



We help you get there!  
NZQA registered and accredited

## 2010 Course Dates Semester One & Two

Auckland	Fitness Instructor Certificate	Core Part A Core Part B Fitness Instructor	13, 14 February 20, 21 February 25, 26, 27, 28 February
Auckland	Pilates Instructor Certificate	Intro to Pilates	20, 21 February
Wellington	Pilates Instructor Certificate	Intro to Pilates	27, 28 February
Hamilton	Fitness Instructor Certificate	Fitness Instructor Clinic	26, 27, 28 March
Auckland	Pilates Instructor Certificate	Basic Mat	27, 28 March
Auckland	National Certificate in Fitness L3	Exercise Consultant	6 April – 14 July <i>(applications close 26 March)</i>
Auckland	Fitness Instructor Certificate	Core Part A Core Part B Fitness Instructor	10, 11 April 17, 18 April 29, 30 April 1, 2 May
Auckland	Pilates Instructor Certificate	Intermediate Mat	24, 25 April
Wellington	Fitness Instructor Certificate	Fitness Instructor Clinic	7, 8, 9 May
Auckland	Personal Trainer Certificate Wellness Coach Certificate	Personal Trainer Wellness Coach	20, 21, 22, 23 May 23 May
Auckland	National Certificate in Fitness L3	Group Fitness Instructor	28, 29 May
	Easy Exercise Certificate	Easy Exercise Instructor	28 May
	National Certificate in Fitness L3 Elective Module	Step Instructor Elective	30 May
Auckland	Pilates Instructor Certificate Pilates Instructor Certificate	Basic Reformer Cadillac L1	18, 19 June 20 June
Auckland	Fitness Instructor and Personal Trainer Certificate	Core Part A Core Part B Fitness Instructor Personal Trainer Wellness Coach	26, 27 June 3, 4 July 8, 9, 10, 11 July 15, 16, 17, 18 July 18 July
Auckland	National Certificate in Fitness L3	Elective Aqua Instructor	16 July (tbc)
Auckland	Pilates Instructor Certificate	Advanced Mat	24, 25 July
Auckland	National Certificate in Fitness L3	Exercise Consultant	26 July – 10 November <i>(applications close 12 July)</i>
Wellington	Pilates Instructor Certificate	Intro/Basic Mat Intensive	20, 21, 22 August
Auckland	Pilates Instructor Certificate	Intermediate Reformer	27, 28 August



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Auckland	Pilates Instructor Certificate	Cadillac L2	29 August
Auckland	Pilates Instructor Certificate	Intro to Pilates	11, 12 September
Christchurch	Fitness Instructor Certificate	Fitness Instructor Clinic	15, 16, 17 October
Auckland	Pilates Instructor Certificate	Intro/Basic Intensive	15, 16, 17 October
Auckland	Fitness Instructor & Personal Trainer Certificate	Core Part A	20, 21, 22 November
		Core Part B	23, 24, 25 November
		Fitness Instructor	27, 28, 29, 30 November
		Personal Trainer	2, 3, 4, 5 December
		Wellness Coach	5 December
Auckland	Pilates Instructor Certificate	Intermediate Mat	4, 5 December



## Continuing Education

Auckland	Interactive Instructor, Kris Tynan	9 April
	Motivational Secrets, Kris Tynan	4 May
	Wellness Coach & Easy Exercise Certificates	see main calendar



## Community Education

Community Coach - Organised by demand anywhere in New Zealand



## Distance Learning Education - start anytime...

Sports Nutrition  
 Anatomy & Physiology (NZQA Unit Standard 5368)  
 Fitness Instructor  
 Personal Trainer  
 Group Exercise  
 Aqua Instructor



## e-learning online courses - start anytime...

Weight Management Essentials ONLINE  
 Nutrition for Fatloss ONLINE  
 e-Nutrition (NZQA Unit Standard 6571)  
 Strength & Conditioning (coming soon)  
 Behaviour Change & Coaching (coming soon)

\*Dates accurate at time of printing: Printed 19/02/10

\*In some circumstances dates are subject to change

\*Please confirm your course before booking flights and accommodation, as courses are often full and there may not be space available.