

Peyow® Aqua Pilates

Peyow: Chinese Mandarin word meaning to float.

COURSE SCHEDULE

MATERIALS: PEYOW® AQUA PILATES INSTRUCTOR MANUAL OF EXERCISES, LAMINATED OUTLINE OF EXERCISES, INSTRUCTIONAL VIDEO/DVD.

COURSE SIZE: 8-20

FACILITY REQUIREMENTS: MEETING ROOM OR STUDIO, AND POOL: SHALLOW END 4' DEEP MINIMUM - 5' DEEP MAXIMUM, DEEP END OPTIONAL, TEMP IDEALLY 82-84 DEGREES. FOR THERAPEUTIC POOLS, 87-90 degrees.

COURSE FEES:

1 day workshops group rates \$175 each, plus materials.

2 day workshops group rates \$350 each, plus materials.

MATERIALS:

Required DVD and Manual (regularly \$104 plus shipping). Wholesale is available for 8 or more,(total \$89 plus shipping).

EQUIPMENT: AQUATIC DUMBBELLS FOR THE MINIMUM NUMBER IN COURSE, and AQUATIC NOODLES.

SCHEDULE: 4 hours per day in pool, 2 am, and 2 pm, conference room for lecture each morning for 1.5 hours. Schedule is flexible and may vary based on pool availability. Two lanes minimum needed for instruction, swimmers may use other lanes during course.

HOST A WORKSHOP: Hosting a workshop allows employees to get AFAA, ACE, and AEA CEC's on site. This program is the most comprehensive Aqua Pilates program on the market with support materials of an instructor manual and DVD. 2006-2010 host sites have included Lakeshore Athletic Club, Chicago, Kahala Nui, Honolulu, HI, SportsMed, Carol Stream IL, Galter Life Center/Swedish Covenant Hospital, IL, ATI Physical Therapy, Wheaton, IL. Level 1 & Level 2 are both one day workshops. For Physical Therapy CEC's, please contact education@aquapilates.net.

HOSTING: Peyow Aqua Pilates options for hosting include one complimentary training (value \$175, may be split between employees, not including materials), OR we will pay a pool rental fee \$40 per hour of pool use (value \$160 per day). Outside of USA – please call office.

TRAVEL/PER DIEM Instructors may require travel expense and per diem.

MINIMUM PARTICIPANTS: In the US, a minimum of 8 paid participants must be enrolled, 16 days prior to course date. Peyow Aqua Pilates reserves the right to cancel workshops not meeting the minimum requirements.

MASTER INSTRUCTORS:

Anne Pringle Burnell, founder

Anne Pringle Burnell created and developed the Peyow® Aqua Pilates program which premiered at the Peninsula Spa Chicago. She has been teaching for over 15 years and is certified by the Aerobics & Fitness Association of America, the American Council on Exercise and Stott Pilates™. Her other certifications and specialties include: Nia Technique, Kickboxing, Group Cycling, Aquatics, Seniors, Pre & Postnatal exercise. She is an educational faculty provider for AEA - Aquatics Exercise Association, AFAA - Aerobics and Fitness Association of America, ACE-American Council on Exercise, and Stott Pilates™ Anne is the founder of the Stronger Seniors® Workout Program and she teaches group classes in Chicago at Northwestern Memorial Hospital, Peninsula Spa, University Club, University of Illinois Chicago, Center for Older Adults, and instructs certification courses in Mat and Reformer at Elements in Motion, a Stott Pilates™ Training Center.

Lee Everett, MPT

Lee Everett has been a physical therapist for over 10 years. She holds a Masters Degree in physical therapy from Northwestern University and a Masters Degree in Exercise Physiology from Northeastern Illinois University. She has been working in the fitness industry teaching group exercise classes for over 20 years. She began her training in Pilates informally while working at the Rehabilitation Institute of Chicago. There she worked with other Pilates trained physical therapists rehabilitating patients in the performing arts and chronic pain programs. Later, she pursued formal training in Pilates through the Physical Mind Institute. After teaching that method for a few years, she changed courses and continued her Pilates training through the Stott Pilates™ program at Elements in Motion in Chicago. Lee continues to teach Pilates mat classes and conduct private training sessions at her own studio, Healthy Motion, in Wheaton, Illinois. In 2005, she joined Anne to collaborate on the Peyow® Aqua Pilates instructor manual.

Cancellations: Peyow Aqua Pilates has the right to cancel a workshop with less than 8 people participating 2 weeks prior to the event. One or two master instructors will be teaching courses depending on enrollment and instructor availability.

2010 CEC's:	ACE	AFAA	AEA
ONE DAY 6.5 hours			
Peyow Aqua Pilates Level 1	.5	3	6
Peyow Aqua Pilates Level 2	.5	3.5	6
TWO DAY 13 hours			
Peyow Aqua Pilates Level 1 & 2	1.3	9.5	12