



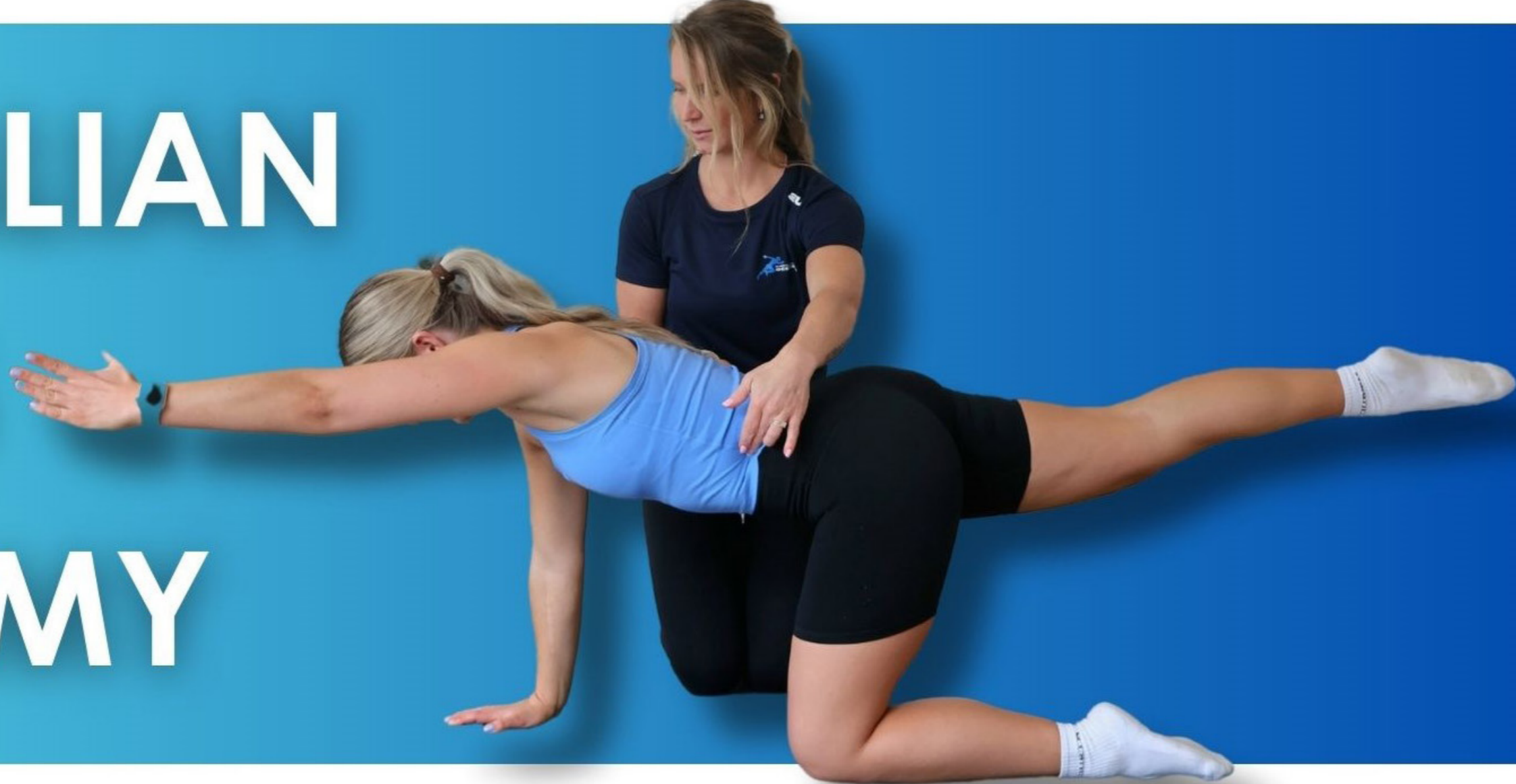
australianfitness
academy
RTO 21062



INFORMATION BROCHURE

Pilates Matwork Instructor Course

AUSTRALIAN FITNESS ACADEMY



ABOUT US

Since our establishment in 1993, AFA has become the leading fitness and wellness educator in Australia, assisting tens of thousands of graduates into a fitness career.

We've been the best in the business delivering Fitness Certificates for over 30 years and now we're offering current or prospective professionals the opportunity to upskill and progress their career in Mat Pilates.

Whether you're looking to step into an existing Pilates studio or start your very own business, this qualification will equip you with the skills to bridge the gap between a Fitness Qualification and Pilates Matwork.

With our Pilates Matwork Instructor Course you will learn the essential tools to design and instruct Mat Pilates sessions and be able to deliver a brand-new service to your clients and create a new source of income.

COURSE OUTCOMES



Flexible hours

Choose your own hours to fit around your busy life



Generate an additional Revenue Stream

Instruct Mat Pilates in either a group or 1:1 setting



Help others

Help people achieve their mobility or flexibility goals



Stand out in the fitness industry

Add a new skill set to your existing career

COURSE STRUCTURE

This hybrid course includes a series of online interactive videos and PowerPoint presentations with a quiz-style assessment accessed via our Online Learning Portal.

The course is self-paced and students will have up to 12 months total access. The recommended course completion timeframe is between 3 – 6 months, however as all content and assessments are on-demand, it can be completed quicker.

In addition to studying via interactive online resources and completing the assessment, students will also gain real-life skills through 70 hours of Practical Placement.

COURSE TOPICS

As you progress through the Pilates Matwork Instructor Course, we will equip you with all the knowledge and practical skills you need to work as a Pilates Matwork Instructor in Australia. The course includes the following modules:

Introduction to Pilates

Anatomy & Physiology for Pilates Instruction

The 34 Classical Pilates Exercises

Contemporary Pilates Exercises

Class Planning & Sequencing

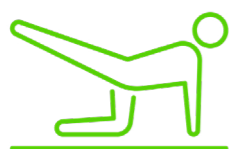
Instructing Pilates Exercises

Screening Pilates Participants

Scope of Practice of a Pilates Matwork Instructor

PRACTICAL PLACEMENT

Practical Placement hours can begin as soon as you enrol into the course and are a prerequisite to receive your Pilates Matwork Instructor certificate from us.



10 Observational Hours



30 Self Mastery Hours



30 Teaching Hours



ONLINE LEARNING

With the ability to study on your terms, you'll be able to fit this course around other work and lifestyle commitments and progress at your own pace.

Our comprehensive online learning platform allows you to progress through each module of the course through detailed slide shows, videos, animations, articles, downloadable lecture slides, live webcasts and podcasts.

No matter what time of learning style you need, we've got you covered.



Available on the
App Store



GET IT ON
Google Play

MOBILE LEARNING APP

We created our own mobile app to allow you to access the course from your own phone or tablet, where you're able to stream or download video presentations and podcasts, view all learning resources, study the lecture slides, and even take the final quiz. Access your course from anywhere in the world.

STUDENT SUPPORT

Our Student Support services are readily-available to help you progress throughout your course. If you have any questions regarding assessments or coursework, you can contact our Student Support Officers at any time via phone, email or chat.



WHY CHOOSE US

1) Great Reputation

As one of the first fitness industry training providers (established in 1993), we are well known and respected within the fitness and wellness industry.

2) Unmatched Support

We employ a team of fully qualified tutors to assist you with any questions you may have throughout your course.

3) Leading Online Study

Our interactive resources make it fast and easy to learn.

4) Practical Placement

You can complete your practical training in a Pilates studio local to you.

5) Specialised Mobile Learning App

Unique to AFA, our app allows you to learn on the move from anywhere in the world.

6) Affordable Course Fees

After submitting a small deposit, you can get started with our interest-free payment plans from as little as \$50 per week or \$100 per fortnight.

7) Accredited with Industry Bodies

Fitness professionals who are registered with Fitrec are able to add the certificate to their profile as an additional qualification and it will contribute to their overall profile points, or those who are not already registered can use it as part of their initial registration process.

To register as a Fitness Pilates Instructor with Ausactive, students must also be qualified Personal Trainers (hold a Cert IV) or Group Exercise Instructors (hold a Cert III with the 2 new group exercise units - or equivalent) and hold a current first aid and CPR.

SALARY POTENTIAL

Below is an example of projected earnings based on charging clients \$60/hour as a Personal Trainer and an additional Pilates / Group Fitness Class valued at \$160/class. These figures will be slightly more/less depending on the number of sessions you run and exactly what you charge.

Daily Personal Trainer 1-hour (\$60/session)	Daily Income (1 day)	Weekly Income (7 days)	Monthly Income (4 weeks)	Annual Income (48 weeks)	Monthly Income + 1 Pilates Class	Monthly Income + 2 Pilates Classes	Monthly Income + 3 Pilates Classes
2 PT Sessions	\$120	\$600	\$2,400	\$28,800	\$36,480	\$44,160	\$51,840
3 PT Sessions	\$180	\$900	\$3,600	\$43,200	\$50,880	\$58,560	\$66,240
4 PT Sessions	\$240	\$1,200	\$4,800	\$57,600	\$65,280	\$72,960	\$80,640
5 PT Sessions	\$300	\$1,500	\$6,000	\$72,000	\$79,680	\$87,360	\$95,040
6 PT Sessions	\$360	\$1,800	\$7,200	\$86,400	\$94,080	\$101,760	\$109,440
7 PT Sessions	\$420	\$2,100	\$8,400	\$100,480	\$108,480	\$116,160	\$123,840

PAYMENT OPTIONS



UPFRONT PAYMENT

You can pay for the course entirely upfront for **\$1750**.



WEEKLY SUBSCRIPTION

Get started with a **\$100 deposit** then **\$50 / week** or **\$100 / fortnight**.

ADD ON TO YOUR FITNESS CERTIFICATION WITH AFA

If you are an AFA Graduate/Student, feel free to contact our Careers Advisors on 1300 232 648 or info@afa.com.au to access an exclusive discount code.

If you haven't yet completed any prior qualification, you can combine a Fitness Certificate with Pilates Matwork at a discounted rate.

Note: There are no pre-requisites for this course. However, it is recommended participants have completed a Fitness qualification or Bachelor in Exercise/ Health/Sports Science and 25 hours personal Pilates experience/participation.

READY TO ENROL?

The first step is to fill out our pre-enrolment quiz so we can learn a bit more about you, which will lead to our enrolment form:

[ENROL HERE](#)

NEED MORE INFO?

Contact us:

 fittededucation.edu.au

 info@afa.com.au

 1300 232 348

