

WHAT'S IT ABOUT?

Our role as the provider is to deliver Continuing Education Programs to enable registered Fitness Professionals to gain the Continuing Education Credits (CECs) required for Re-registration or expanding on their work potential in the fitness industry within Australia. There are eleven courses to choose from that run for no longer than 3 hours each.

These fitness courses are designed to educate and assist Fitness Leaders, Personal Trainers and Gym Instructors on how to properly conduct, structure and teach classes to their clients in all types of environments. The courses cover a wide range of topics associated with fitness with emphasis on injury prevention, correct technique and use of equipment. A minimum number of 6 participants are required for us to come to any location in Melbourne metropolitan area or a minimum number of 10 participants are required for country & interstate bookings.

COURSE DATES

These C.E.C. or P.D.P. courses are held every month and take a half day to complete. Please phone or email to find out when the next course will be held in your state. Courses can be organised to suit you on specific dates and times including weekends for small groups by request at our venue or yours. Interstate course are restricted to group bookings only, for gymnasium wanting their trainers participating in a course of their choice..

VICTORIA

Venue: 10/236 East Boundary Road
East Bentleigh. Vic 3165

Kickboxing Exercise
Boxing Exercise
Pad-workout
Self-defence
Thai-bo
All Stars Resistance
All Stars Exercise Ball
Tues or Wed 12.45-3.45pm

Contact: ROD CATTERALL

Ph/Fax: 61-3-9579-0800

Mobile: 0418-564-249

Email: info@allstars.net.au

Web Site: www.allstars.net.au

Fitness Industry Workshops for Fitness Professionals



**Recognised Programs
for Continuing Education**

OPEN 6 DAYS A WEEK
Enquiries Phone

9579 0800

WHAT'S IT COST?

Depending on the number of participants, E.g. 1 or 6 instructors = \$175 each, 7-10 instructors = \$165 each, 11-14 instructors = \$155 each, over 15 instructors we offer a group discount of 10%. All payment must be made prior to commencement.

Places are limited and only the first 20 enrolments will be accepted. Upon completion you will receive: 1 x Certificate, 3 x C.E.C points, 1 x Manual. Contact All Stars for new workshop dates or check our web site.



TRAINERS, INSTRUCTORS WORKSHOPS

Suitable applicants must be group fitness instructors or personal trainers with experience in the fitness industry, to be eligible to train groups of people in the areas listed below within Australia.

- [All Stars Boxing Exercise tm](#)
Cardio workout with punching techniques using boxing equipment
- [All Stars Kickboxing Exercise tm](#)
Cardio workout with kick, punch, elbow, knee techniques using pads
- [All Stars Pad-Workout tm](#)
Cardio workout using pad drills in sets using very simple punch and kick techniques

Enrolment Form

Course Information:

Workshop: _____

Date: _____ Number attending _____

Personal Details:

Name: _____

Address: _____

Suburb: _____

State: _____ Post code: _____

Phone: (H) _____ (W) _____

(M) _____ (F) _____

Email: _____

Main Occupation: _____

Fitness back ground info:

Currently working in the fitness industry ? Y / N
Where ? _____

Martial Arts experience Y / N
Type. _____

Payment Details:

*Cheque , Money Order, Cash, or

Credit card Payments:

Please circle type of card

Visa / Bank card / Mastercard

Cardholder name: _____

Card number: / / /

Expiry: _____ Amount \$ _____

Cardholder's signature: _____