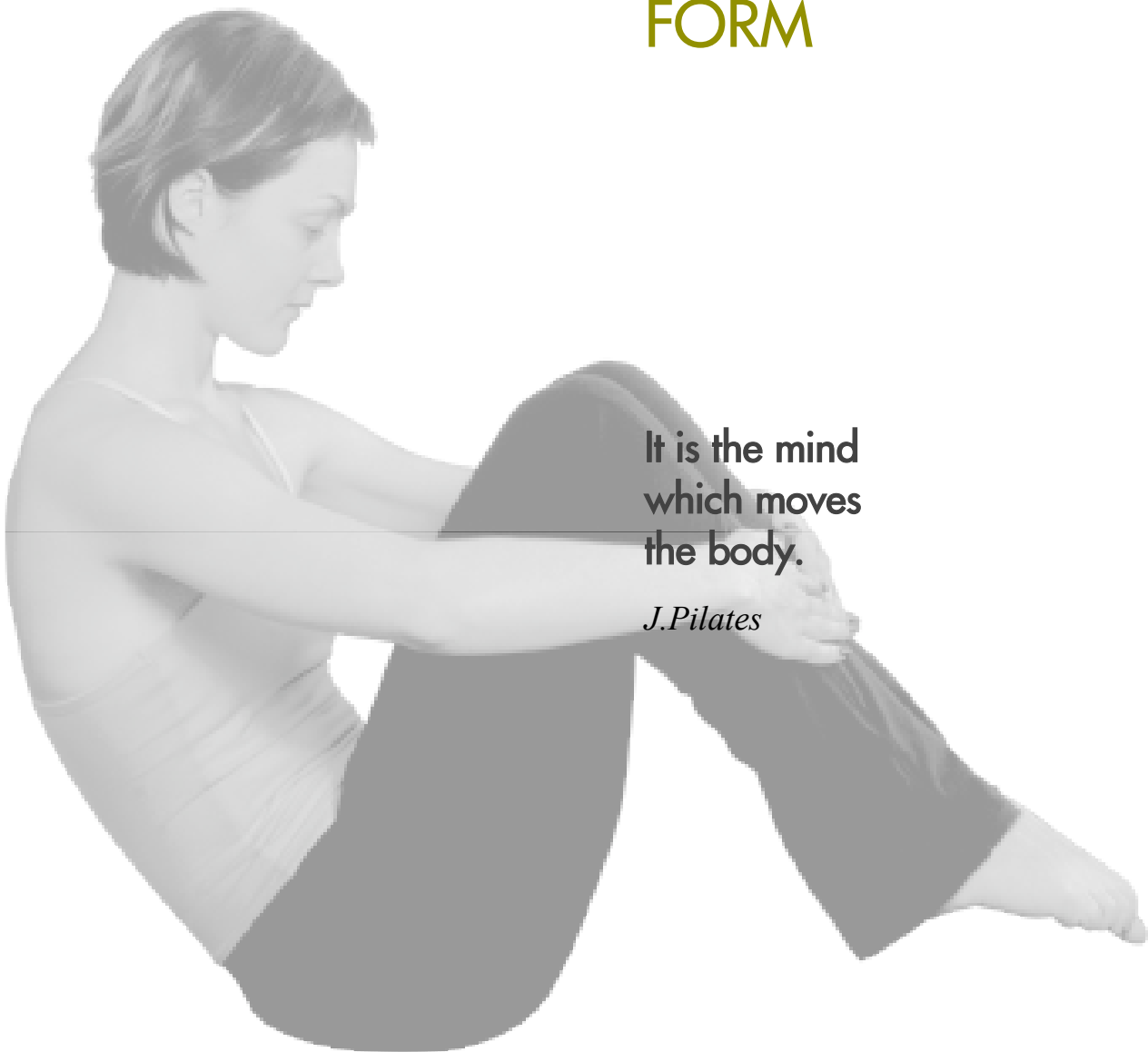




revolution  
pilates studio  
education to inspire™

# STAFF APPLICATION FORM



It is the mind  
which moves  
the body.

*J.Pilates*



Registered APMA Level 1 Course Provider (RL1)



Gyrotonic Expansion System® Registered Pre-Trainer

# Perth's leading studio **Grow** your career

## Welcome to the Revolution

Thank you for considering Revolution Pilates Studio as a place to practice as a professional in the growing field of the Pilates Method, Gyrotonic Expansion System® and Movement Therapy.

We pride ourselves on our reputation as Perth's premier Pilates and Gyrotonic® movement studio, and instructor training facility. In addition to a pleasant, professional and relaxed working environment, we offer the unique opportunity to develop your teaching skills to its highest level.

### A Place to Grow

At Revolution, your experience and unique approach to teaching Pilates is respected and encouraged. Our clients appreciate the differing approaches brought to them, and our studio has grown to encompass this rich variety of experience.

We also offer you opportunities to expand your current work, by challenging you with our own unique approaches, including our focus on the rehabilitative uses of our work.

Our personal philosophy does not see our work as 'exercise' or 'fitness' except in the broadest sense. Rather, we consider what we do as teaching a personal appreciation of Movement and the enjoyment that comes from that personal journey.

As an Instructor Training Facility, there are opportunities to become certified in a number of modalities. We are WA's oldest Pilates Instructor Course, and the only one meeting the APMA's Educational requirements for Level 1 Membership. We brought the Gyrotonic Expansion System® and Gyrokinesis® Yoga to the West Coast in 2001 and are the only studio in the state certified to teach both of these exciting methods, as well as pre-train instructor candidates.

Corporate Fitness Programme: 06/2005



### Our Strength

We have developed a reputation in the community for providing affordable, quality Pilates and yoga instruction to the public and corporate sectors. Our medical referral network includes osteopaths, chiropractors, massage therapists, Feldenkreis practitioners, other Pilates studios, physiotherapists, doctors and surgeons, to name a few.

Revolution is the combined experience of a staff of in-house instructors who are the best trained in our industry. Our instructors 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.

### Variety of Services

We offer one of the most complete schedules of services in our industry:

- Supervised Studio (equipment) Sessions
- Private Fitness or Rehabilitation instruction
- Regular Pilates and Gyrokinesis® Floor Classes- Kept small (maximum 12) so that participants get the most from them.
- Corporate and Industry programmes
- APMA-registered Pilates Instructor Course
- Gyrotonic® Instructor Pre-Training
- Regular industry and APMA workshops

## Central Location

Revolution Pilates Studio has been operating in the Leederville/Mt Hawthorn area since 2001. Our equipped and luxurious studio in Mt. Hawthorn is 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.

## Hours of Operation

We are open 6 days a week, Monday through Saturday, closing to the public on Sundays, Public Holidays and Studio Holidays (normally the week before and after Christmas):

Mondays – Thursdays .... 6am – 8pm

Fridays ..... 6am – 1pm

Saturdays..... 8am – 1pm

The studio is open outside of normal hours for workshops, Corporate sessions, special rehabilitative schedules and the RL1 Pilates Instructor Course.

## Staff Application

Simply fill out the attached Staff Application Form and mail or fax it to our studio. After a brief review of the information, we'll set up an interview.

Thank you for your interest in our studio. We look forward to meeting with you in the near future.

Regards,

Neil Nabbefeld  
Owner, Principle Practitioner



### Owner/Director Biography

*Neil Nabbefeld 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<sup>®</sup>, Gyrokinesis<sup>®</sup> Yoga, and a Certified Pre-trainer for the Gyrotonic Foundation Teacher Training; a Grad.Cert. in Pilates-based Movement Therapy; 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<sup>®</sup>, 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 sits on Council as Vice-President (2004-2006 term).*



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419 Oxford Street  
Mt Hawthorn WA 6016  
(08) 9443 1403  
www.revolutionpilates.com

For information, contact Neil at [info@revolutionpilates.com](mailto:info@revolutionpilates.com)



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## Staff Application Form

Forms & Procedures

419 Oxford Street Mt Hawthorn WA 6016  
(08) 9443 1403 www.revolutionpilates.com  
ABN 55 328 840 751

Please print clearly

### CONTACT DETAILS

Name..... Birthdate..... Sex .....

Mailing Address ..... \* Provide one phone number with message bank.

..... Phone/ Home.....

City..... State ..... Post..... Phone/ Business.....

E-Mail Address ..... Phone/ Mobile.....

Emergency Contact ..... Phone .....

Signature ..... Date.....

### TAX/ACCOUNT DETAILS

I. ABN ..... IV. Branch (suburb).....

II. Business Name..... V. BSB (6 digits) .....

..... VI. Account No .....

III. Bank Name..... VII. Account Name .....

### WORK PREFERENCES

I. Are you interested in working in the Studio (equipment-based)?  Yes  No

II. Are you interested in teaching Floor Classes?  Yes  No

### ADDITIONAL DOCUMENTATION

Attach Current Copies of the following documents

Pilates-related PI/PL Insurance Policy  CV (include professional associations & movement-related experience)

Level 2/ Senior First Aid Certificate

### AVAILABLE TIMES


	MON	TUE	WED	THU	FRI	SAT
AM	_____	_____	_____	_____	_____	_____
PM	_____	_____	_____	_____	_____	_____

### Office Use Only

#### Revolution Pilates Studio

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

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

 Fax or mail to: