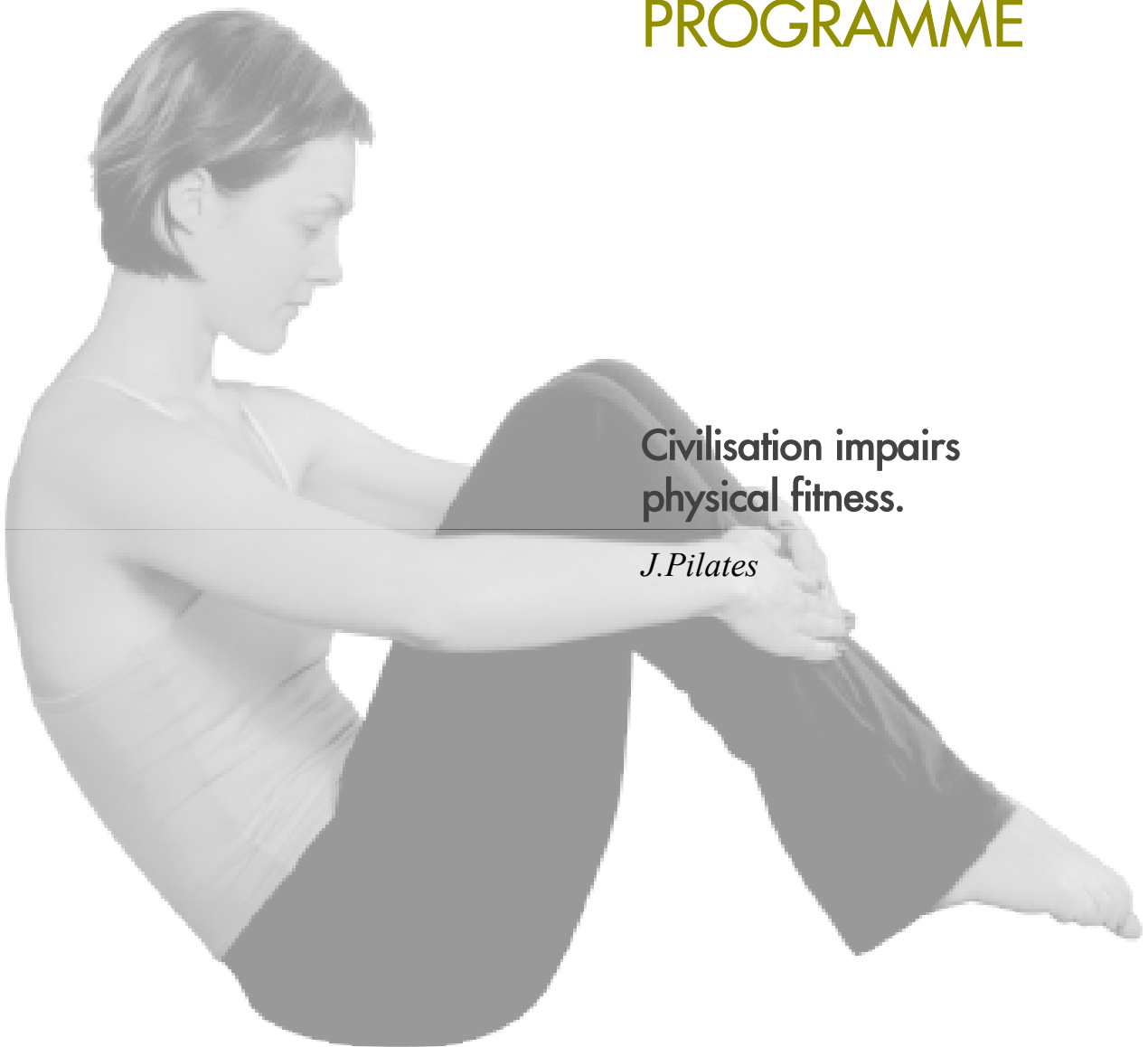




revolution
pilates studio
education to inspire™

CORPORATE FITNESS PROGRAMME



**Civilisation impairs
physical fitness.**

J.Pilates

sound bodies

for the **health** of your business

Welcome to the Revolution

We are Revolution Pilates Studio and we'd like to be a partner in your business: By providing your employees with challenging and economical Pilates and Yoga classes, our Corporate Fitness Programme is the ultimate in employee benefit. You get a healthier, stress-less staff, and make a positive investment in the on-going well being of your company.

We developed this programme due to the growing need for better working environments and employee satisfaction. We also recognized the need to fill the gap of qualified, low-cost and safe Pilates Method teaching in our profession; we guarantee the highest quality instructors in our profession, teaching creative and challenging Pilates and Yoga fitness programmes.

A Sane Mind In a Sound Body

There have been many studies on the importance of a regular fitness programme to maintain the health and work performance of the modern employee. However, the fact remains that most of us find it difficult to schedule the time to exercise.

We've addressed that challenge by 1) designing time-efficient workouts to fit your work rosters, 2) offering these classes at your place of business, and 3) offering our complete studio services to your staff at discounted rates.

Meeting the Challenge

Your working environment has its own unique needs and challenges which we've tried to anticipate:

Scheduling Difficulties

Whether you work 9-to-5 or Round-the-Clock, we can offer classes at a time that best suits your staffing schedules.

Difficult to Leave Premises

One of the reasons people don't start or continue with exercise is the difficulty of getting there in the first place. We meet that challenge by coming to you.

Budget Conscious

We are all watching our wallets these days, looking for those options with the best value. Our classes are reasonably priced, easily fitting into your budget without compromising our superior instruction.

Injured or Special Needs

We will work with you to design special programmes or modify existing classes to allow participation by those within your company with special needs (e.g. pregnancies, RSI, disabilities).

Stress Relief

Stress is a symptom of our busy lifestyle and has been shown to be one of the most significant components of poor health and performance. Our Pilates and Yoga classes promote increased relaxation and improved posture for fewer work-related injuries and a stress-less day.

Adding Employee Benefits

The modern employee is looking for more than additional salary in a positive work environment. Fitness programmes such as Pilates and Yoga are inexpensive and fun ways to add value to your existing employee benefits scheme.

Injury prevention vs. injury repair

It's easier and less expensive to prevent an injury than to try to repair it. The proper use of Pilates and Yoga can not only be used to help rehabilitate a condition or injury, but also to prevent it from happening in the first place. This leads to less time lost at work and a more pleasant workday.

Qualified & Insured

Revolution Pilates Studio has been operating in the Leederville/Mt Hawthorn area for the past three years. In that time, we have developed a reputation in the community for providing inexpensive, quality fitness classes to both the public, as well as becoming a recognized instructor training facility for future instructors.

With Revolution, you aren't just dealing with one individual. You have the combined experience of a staff of in-house instructors who are the best trained in our industry. Those available to you through the Corporate Fitness Programme have a minimum of 750 hours of course work, teaching experience and on-going professional experience.

We also require our instructors to carry appropriate Professional Indemnity/Public Liability insurance, as well as current Senior First Aid & CPR certification.

Choose the Time & Place

We will arrange classes to occur at any time that is convenient for you and your employees. This might be at a midday break, before you begin work or at the end of the day.

In addition to bringing our staff to your premises, we can also arrange times for participants to come to our equipped and luxurious studio in Mt. Hawthorn. Centrally located at the corner of Oxford Street and Scarborough Beach Road, there is ample street parking available as well as our own parking lot at the back of the studio.

A Variety of Classes

Whether you are young or old, active or inactive, flexible or not, your staff will feel both energised and relaxed with a regular practice of Pilates and Gyrokinesis® Yoga. Our classes can assist in rehabilitating an injury or easing chronic pain through a practice that will deliver long-term results with a gentle approach. And because classes are small participants get the most from them with a lot of one-on-one focus from the class instructor.

Pilates Method- The Pilates Method of Physical and Mental Conditioning has been around since the 1930's but has seen a recent upsurge in interest due in part to it's ability to train the entire body in a non-impact way while addressing postural imbalances. It isolates and strengthens the important stabilising muscles, in particular the pelvic floor, abdominals and back. It improves the body's alignment,

balance, strength and flexibility.

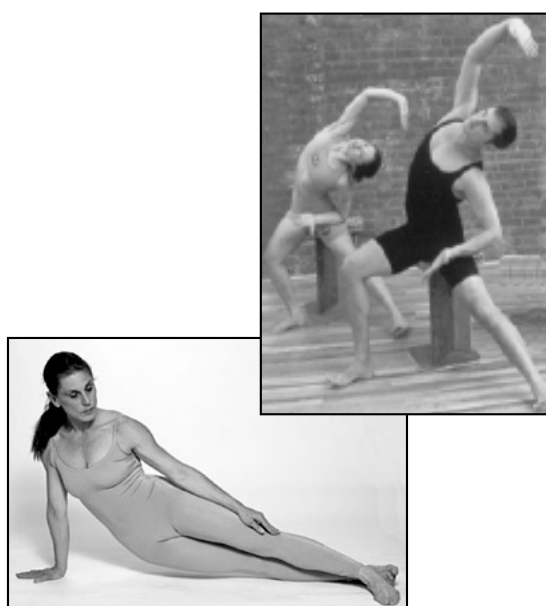
A group floor class consists of a range of Traditional and Pilates-based movements, choreographed so that the participants move in as many directions as possible, challenging their entire body's strength, flexibility and balance, and engaging their breath while focusing on each exercise . . . a true mind-body-spirit workout.

Gyrokinesis® Yoga- This is an active yoga class that incorporates key principles from Kundalini Yoga, ballet, swimming gymnastics, acupressure and Tai Chi. Each class begins with an energizing self-massage to awaken the body and senses. The instructor then guides the participants through exercises that get all of the muscles and bones moving, stimulating the organs, and circulating blood and fluids through the body.

Gyrokinesis® gently works the joints and muscles through rhythmic and undulating exercises. Postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance than traditional yoga. Participants leave our classes feeling flexible, strong, rejuvenated and invigorated.

Revolution Pilates Studio brought Gyrokinesis® to the West Coast in 2001 and is the only studio in the state certified to teach this exciting method.

Custom Classes- We can also design classes to your requirements (e.g. upcoming ski trips; training for corporate sports events; relaxation classes; pre/post natal).



Participant Requirements

Clothing and Materials

We'll provide all the necessary equipment, mats and handouts. Participants need only bring the following:

- Wear loose, comfortable clothes that don't bind or restrict your movement.
- Bring a small towel
- You'll work in bare feet so shoes are unnecessary, though you might choose to wear socks if your feet get cold easily.

Questionnaire and Waiver

To assist us in designing an appropriate programme, all participants are required to complete our Floor Class Questionnaire and Waiver before starting the classes.

Most anyone can do our classes. Our instructors are trained to modify the exercises to meet the unique requirements of many injuries and conditions. However, in some cases, we may require a letter from the participants doctor/health professional before commencing the classes. (see the attached Floor Class Questionnaire).

Further Discounts

As an added bonus, we offer the staff of Corporate Fitness Programme Participants discounted rates at our Mt Hawthorn studio. Contact Neil Nabbefeld to discuss our Corporate Studio Programme and how it might suit your staff.



Costs

As every situation is unique, we negotiate the price of our services at the time of request. For a quote, simply send us the attached Application Form or contact the Corporate Fitness Programme Director.

Director Biography

Neil Nabbefeld (owner, Revolution) received his B.Sci., Engineering in 1979. After discovering a career path better suited to his soul, he has proceeded to gain over 20 years experience in the fitness industry (Personal Training to Management) in the US and Australia. Neil holds a Fitness Instructor Certification from the American College of Sports Medicine; is an internationally Certified Instructor in the Gyrotonic Expansion System® (known as The Juliu Horvath Method® in Australia); has a Certification in Polestar's Pilates for Post-Acute Rehabilitation, and has been teaching practitioner workshops in applied Pilates Method throughout Australia since 1995. Neil also has on-going training and interests in such areas as Body-Mind-Centering®, creative visualisation, and the therapeutic/rehabilitative application of his experiences.

Neil is a Registered Level 1 Pilates Instructor Course Provider for the APMA, a Practitioner Level 2 Member and is their liaison in WA. He has also sat on Council as Vice-President (2004-2005 term).

Australian Pilates Method Association

The APMA is devoted to improving the standard of the Pilates Method and is the profession's oldest not-for-profit association in the world. The APMA's educational criteria is regularly reviewed and revised based on feedback from the Pilates community and current medical research to reflect a modern approach to the Method.



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419 Oxford Street
Mt Hawthorn WA 6016
(08) 9443 1403

www.revolutionpilates.com
neil@revolutionpilates.com
ABN 55 328 840 751



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CORPORATE FITNESS PROGRAMME

 **APMA-Certified Instruction**
Int'l Certified Juliu Horvath Method® & Gyrokinesis® Yoga

PROGRAMME APPLICATION

Please print clearly

CONTACT DETAILS

Company Name..... Type of Business.....
 Address..... Contact Name.....
 Phone Business.....
 City..... State Post..... E-Mail Address.....
 Signature Date.....

GROUP CLASS INTEREST

Complete if your company wishes to take part in our Group Class Programme

I. Proposed Location of Class:
 On Premises
 At Revolution
 Other.....

II. No. Participants: Min..... Max.....

III. Class Style:
 Pilates
 Gyrokinesis® Yoga
 Rehabilitative
 Relaxation
 Other.....

IV. Class Duration: 1/2 hour 1 hour

V. Class Time: Start..... End.....

VI. Start Date:
 Approx. Exact.....

VII. Class Day(s) & Times:
 Mon
 Tues.....
 Wed.....
 Thur.....
 Fri.....
 Sat.....

VIII. If an On Premises class, approximate size of space (square meters).....

STUDIO PROGRAMME INTEREST

Complete if your company wishes to take part in our Studio Programme Discounts

I. No. of Interested Employees:

All information is kept confidential and unless approved by the participant will not be used in any other marketing efforts by Revolution Pilates Studio or be given to any other parties.

II. Choose one below:
 "Please send us flyers to distribute."
 "We'll provide the names and contact details." (Email an Excel or Word document of email/land addresses to follow).

Office Use Only

Revolution Pilates Studio

Address 419 Oxford Street, Mt Hawthorn WA 6106 **Phone/Fax** (08) 9443 1403

E-mail neil@revolutionpilates.com **Website** www.revolutionpilates.com

