists with the tools to be able to provide their clients with varied, safe, appropriate and effective workout.

This education includes:

- How the Gymstick can be used to cater for different needs: Physical and cognitive abilities, injuries, flexibility, strength, balance and endurance
- Provide modifications and develop functional training to suit the specific needs of the client
- How to challenge balance, proprioception, muscle strength and endurance and joint stability safely
- 7 Fitness Australia CECs

This workshop will be presented by Fiona White

Fiona White is a qualified Physiotherapist with a long career focussed on assisting people repair, retrain and return to their own bodies' optimal abilities. Having worked as a clinical Pilates instructor, Personal Trainer, aerobics instructor and as a Physiotherapist in both private practices and hospitals, Fiona has treated a wide variety of clientele with diverse needs and injuries.



WORKSHOP INFO

Sun 17th Nov 2019

9am-5.00pm

Genesis Jindalee, 225 Sinnamon Rd, Jindalee QLD 4074

\$270 / \$300

INSTRUCTOR TRAINING

ENROLMENT FORM

Your details

Name:

Address:

Post code:

Phone:

Email:



Fiona White

Workshop details

Name of workshop: Gymstick for Older Adults

Date: Sunday 17th Nov 2019

Venue: Genesis Jindalee, 225 Sinnamon Rd, Jindalee QLD 4074

Payment (please select)

Payment amount: AU\$270.00 *until 17 Oct*

\$300.00 *Full price*

Direct deposit: Marietta Mehanni

Bank: WESTPAC

BSB: 033 058

Account: 438145

Paypal available at www.mariettamehanni.com

Credit Card: Visa Mastercard

Name on card:

Credit card number:

Expiry: /

CCV:

Signature

I require a tax invoice to be sent to me in my name. YES NO

How to enrol

Complete all the details above and post or email the completed form along with payment to:

Marietta Mehanni
PO Box 593
Northcote 3070

marietta@mariettamehanni.com

Refund Policy

If a course is cancelled a full refund will be paid immediately. If you cancel your enrolment with at least 14 days notice prior to the commencement date you will receive a full refund. If you cancel within 14 days of the commencement date a \$75.00 administration fee will apply. If you cancel within 48 hours, you will not be eligible for any refund.

CONTACT

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