



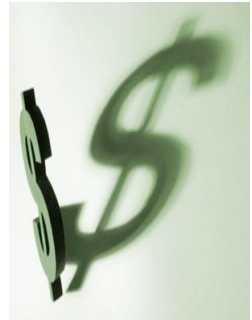
CONTINUING EDUCATION WORKSHOPS

*PSC offers an extensive range of programs for the Professional and Student Instructor at a low cost to continue to grow as a teacher and businessperson.
All Workshops have been submitted to the PMA for CEC approval unless noted.*

For a Complete List of PSC Workshop Schedule See our Website:
[PSC Workshops Nationwide](#)

Biz I: Getting Started as a New Pilates Instructor / Business Course

Learn the basics of what to do once you graduate from a Pilates Program to launch your new career and increase revenue! We answer all the questions and alert you to all of the pitfalls. Take home workbook included.
\$130 3 Hours (Also avail. on DVD with Manual or as Online Mentoring/Remote Learning)

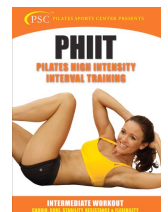


Biz II: The Pilates Professional – Understanding Studio Operations & Money to Create Success

This advanced course tackles understanding the operations of the business and how to generate revenue. It is important to have systems in place that are easy to understand, follow and duplicate. These systems include money, employees vs. independent contractors, tracking sessions and training hours, session cards, online systems, and budgets and how NOT to CHASE MONEY. Learn how to find the balance between teaching your sessions and running your business. *Presented at Inner IDEA 2011*
\$130 3 hours (Also avail. on DVD with Manual or as Online Mentoring)

P.H.I.I.T. Pilates High Intensity Interval Training

Learn ways of adding elements of timed cardio bursts integrated into Pilates sessions. Increasing a client's heart rate, then performing controlled Pilates exercises can add a higher calorie burn, while continuing to increase strength and flexibility. Introducing new Pilates programming focused on burning calories, building strength, and increasing stamina.
\$90



Nuts and Bolts & Pilates Philosophy (Fundamentals)

An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching!
\$400 4-hour workshop

Props in the Pilates Studio

Using Bosu Balls™, foam rollers, rotator discs, wobble boards, small balls and large therapy balls, magic circles and more – this workshop will mix the props into the repertoire to add more dimension, support or challenge.
\$90 2-hour workshop (Also avail. on DVD with Manual)



www.PilatesSportsCenter.com
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Pilates Ladder Barrel Workshop

Created by Seth Hampton. Covering the Ladder Barrel to add more dimension, support or challenge. A largely underused but valuable tool in your Studio!

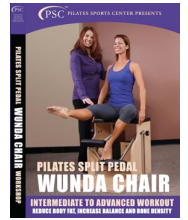
3 hours \$90 (Also avail. on DVD with Manual)



Split Pedal Workshop

Exciting split pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair.

\$90 2-hour workshop. (Also avail. on DVD with Manual)



3 Workshop Options: The Jump Board I, Jump Board II with Props, & Jump Board III Cardio Pump Workshops

Get a Beginner, Intermediate to an Advanced cardio workout on the Reformer. Numerous variations to challenge core, stability and endurance. Incorporates hand weights, balls, bands and fun choreography in a flow pattern for a sustained workout. (DVD not included \$29.95 + tax)

\$90 for each workshop, 2-hour workshop ea.

PSC Can provide DVDs (3DVD levels!) to you at wholesale to sell at your Studio or Workshop



The Vintage Repertoire

Revisit the historic exercises as performed by Joe – based on archival footage and the writings of Joe Pilates.

\$90 3-hour workshop

(Also avail. on DVD with Manual)

Pregnancy and Pilates

Understanding the new limitations and risks associated with the pregnant client. Learn the terminology, and specific workout and programming protocols. Includes history taking, health care release forms, progress charting, postnatal and modifications of routines in the Pilates Studio. Includes a valuable workbook to keep on hand.

\$130 3-hour workshop (Also avail. on DVD with Manual)



Common Problems and Pilates Protocols

Covering “Common Problems” and injuries or ailments that trainers must handle with clients, how to recognize them, what are the common causes, what to avoid and what to focus on to assist in the client's recovery. Includes scope of practice and working with other health care providers. Anatomy and terminology plus a take home workbook make this a valuable workshop. *This is an intense 2-day workshop that can also be broken down into “modules” and taught individually for a lower fee. (Neck, Shoulder, Spine, Pelvis and Hip, Knee, Foot & Ankle, Scoliosis)*

This Workshop is approved for 3-12 PMA Continuing Education Credits

\$500.00 12 hour workshop (Also avail. on DVD with Manual) \$130 for an individual Module



Pilates Certification Exam Study Group

Preparing to take the PMA Certification Exam?? Covering the topics not commonly learned in certification centers nationwide. Includes workbook. All who have taken this course passed their exam. Your success is our GUARANTEE. If you don't successfully pass the PMA Exam within 3 months of taking this course, you can take the course a second time for FREE!! *The Pilates Method Alliance, Inc. (“PMA”) does not authorize, license or endorse PMA Certification Exam preparation courses.*

\$90 3-hour workshop (Also avail. on DVD with Manual) CECs N/A

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Know and Love Your Reformer

We have found that 90% of the trainers who are certified were not taught how to use or care for their valuable equipment. Learn how to manipulate and understand the versatility of the Reformer. From the Studio Reformer to the Allegro and all the various gear bars and foot bar configurations. Using stoppers, small props, various straps, handles, non slip pads our goal is to help the practitioner understand the complex and widely varying equipment to accommodate the client and their certain conditions or restrictions.

\$90 2-hour workshop CECs N/A

Pilates For Men Workshop

Taught by the inventor and co-star of the “Pilates For Men: 10-20-30 Challenge” DVD’s and YouTube series.

Learn how to tailor a Mat & Reformer workout to suit your male clients and build your male clientele, the fastest growing Pilates population.

*3 DVD set or individual DVDs Available NOW @ PilatesSportsCenter.com and www.Pilates.com

\$90 3 Hour workshop (3 DVD set with band and ball incl. also avail or as individual DVDs)



Scoliosis Workshop – Practical Solutions in the Studio

Spinal curvatures show up in our practice often and can confound and confuse us. We will unravel the mystery and discover tools that WORK in order to assist the client's health and comfort. A take-home workbook with practical “recipes” is invaluable.

Presented at BMS 2007 / 2008 and Pilates On Tour 2010

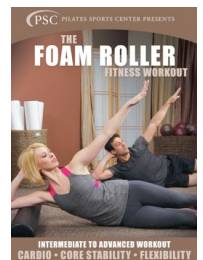
\$130 3 Hour Workshop (Also avail. on DVD with Manual)



Foam Roller Workshop

Created by Emily Zachary Smith a professional dancer and Pilates Instructor. A favorite and versatile prop in the studio, foam rollers can benefit and challenge your clients in many ways. This workshop will inspire you with a wide range of applications and a variety of levels. Exercises focus on stability, core strength, balance, and feel good moments.

\$90 3 Hour Workshop (Also avail. on DVD with Manual)



Stretching in Perfect Alignment Workshop

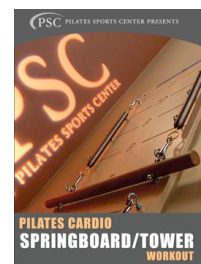
Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus.

\$90 3 Hour Workshop (Also avail. on DVD with Manual)

Pilates Cardio Tower/Spring Board Workshop

Created by Helena Hultberg-Talman. Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge!

\$90 3 Hour Workshop (Also avail. on DVD with Manual)



TheraBarre Workshop

Created by Marlene Hall & Emily Smith. Created to bring the concept and benefits of Pilates to a ballet class, so students of all ages/levels can improve with simply a barre and a Theraband. This is a class dancers will love, and non-dancers can enjoy as well. Don't let the word “ballet” scare you! It's developed from ballet basics, but blends Pilates and coordination challenges. Add flair to your repertoire with a new technique focusing on balance, strength, stamina, and flow.

\$90 3-Hour Workshop

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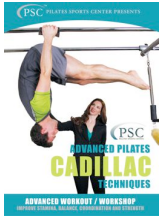
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Advanced Cadillac Techniques Workshop

Take your Cadillac sessions to a whole new level! The curriculum of this workshop pushes your body to extremes while executing control and precision. Varying springs and resistance levels on the Cadillac, paired with a new twist of variations, creates a workout your most advanced clients will love!

\$90 3 Hour Workshop (Also avail. on DVD with Manual)



BURN AT THE BARRE

“PSC’s Burn at the Barre” Variations Workshop

A PSC creation to bring new light to the barre phenomenon.

We have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement this class at your studio to bring in a new revenue stream and add excitement to your programming.

Learn how to implement new variations to your barre classes. This course is designed for existing barre programs to add variety and difficulty to your class with bolted Barres.

Presented at Inner IDEA 2011 and at Studios nationwide.

\$90 3 Hour Workshop (Teacher Training and Workout DVD’s avail)

Dancer Flow on the Reformer

Created By professional Dancer Helena Hultberg Talman. Learn some fun new variations on the Reformer, with lots of flow and dancer choreography for intermediate to advanced clients.

\$90

BOSU™ on the Pilates Reformer

This is an advanced workout for the experienced client. Our intention is to explore new challenges, to focus on balance, strength and stability utilizing classical and new exercises.

90\$ (Also avail. on DVD with Manual)

Pilates Dowel on the Reformer

This is an advanced workout for the experienced client. Our intention is to explore new challenges, to focus on balance, strength and stability utilizing classical and new exercises with an all-new tool – the Pilates Dowel. A specialized dowel with multiple attachment points to attach to your equipment in ways you never imagined

90\$ 3 Hour Workshop

Stretch and Stamina Workshop

This workout is infused with a variety of different stretches, combined with a number of Pilates and dance-based exercises. It is a great blend that gets the body moving, makes you feel elongated, and also targets key body parts to strengthen and tone using Therabands and balls. This full body stretch and workout raises your heart rate and integrates cardio. Who doesn't want long, lean, toned muscles? Give it a try; it could be the perfect blend to add to your workout regime for your body. All levels welcome. This class does move at a nice pace, so don't be fooled by the word stretch, you will still have to work! (DVD Avail.)

\$90



“Pilates Spine Corrector: Classic with a Twist” Workshop

Classic Spine Corrector repertoire with new variations and advanced moves to build your routines or add to a class.

\$90 3 Hour Workshop (Also avail. on DVD with Manual)



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“Pilates Equipment Combinations” Workshop

Created by Jodey Johnson Lowber of The Pilates Village, Louisville, KY. Uses the Pilates apparatus and explores ways of combining the physical structure of each piece as well as its choreography to stabilize an exercise, make it more challenging or vary the repertoire. Remedial to Advanced levels of exercises combining: the Wunda Chair with the Cadillac, the High Ladder Barrel with the Cadillac, both aspects of the Tower/Reformer Combo Units, 2 Reformers side by side.

\$130 3 Hour Workshop includes a manual

“The Pilates Arc with Jump Board” Workshop

Created by Chelsea Streifeneder of Body Be Well, Red Hook, NY.

Using the Pilates Arc with Jump Board is a great new addition to the Reformer, because it adds components of cardio and calorie-burning while supporting the lower back, working on pelvic stability and also giving your core a huge challenge while not having to lift the head, neck, and shoulders. It elevates the heart rate, increases endurance and bone building to your Pilates routine. The Pilates Arc with Jump Board is also great for pregnant women. These clients can sit with the high part of the Arc supporting their back while working out.

\$130 3 Hour Workshop includes a manual

These workshops have been presented at multiple locations including: Sports Club/LA Beverly Hills, Reebok Sports Club/NY, Absolute Yoga and Pilates, Woodland Hills CA, Pilates Path, Palm Desert CA, Pilates Studio City, Pilates On Tour for BBU, Inner IDEA 2011, The Mind Body Spirit Convention (2007-8), Israel, Turkey and here in Encino CA at our Annual Pilates Expo.

We look forward to presenting these workshops and growing the options available to Pilates Professionals across the USA and Internationally. PSC is dedicated to cutting edge information, and to developing the best and most well informed Pilates Trainers.

Other PSC Innovations

PSC Pilates Teacher Training Program

An international, PMA Fostering Future Professionals Program that incorporates Classical and Progressive styles in a 15-week comprehensive program. Its competitively priced and a small class size for quality control and high levels of attention. \$4,900.00 all-inclusive price.

Burn at the Barre Teacher Training Program

An experienced instructor who wishes to teach the Burn at the Barre workout at their studio may take our 2-day Level I Teacher Training Program and then conduct their own classes. The applicant will complete the program via our 2-day in-house course at one of our locations Nationwide, OR we will come to you, OR a DVD (home study). The course will include: teaching and demonstrating the Burn at the Barre approach, and learning the process of launching a program. PSC will provide a Manual that outlines every aspect of teaching the program. A video “test-out” will be required. \$549.00 covers all materials needed for home study OR 2 day intensive at one of our locations.

**Some conditions and additional requirements are supplied in the application.*

Burn at the Barre Level II Home Study is now available – take your program to the next level!

Burn at the Barre DVDs come in 3 levels! Order yours now or sell in your Studio for profit – as with all of the PSC DVDs! www.PilatesSportsCenter.com



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PSC Barre Master Trainer Program

An experienced Barre Level I Instructor who wishes to teach the PSC Program may undergo this Intensive Program to become a Barre Master Trainer for PSC and conduct the course. The applicant will complete the program via DVD (home study) and will then take an at-home exam. The program will include: teaching and demonstrating the PSC approach, and learning the process of launching a program. PSC will provide a Policies and Procedures Manual that outlines every aspect of operating the program. *Once successfully passing the exam, the Candidate is now ready to launch a program.

\$900.00 covers all materials needed for home study and support to launch. *Some conditions and additional requirements are supplied in the application

PSC Pilates Master Trainer Intensive Program

An experienced Pilates Instructor who wishes to teach the PSC Program may undergo this Intensive Program to become a Master Trainer for PSC and conduct courses. The applicant will complete the program via DVD (home study) and will then attend a 7 consecutive day intensive course in Encino, California. The 7-day intensive will include: teaching and demonstrating the PSC approach, and learning the process of launching a program. PSC will provide a Policies and Procedures Manual that outlines every aspect of operating the program. A “test-out” will be given. *Once successfully passing the exam, the Candidate is now ready to launch a program.

\$6,000.00 covers all materials needed for home study and 7 day intensive. *Some conditions and additional requirements are supplied in the application

PSC has invented the “**Comfort Carriage**” – a specialty Reformer Carriage that can accommodate large or heavy clients and allow for more room, prevents the box from dragging on the Reformer edges etc. This is an incredible tool if you work with clients who are tall, broad shouldered or are heavy enough to make ordinary workouts difficult.

“**Jump Board Workouts**” I, II, & III” DVDS that demonstrate to teachers and home practitioners alike how to get a cardio workout on the Pilates Reformer. The DVDS incorporate hand weights, balls, bands and fun choreography in a flow pattern for a sustained workout!

“Pilates For Men: 10-20-30 Challenge”

3 DVDS that demonstrate to teachers and home practitioners alike how to get a challenging Mat workout using Joe’s philosophy of “10 sessions to feel better, 20 sessions to look better, and 30 sessions to a whole new body” The DVDS incorporate variations to classical mat work with balls, bands in a 3 disc set to vary up the workout!

“P.H.I.I.T. Pilates High Intensity Interval Training”

“**Stretch & Stamina Workout**”

“**Split Pedal Wunda Chair**”

“**Foam Roller Advanced Workout**”

“**Pilates Cardio Springboard/Tower Workout**”

“**Advanced Cadillac Techniques Workout**”

“**Pilates PMS Relief Workout**”

“**Burn at the Barre Workout**” - 3 levels

“**Burn at the Barre Advanced Express Workout**” w/Bonus Variations

“**Burn at the Barre Beginner**” Express 30 Minute Workout



All DVD's or Digital Downloads available at: <http://pilatessportscenter.com/>

We invite you to view them on our web site or the Balanced Body website.

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All of PSC's DVD's are avail. for you to sell at your Studio for a profit – please inquire 800-604-PSCI (7724)

PSC Encino Studio

PSC hosts the finest Trainers hand selected for their professional and friendly attitudes that have the ability to train at any level. We specialize in: Spinal Surgeries, Pre-Post Natal, Joint Replacement, Chronic Illness, clients who have been injured by another less experienced instructor, or who want to get a harder workout. We offer a Private Studio for a more upscale experience, a Group Reformer Studio, a large Group Exercise Studio, changing room, private bathrooms and locker/towel service. PSC has on site: Chiropractic, Physical Therapy, Massage, and Spiritual Psychology, and Nutrition referral. We aim to stand out as a premier Pilates Studio who also caters to Professional Instructors who want to learn more about this amazing growing industry that we all love or you would not have read this far – thank you for learning more about PSC.

Front Desk: PilatesSportsCenter@gmail.com

Customer Service: info@PilatesSportsCenter.com

Shop: [PSC Site](#)

PSC Pod Casts: [BBU Podcasts](#)



PSC can offer a 5% ONE TIME dealer discount with Balanced Body
Use Code# PIL0220 to order equipment

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