

Barre Physique Manhattan Beach Certification-60 Hour Program Course Application and Registration

Approved by AFFA for CE UNITS

Thank you for your interest in the Barre Physique Certification Program. We are excited to have you come train with us. This application should answer all of your questions but if you have further questions, please email us at info@barrephysique.com.

Lisa is the founder of Barre Physique and has opened studios, trained and certified many instructors locally and in other states. She has studied and trained with some of the best barre instructors in the nation. She then worked with an Orthopedic Sports Surgeon and various Physical Therapists to develop her Barre Physique Technique. With nearly 10 years of barre fitness experience and medical endorsements, she is a pioneer in this form of movement and recognized as The Barre Fitness Expert.

Application:

Please complete as thoroughly as possible and attach a resume and headshot or photograph, even if you have already submitted your resume and headshot to us. Please note that you are currently applying to our program and until we send you a confirmation email that you have been accepted, it will remain an application. We will let you know if you are accepted to our program by **August 11th**. We currently have a nationwide list going of interested individuals so we recommend getting your application to us as soon as possible.

Training Requirements, Dates and Fees:

Requirements: To be considered for our program, you must currently be teaching or have taught group fitness or dance classes and have knowledge of the anatomy. We will not be teaching instructors how to teach fitness classes so please make sure to list all of your hours, certifications, trainings or anything you think will help us when considering you for our program.

This is an intense training program so if you are not accepted, please do not get discouraged. We will email you with suggestions of what experience is needed so that you may be accepted to one of our future trainings. Currently we are offering trainings in the spring and fall.

Fall Dates: Barre Physique Certification- 60 hours \$3500

The Barre Physique Certification Program is 60 hours and over the course of two weeks. Fifty of these hours will be covered during our dates and times listed below. The remaining 10 hours are observation hours that can be done during our scheduled public class times. If you live locally, these observation hours can be done before our training times on our training days or anytime over the course of the two weeks. If you are from out of town or state, we recommend to plan on staying the two weeks and observing and taking as many classes as you can while here. During your training we will spend 1 hour per day doing a full Barre Physique workout.

The dates for Fall are as follows:

Thursday	September 8-1pm- 6pm	September 15- 1pm-6pm
Friday	September 9 -1pm-7pm	September 16-1pm-7pm
Saturday	September 10-11am-6pm	September 17-11am-6pm
Sunday	September 11-10am-5pm	September 18-10am-5pm

The application deadline for FALL 2011 is **August 1st**.

A deposit of \$500 is due by August 18 once you have been accepted to the program. The balance of \$3000 is due by September 1st.

Barre Studio Business Development and Management: 6 hours \$1200

Lisa K has successfully opened, operated and licensed several barre studios. She has created a brand, logos, images, and a successful website and has all of the knowledge and expertise to share with you. Prior to Barre Physique Lisa was a consultant in the beauty industry and developed spas and salons from concept to reality with some generating over \$1,000,000 in sales. If you are considering opening your own studio, bringing this type of studio to your existing gym, health club or studio this seminar is a must!

This one day seminar will focus on the following:

- *Development, design and build out of a barre fitness studio
- *Location and lease negotiations
- *Set up and sourcing of all supplies and equipment
- *Retail Inventory, design and set up
- *Staffing
- *Management and Software
- *Marketing Ideas
- *Music layout and suggestions

The Date for this seminar is Wednesday, August 14 10:00 am – 4:00 pm

Are you applying for the Barre Studio Business Development and Management

Yes___No___

If yes, a deposit of \$300 will be due once accepted to the program and the remaining balance of \$900 will be due by September 1

PART ONE ~ CONTACT INFORMATION

Name:

Mailing Address:

Phone: (h) (c)

Email:

Emergency Contact:

Relationship: Phone:

PART TWO ~ HEALTH HISTORY

Please describe any physical or mental health conditions that may affect your participation in this course. Please list any medications you are currently taking and any surgeries you have undergone within the past 10 years. Please list current or past pregnancies and any associated complications. Please list chronic pain, joint problems, or muscle strain that currently affect your daily life or your workouts.

*Note: this information is confidential and will not affect your admission into the program.

Do you currently experience any of the following conditions?

Allergies/Asthma Yes___No___

Anxiety Yes___No___

Arthritis Yes___No___

Back Pain Yes___No___

Epilepsy Yes___No___

Diabetes Yes___No___ If yes, insulin dependent? Yes___No___

Hearing Problems Yes___No___

Heart Problems Yes___No___

Hernia Yes___No___

High Blood Pressure Yes___No___

Low Blood Pressure Yes___No___

Migraine or tension Yes___No___

Headaches Yes___No___

Joint Sprains Yes___No___