

WHY CHOOSE THE ENERGYWISE ACADEMY FOR YOUR FITNESS TRAINING?

L2 Exercise to Music * L3 Advanced Exercise to Music * L3 Personal Trainer

L3 Ante /Post Natal Award * LEVEL 3 Mat Pilates Diploma

The EnergyWise Academy Training Calendar - Autumn 2010		
2 nd – 4 th July 2010	Mat Pilates Level 3 - Phase 1	Weekend #1 of 4
9 th – 11 th July 2010	Mat Pilates Level 3 - Phase 1	Weekend #2 of 4
6 th – 8 th August 2010	Mat Pilates Level 3 - Phase 1	Weekend #3 of 4
14 th – 15 th August 2010	Ante/Post Natal Exercise Level 3	Weekend #1 of 2
27 th – 29 th August 2010	Exercise to Music Level 2	Weekend #1 of 2
3 rd – 5 th September 2010	Personal Training Level 3 - Phase 1	Weekend #1 of 4
10 th – 12 th September 2010	Mat Pilates Level 3 - Phase 1	Weekend #4 of 4
17 th – 19 th September 2010	Personal Training Level 3 - Phase 1	Weekend #2 of 4
25 th – 26 th September 2010	Ante/ Post Natal Exercise Level 3	Weekend #2 of 2
1 st – 3 rd October 2010	Exercise to Music Level 2	Weekend #2 of 2
2 nd or 3 rd October 2010	Mat Pilates Level 3 - Phase 1	Exam Day
15 th – 17 th October 2010	Personal Training Level 3 – Phase 1	Weekend #3 of 4
22 nd – 24 th October 2010	Mat Pilates Level 3 - Phase 1	Weekend #1 of 4
29 th – 31 st October 2010	Mat Pilates Level 3 - Phase 1	Weekend #2 of 4
7 th November 2010	Exercise to Music Level 2	Exam Day
19 th – 21 st November 2010	Personal Training Level 3 – Phase 1	Weekend #4 of 4
26 th – 29 th November 2010	Mat Pilates Level 3 - Phase 1	Weekend #3 of 4
12 th December 2010	Personal Training Level 3 – Phase 1	Exam Day
14 th – 16 th January 2011	Mat Pilates Level 3 - Phase 1	Weekend #4 of 4
6 th February 2011	Mat Pilates Level 3 - Phase 1	Exam Day
NB All of the above training courses are held at the EnergyWise Academy in Edinburgh see website for details		



VTCT WORLD CLASS QUALIFICATIONS

