

Kimberley Garlick

Director

Kimberley comes from a professional dance and human movement background and is passionate about the Pilates Method.

Kimberley has completed numerous courses, and experienced all concepts of Pilates in both Australia and abroad. The combination of the various Pilates disciplines has enabled Kimberley to format a challenging, safe and enjoyable method of instruction for group Pilates.

Along with a successful Pilates studio in Sydney, Kimberley has trained over 250 instructors. Kimberleys' success is due to her ongoing dedication and devotion to how the body responds with Pilates.



Why choose The Pilates Room for your training?

- Your instructor trainer is a Pilates Specialist
- Unique deliverance of contemporary group Pilates
- Accredited Certification
- Small course numbers
- Advanced level of training available
- Technical support
- Quarterly newsletters
- Web site access
- Invite to yearly Pilates symposium

Feedback

"Course was terrific, it was informative instructional, friendly and not too overwhelming" **Judy Mead**

"Very comprehensive both from a theory and practical perspective" **Bertand Arlove**

"Very enjoyable and challenging, absolutely love it" **Catherine Moon**

"Excellent, relaxed and informative, very encouraging" **Liz Jones**

"Loved the course, awesome instruction, can't wait to teach Pilates" **Jucinda Bayne**

"Very inspirational and a great role model for Pilates" **Karen Bruk**

All courses are available in Australia, New Zealand and Asia.

www.pilatesroom.com.au

For further information call Kimberley Garlick on

61 2 9453 0340

or email: kimberley@pilatesroom.com.au

THE PILATES ROOM

Instructor Training Courses

Group Pilates

Personal Training

Reformer Allegro

Pilates & Props

Pilates for the Elderly

Pilates for Dancers & Gymnasts



THE PILATES ROOM
DYNAMIC BODY AWARENESS



Mat Level 1

Practical and Theory Exam

4 Day Course

Pre-requisite

*Fitness Leader Certificate or
Personal Trainer Certificate or
BHMS or
Anatomy and Physiology background or
1 year practical participation in Pilates and
Up-to-date First Aid Certification*

Course Content

- History of Pilates
- Pilates Principles
- Basic Anatomy
- Exploration of the core (pelvic floor and abdominals)
- Pilates essentials repertoire
- Progressions and regressions of repertoire
- Practical experience (both as participant and instructor)
- Master class daily

Mat Level 2 – Power Pilates

2 Day Course

Pre-requisite

Mat Level 1 or equivalent

Course Content

- Functional anatomy related to the Pilates method – facilitated by a sports physiotherapist
- Master and increase repertoire for beginners through to advance
- Learn choreography for an excellent Power Pilates class
- Cueing
- Linking moves to create a dynamic pilates class
- Power Pilates repertoire, developed by Kimberley Garlick
- Master class daily

Reformer Level 1

Practical and Theory Exam

3 Day Course

Pre-requisite

Mat Level 1 or equivalent

Course Content

- Introduction and set up of the Allegro Reformer
- Maintenance and care of the Reformer
- Functional anatomy specific to the Reformer movement – facilitated by a sports physiotherapist
- Basic pathologies and postural defects that may be present in a group Reformer class
- Reformer repertoire
- Constructing a safe and effective group Reformer class
- Master class daily

Reformer Level 2

2 Day Course

Pre-requisite

Mat Level 1 and Reformer Level 1

Course Content

- Further anatomy and physiology with a sports physiotherapist
- Master and increase repertoire for beginners through to advance
- Delivery of Power Reformer classes

Pilates and Props

1 Day Course

Pre-requisite

Mat Level 1 and Mat Level 2

Course Content

- Introduction to the ring, roller and thero band
- Deliverance of Pilates and Props
- Use of Pilates and Props for one-on-one

Pilates Personal Training Level 1

Practical and Theory Exam

4 Day Course

Pre-requisite

*Fitness Leader Certificate or
Personal Trainer Certificate or
BHMS or
Anatomy and Physiology background or
1 year practical participation in Pilates and
Up-to-date First Aid Certification*

Course Content

- History of Pilates
- Principles of Pilates
- Basic anatomy and physiology
- 1 day of Mat for Personal Training
- 1 day of Reformer for Personal Training
- 1 day of Props for Personal Training
- 1 day of examination

Pilates Personal Training Level 2

2 Day Course

Pre-requisite

Personal Training for Pilates Level 1

Course Content

- Working with athletes
- Working with back discomfort
- More repertoire on the various equipment

Pilates for the over 55's

See website for course information

1 Day Course

Pilates for Dancers & Gymnasts

See website for course information

2 Day Course