



**AUSactive**

# **Yoga & Pilates Membership**

Activating every body, every way, every day.

A woman with dark hair tied in a bun is sitting in a meditative pose on a dark grey yoga mat. She is wearing a black sports bra and grey shorts. The background is a plain white wall and a wooden floor. The text is overlaid on the bottom half of the image.

## Yoga & Pilates Membership

AUSactive is the united body for Australia's health and well-being.

AUSactive wants to activate the nation through empowering and representing excellence, innovation, standards and leadership across all modalities.

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## Who We Are?

AUSactive is the peak Health and exercise Industry Association with the largest register of exercise professionals & facilities across Australia. AUSactive want to activate the nation through empowering and representing excellence, innovation, standards and leadership across all exercise and wellness modalities.

## What We Do?

We lead advocacy for the health and exercise sector, sponsor research and set standards that reflect best practice and ensure the wellbeing of Australians.





## **Our Mission.**

**Activating every body,  
every way,  
every day.**

## **Our Vision.**

AUSactive exists to professionalise the active health and exercise industry through engaging in partnerships, advocacy, delivering education, quality and accreditation. AUSactive supports the sector to deliver an environment for more Australians to confidently adopt a healthy, active lifestyle.



### **Activating every body.**

Whatever your age, shape or size. Wherever you come from. Whatever your fitness level. No matter how big, small or niche your organisation is. We're here to provide the confidence to activate as many human and health industry bodies as we can.

### **Activating every way.**

From step-classes to sprint training, Pilates to Aqua aerobics, we're qualified to maximise your every move....every way we can. Whether it's by improving your own health or that of your business, we want to raise Australia's well-being every way we can.

### **Activating every day.**

The countless physical and mental health benefits that quality exercise brings, make us relentless in its promotion and innovation. That's why we're driven to support Australians (and all the health businesses that support them) every single day.

## Our Community.

AUSactive leads advocacy, sponsorship research and standards that reflect best practice and ensures health and wellbeing for over 7.3 million Australians.

<b>Students</b>	<p><b>7,000+ registered</b>                      54% females 46% males.                      47% of students reside in QLD, 55% of students are under the age of 25.</p>
<b>Exercise Professionals</b>	<p><b>17,000+ registered</b>                      60% females 40% males.                      33% reside in NSW, 29% between the age of 25-35.</p>
<b>Sole Traders</b>	<p><b>1,600+ registered</b>                      55% female 45% male.                      27% between the age of 35-45.</p>
<b>Business Members</b>	<p><b>2,400+ registered</b>                      30% of businesses reside in NSW.                      25% reside in VIC and 23% reside in QLD.</p>

WA	<b>9%</b>	NSW	<b>32%</b>
NT	<b>1%</b>	ACT	<b>4%</b>
QLD	<b>22%</b>	VIC	<b>26%</b>
SA	<b>7%</b>	TAS	<b>1%</b>

## Membership Categories.

<b>Student</b>	For Pilates, Yoga, Aqua, Fitness and exercise science students currently completing their studies.
<b>Exercise Professional</b>	For Personal Trainers, Group Exercise Leaders or Instructors, Aqua Exercise and Gym Instructors.
<b>Pilates Professionals</b>	For Fitness Pilates Instructors and Pilates Method Teachers.
<b>Yoga Professionals</b>	For Yoga Instructors.
<b>Exercise Businesses &amp; Leisure Centres</b>	For all fitness, leisure and recreational centres and health clubs.
<b>Pilates Businesses</b>	For all Pilates studios, centres and facilities.
<b>Yoga Businesses</b>	For all Yoga studios, retreats and facilities.



## **Registered Pilates Professionals.**

### **What is a Fitness Pilates Instructor ?**

Plan and deliver Pilates classes for participation by a group or individual clients with a mix of ages/fitness levels

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Trained to deliver Pilates repertoire using the mat and/or reformer as well as small apparatus in line with formal education and assessment

- > Mat - original Pilates repertoire from basic to intermediate exercises and their modifications, progressions and regressions
  - > Reformer - original exercises from basic to intermediate and their modifications, progressions and regressions
  - > Small Apparatus - magic circle, Pilates ball and Pilates applications on foam roller, theraband, weights, pole, swiss ball, wedges
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Program designs are typically pre-choreographed

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Typically instructs and demonstrates complete Pilates-based group classes to groups with limited individual interaction

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Program designs can be modified to suit an individual or groups needs where appropriate

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Typically practices independently and commonly reports to a manager

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Commonly conducts classes that are part of an overall regular timetable provided by the employer organisation

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Typically instructs classes in predictable settings such as group exercise/Pilates studios within fitness facilities

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## What is a Pilates Method Teacher ?

Plan and deliver group, private and semi-private classes

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May also deliver Pilates exercise programs designed for participation by a group of clients with a mix of ages/fitness levels

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Provides individually tailored client assessments, program development, instruction and demonstration, supervised Pilates sessions and client reviews

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Trained to deliver Pilates repertoire on all Pilates apparatus listed below, including the original exercises from basic to advanced and their modifications, progressions and regressions in line with formal education and assessment

- > Mat
  - > Reformer
  - > Trapeze Table / Cadillac
  - > Pilates Chair
  - > Barrels e.g., High Barrel, Baby Arc
  - > Small apparatus e.g., Magic Circle, Pilates Ball and Pilates applications on Foam Roller, Theraband, Weights, Pole, Swiss Ball, Wedges
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Typically works independently (may be self-employed or an employee) and may support or lead other registered Pilates Professionals

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Typically practices within a Pilates apparatus custom fitness facility and/or Pilates studio but also in a wide variety of other environments (including unpredictable settings such as client homes, community spaces, workplaces)

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To gain or maintain registration, Pilates Professionals are required to complete the minimum level approved education requirements and/or qualification for registration and abide by AUSactive's Code of Ethical Conduct. They must hold a current vocational nationally endorsed first aid and CPR certification. Competency in delivering Pilates services is enhanced through the completion of AUSactive approved continuing education programs or other recognised activities as defined in the **CEC Guidelines**.

## Registered Pilates Professionals Levels.

Pilates Professionals	Provisional	Level 1	Level 2	Level 3
<b>Pilates Method Teacher</b>	AUSactive approved and Nationally Accredited Diploma or Advanced Pilates qualifications Diploma + CPR & First Aid	500+hours experience	2-10 Years & 1000+ hours experience	10+ Years & 3500+ hours experience
<b>Fitness Pilates Instructor</b>	AUSactive approved Fitness Pilates Instructor training + CPR & First Aid	100+ hours experience	2-10 Years & 500+ hours experience	10+ Years & 3500+ hours experience



## Registered Yoga Professionals.

### What is a Yoga Professional?

The core role of a Registered Yoga Professional is to plan and deliver safe and effective Yoga programs for individuals and groups

Typically works independently (may be self-employed or an employee) and may support or lead other Registered Yoga Professionals

May work within various settings such as a fitness facility, recreation facility, community facility or studio

Offer an integrated set of practices aligned to the needs of the individual and/or group in-line with your initial qualification, continuing education and the Code of Ethical Conduct

Delivers Yoga services designed for participation by individuals and groups

Registration Levels

## Registered Yoga Professionals Levels.

Yoga Professionals	Provisional	Level 1	Level 2	Level 3
Yoga Instructor	AUSactive approved 200+ hours training (12-months of practice & experience)	AUSactive approved 350+ hours training (12-months practice & experience)	AUSactive approved 500+ hours training (5yrs practice & experience)	AUSactive approved 1000+ hours training (10yrs practice & experience)



## **Quality Assurance.**

AUSactive's Quality Assurance Employment program provides businesses with the confidence and guarantees that their exercise professionals and employees are following industry best practice, protocols and guidelines.

For exercise professionals and employees, it provides them with industry credibility, ongoing support and access to continued learning.

Now's the time to start driving industry standards forward, together. Our members have access to AUSactive's Employment Toolkit with templates, guidelines and checklists.

## **Accreditation Pilates & Yoga Professionals.**

Our Pilates & Yoga Professionals will soon have the ability to complete a 4-month accreditation program at no additional cost. The accreditation program consists of seven modules including working with a suitably qualified mentor. Once completed you will receive a AAA rating and digital credential.

Accredited professionals will receive further discounts on their insurance, they will be highlighted in the AUSactive consumer directories as well as providing a trust mark of professionalism and standards, the AAA designation helps in their career advancement, improving earning potential, knowledge sharing with industry peers and building professional brand and credibility.

## **Certified Pilates & Yoga Businesses.**

AUSactive have launched a certified business program at no additional cost to members. This program builds better business practices and raises the standard of the industry.

This program will improve businesses knowledge, processes, systems and management. It will help businesses establish credibility by gaining greater recognition, trust and strengthen consumer confidence in your business and the quality of services you provide.

A certified business creates competitive advantages. By becoming a provider of choice and ensure your clients are receiving the best care and quality service from your business and your team.



## **Pilates & Yoga Professionals Membership Benefits.**

Elevate your career to a higher level & focus on your specialty, while we support you with all-round best-practice.

Directory Listing & Personalised Profile on the AUSactive Register of Professionals

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Industry networking opportunities

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Free access to upcoming Accreditation program

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Member Digital Credentials & Branding

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Membership Certificate

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Monthly eNews and bi-monthly e-journal PULSE.

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Access to free Industry monthly webinars (includes CEC)

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Discounted rates for major industry events.

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Discounted rates for First Aid and CPR through St John Ambulance Australia

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Sports People Job-Board

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HR and IR Hotline

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Member Rates for FILEX Conventions

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Discounted Insurance through Guild Insurance

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Voting rights in the annual AUSactive Board Elections - REPs

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International job recognition for qualification transferability through iCREPS partners

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Discounts through AUSactive partners: Iconic Sports, Rebel, Ironedge, Clean Life, Reebok

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Discounts for over 100 Yoga and Pilates Courses

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## **Pilates & Yoga Business Memberships.**

Business members receive access to great tools to start, grow or build your fitness business with support from your dedicated State Manager.

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Directory Listing & Personalised Business Profile on the AUSactive Register of Businesses

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Free Business Certification Program

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Member Digital Credentials & Branding

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Networking opportunities with Industry leaders

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Membership Certificate

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Monthly eNews

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Monthly Webinars

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Access to the Grow your Business Toolbox, over 300 templates, checklists & guides

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Member rates for FILEX Convention

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Discounted rates for First Aid and CPR through St John Ambulance Australia

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Dedicated Membership Officer

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IHRSA Membership

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Access to Health Fund Loyalty Programs

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Sports People Job-Board, 20% off job ads on Sports People platform

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HR and IR Hotline

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20 Minute Legal Consultation

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An annual Digital Marketing Health Check with COM Marketing

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FREE Strategy Session with NPE

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Access to competitive Business Insurance through Guild Insurance

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Voting rights in the annual AUSactive Board Elections - Business Members

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Discounts with AUSactive partners, equipment, apparel, marketing and business services

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## **Membership Value.**

### **Free Legal Consultations**

AUSactives free legal service provides industry knowledge to manage business risks and provide solutions to the wide range of workplace relations challenges in your business.

### **Expert Advice**

Our legal partner is comprised of Australia's leading workplace relations lawyers and advisors.

Tailored advice and practical support is available to all business members.

### **Industry Focus**

AUSactive regularly host industry webinars and publish articles to help our members meet their legal obligations.

Our weekly newsletter features regular case studies and we offer our members up-to-the-minute **newsflashes regarding critical industry news.**

### **Affordable Representation**

20min telephone advice for queries is provided as a benefit of AUSactive membership.

For complex workplace relations matters, access to specialist advisors and lawyers is charged at competitive, discounted member rates.

## **Human Resources Hotline.**

All AUSactive members have access to our **FREE HR Hotline.**

An important part of every business, the AUSactive offers members high-level, strategic advice regarding a wide range of HR issues.

Wage Rates

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Contracts

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Managing Rosters

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Unfair Dismissal Claims

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Terminations & Redundancy

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Sick, Personal & Annual Leave

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Harassment & Discrimination

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Performance Management

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Workplace Policies

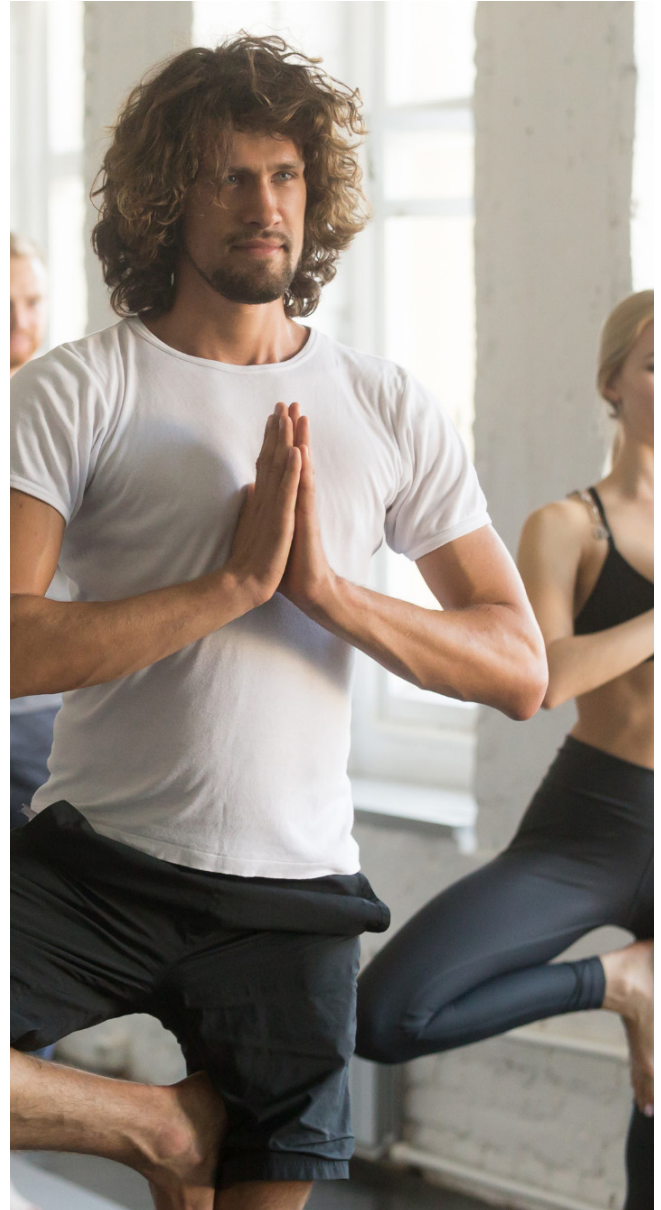
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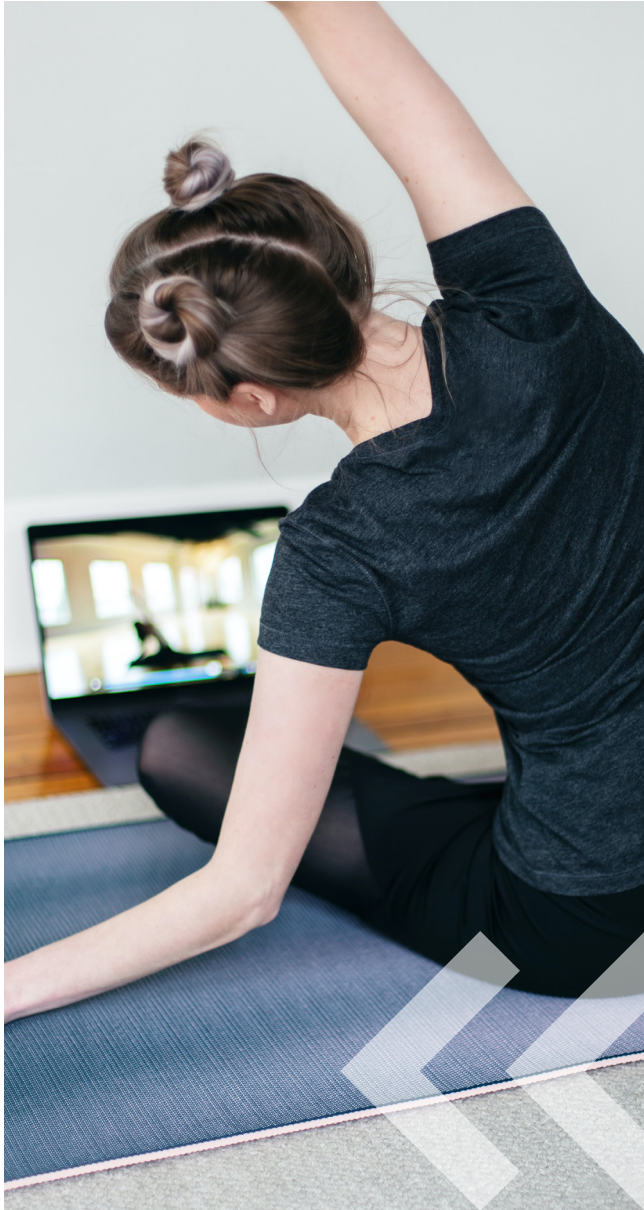
Fair Work Act

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Workplace Audits

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## **Website & Member Toolbox.**

Our website contains a wealth of industry news, media and information.

As an additional feature for members, we offer a comprehensive members toolbox. This contains exclusive information including:

Fact Sheets

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Checklists

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Templates

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Codes Of Practice

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Industry Data

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Award Rates

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Webinars & Video Resources

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Exclusive Member Discounts

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## **Industry Advocacy & Research.**

AUSactive actively works to help exercise businesses succeed and grow within an ever-changing regulatory environment.

Our team has lobbied with Government over COVID-19 lockdowns and restrictions. Over 50 meetings were held with both State and Federal Ministers.

AUSactive commissions regular research reports on behalf of the industry to present to government on key issues. AUSactive will continue to lobby to move the Exercise Industry across from the Department of Sport and Recreation to the Department of Health where it belongs.

**We are the leading voice for our industry and tackle the issues you can't tackle alone.**



## Pricing.

### Pilates & Yoga Professionals

**1 year membership \$145 or 2 years membership \$250**  
(or monthly installments \$14/month)

### Pilates or Yoga Businesses

**1 year membership \$295**  
Includes 1 Professional Membership for the Owner Operator.  
(or monthly installments \$30/month)

## Contact Our Team.

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### **AUSactive**

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[Become A Member](#)