

PILATES SPORTS CENTER

Teacher Training Programs & Workshops

Pilates Method Alliance

Pilates Sports Center is proud to uphold a level of excellence in Pilates Education. The Directors are PMA Certified Teachers® and Continuing Education Providers. Completion of all Pilates Sports Center modules will allow you to sit for the Pilates Certification Exam with the Pilates Method Alliance

Burn at the Barre™

- Become a Barre Teacher Trainer
- Become a Barre Master Trainer
- Host a Barre Teacher Training

In Person or Home Study Programs
[EMAIL](#) 800 • 604 • PSCI (7724)

Become a Pilates Sports Center Affiliate

Host your own professional Pilates Teacher Training Program and Workshops. Align yourself with a growing and innovative group of people. Pilates Sports Center offers training and support. Home study program followed up with an intensive 3 days in LA, CA. 800 • 604 • PSCI (7724)
Watch our informative videos:
[Master Trainer Video](#)



16430 Ventura Blvd. #100 Encino, CA 91436
Studio 818-788-8112 Fax 818-788-8303
Toll free 800-604-PSCI (7724)

- WEB: www.PilatesSportsCenter.com
- EMAIL: admin@PilatesSportsCenter.com
- TWITTER: <https://twitter.com/pscencino>
- INSTAGRAM: <https://www.instagram.com/pilatessportscenter/>
- FACEBOOK: <https://www.facebook.com/PSCEncino/?ref=hl>
- YOUTUBE: <https://www.youtube.com/user/PilatesSportsCenter>
- JOB BOARDS: <http://pilatessportscenter.com/category/job-board/>
& <http://www.thepilatesguy.com/pages/teachers.html>

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**FOR FULL BIOS ON ALL
INSTRUCTORS -**

VISIT OUR WEB SITE

WWW.PILATESSPORTSCENTER.COM

[LOCATIONS WORLDWIDE](#)

[BIOS OF ALL MASTER
TRAINERS](#)

NATIONWIDE RATES

location may vary

Comprehensive Program:

\$5,200.00 (Mat, Apparatus and
Barrels)

Modules:

•Fundamentals / Philosophy

("Nuts and Bolts") is required

- | | | |
|-----------|--------|----------|
| | \$300 | 7 hours |
| •Mat | \$1000 | 24 hours |
| •Reformer | \$2000 | 48 hours |
| •Cadillac | \$1000 | 24 hours |
| •Chair | \$1000 | 20 hours |
| •Barrels | \$300 | 8 hours |

*(All barrels, pedi-pull, toe and foot
corrector)*

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Location

Encino, CA

Studio

Pilates Sports Center

Address

16430 Ventura Blvd
Suite 100 Encino CA
91436

Contact

Studio:
818 788 8112
Call or Text: 818 970 1222
www.PilatesSportsCenter.com
PilatesSportsCenter@gmail.com

Instructor Information

Kelli Altounian
PMA ID: 10285
Exp.: 01/13/2018

Dr. Andromeda Stevens, D.C.
PMA ID: 10112
Exp.: 11/02/2017
BURN AT THE BARRE™
Master Trainer

Class Schedule

Wednesdays & Fridays

12:00pm - 4:00pm

PRIVATE PROGRAMS ARE
AVAILABLE! PLEASE
CONTACT JESSICA LAMONS
- SEE SIDEBAR FOR

WEST COAST:

PILATES TEACHER TRAINING:

November 29th - December 15th 2017
Title: Cadillac Pilates Teacher Training
Approx 3 weeks. Price: \$1000

Holiday Break

January 3rd - January 17th 2018
Title: Wunda Chair Pilates Teacher Training
Approx 2.5 weeks. Price: \$1000

Jan 19th 2018

Pilates Barrels (Ladder Barrel, Small Barrel/Baby Arc, Spine Corrector)
An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 1 week. Price: \$300

Review January 26th / Practical Exam January 31st

Dates for Encino:

March 7-9th 2018
Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

March 14-30th 2018

Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

April 4-May 11th 2018

Title: Reformer Pilates Teacher Training
Approx 6 weeks. CECs: 12 Price: \$2000

Comprehensive Program: **\$5,200.00** (Mat, Apparatus and Barrels)

Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

WORKSHOPS:

Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) \$300 for 12 PMA CECs *MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM Jan 19th 2018



Location

Encino, CA

Studio

Pilates Sports Center

Address

16430 Ventura Blvd
Suite 100 Encino CA
91436

Contact

818 788 8112
Call or Text: 818 970 1222
www.PilatesSportsCenter.com
PilatesSportsCenter@gmail.com

Instructor Information

Seth Hampton
PMA ID #11366
Exp.: 09/30/2017

Helena Hultberg Talman
PMA ID: 1061
Exp.: 05/18/2017
BURN AT THE BARRE™
Master Trainer

Class Schedule

Mondays & Thurs 6 - 10:00pm

Other Instructors at Location

Jessica LaMons
PMA #15046 Exp 8/26/2018
jessicaleepilates@gmail.com

WEST COAST:

PILATES TEACHER TRAINING:

2017 Fall Dates for Encino:

September 11th - 14th 2017

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

September 18th - October 5th Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

October 9th - November 16th Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

November 27th - December 14th Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Holiday Break

January 4th - January 18th Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Oct 7th 2017 & Jan 22nd 2018

Pilates Barrels (Ladder Barrel, Small Barrel/Baby Arc, Spine Corrector)

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 1 week. Price: \$300

Review January 29th / Practical Exam February 1st 2018

Comprehensive Program: **\$5,200.00** (Mat, Apparatus and Barrels)

Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

PRIVATE PROGRAMS ARE AVAILABLE! PLEASE CONTACT JESSICA LAMONS - SEE SIDEBAR FOR CONTACT INFO





Location

Studio City, CA

Studio

Pilates Studio City

Address

11650 Riverside Drive
Suite 1 & 2, Studio
City, CA 91602

Contact

Call (818) 509-0914
www.PilatesStudioCity.com
info@pilatesstudiocity.com

Instructor Information

Lora Pavilack
PMA ID# 10300
Expiration: 2/08/2018

Class Schedule

Wed & Friday
1:00pm - 5:00pm

Other Instructors at Location

Jennifer Kornfeld
PMA ID 12769
Expires 3/4/17
jenniferkornfeld@gmail.com

Sarah Skaer Teacher
PMA ID: 13023
Expiration: 09/04/2018
sarahskaer@gmail.com

Marcy McCusker
mcusker8@hotmail.com
PMA ID: 13549
Expiration: 03/24/2018

WEST COAST:

**PILATES TEACHER TRAINING:
Studio City, CA:**

Date of workshop: May 17 – 19, 2017
Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: May 19 – June 2, 2017 Wed/Fri 1-5pm
Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: June 7 – July 14, 2017 Wed/Fri 1-5pm
Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: July 19 – August 4, 2017 Wed/Fri 1-5pm
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: August 9 - 16 , 2017 Wed/Fri 1-5pm
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: **\$4,900.00** (Mat and Large Apparatus)

Aug 29th 2018
Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedit-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs *MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.

PILATES WORKSHOPS:

Date of workshop: August 13, 2017 Sunday 1-4pm

Presenter: Jenny Kornfeld

Title: Advanced Cadillac

Description: 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! **CEC's: 3 Price: \$90**

Date of workshop: October 21, 2017 Saturday 2-5pm

Presenter: Marcy McCusker

Title: Pilates and Pregnancy

Description: 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 Studio. Includes a valuable workbook to keep on hand. **CEC's: 3 Price: \$130**

Date of workshop: June 3, 2017 Saturday 2-5pm

Presenter: Sarah Skaer

Title: Foam Roller

Description: 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. **CEC's: 3 Price: \$90**

Location

Studio City, CA

Studio

Core Lotus

Address

Studio City, CA

Contact

mfelbinger@gmail.com

sarahskaer@gmail.com

Instructor Information

Michael Felbinger
PMA ID: 13024
Expiration: 09/04/2018

Sarah Skaer Teacher
PMA ID: 13023
Expiration: 09/04/2018

Class Schedule

WEST COAST:

Studio City, CA:



Location

Woodland Hills, CA

Studio

Hardcore Pilates LA

Address

Ventura Blvd. #C
Woodland Hills, CA
91364

Contact

info@hardcorepilate.com
(818) 888-0325
josh@hardcorepilates.LA
Emily@hardcorepilates.LA

Instructor Information

Joshua Smith
PMA ID# 11369
Exp. 9-30-2017

Emily Rose Zachary-Smith
PMA ID# 11941
Exp. 04-20-17

Class Schedule

WEST COAST:

Woodland Hills, CA:



Location

Beverly Hills, CA

Studio

Oak Fitness

Address

346 Civic Center Dr. #145,
Beverly Hills, CA
90210

Contact

(310) 205-9091
<http://www.oakfitnessclub.com>
pilatesbymarcy@gmail.com
aaronking.psw@gmail.com

Instructor Information

Aaron King
PMA ID:

Marcy McCusker
818-731-1633 cell
PMA ID# 13549
Expiration: 03/24/2018

Class Schedule

Tuesday & Saturday
12:00pm - 4:00pm

WEST COAST:

PILATES TEACHER TRAINING:

Beverly Hills, CA

May 2nd – June 10th 2017

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

June 13th – June 27th 2017

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

June 27th – July 15th, 2017

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review July 18th, 2017 / Final EXAM July 22nd, 2017

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Beverly Hills, CA

Studio

Align Beverly Hills Pilates

Address

205 N Robertson Blvd,
Beverly Hills, CA 90211

Contact

310 - 854 - 0950
<http://www.alignbhpilates.com>
julofnile@sbcglobal.net

Instructor Information

Julie Amick
PMA ID: #15523
Expiration: May 2019

Class Schedule

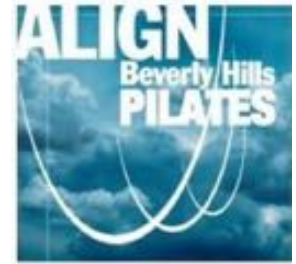
WEST COAST:

Beverly Hills, CA

Date of workshop: September 6th, 2017 Wed 5:30pm – 9:30pm/Sat: 2:30pm – 4:30pm

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300



Date of workshop: September 13th 2017 Wed 5:30pm – 9:30pm/Sat: 2:30pm – 4:30pm

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: October 11th, 2017 Wed 5:30pm – 9:30pm/Sat: 2:30pm – 4:30pm

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: November 29th, 2017 - Wed 5:30pm – 9:30pm/Sat: 2:30pm – 4:30pm

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: January 6th 2018 Wed 5:30pm – 9:30pm/Sat: 2:30pm – 4:30pm

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

Location

Redondo Beach, CA

Studio

Shape Shift Pilates Studio

Address

730 S. Pacific Coast
Highway Ste. 101
Redondo Beach Ca
90277

Contact

(310) 378-4455
www.shapeshiftpilates.com
shapeshifttraining@gmail.com

Instructor Information

Gina Brutti
PMA ID# 13548
Expiration: 03/14/2018

Class Schedule

Tuesday & Friday
4:00 - 8:00pm

WEST COAST:

Redondo Beach, CA:

PILATES TEACHER TRAINING:

Date of workshop: October 11 – 14, 2017
Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: October 18 – November 4, 2017
Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: November 8 – December 16, 2017
Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: December 20 – January 13, 2018 (No Class the week of 12/25)
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: January 17 – 27th, 2018
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Feb 9th 2018
Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Culver City, CA

Studio

Archer Pilates Studio

Address

6504 Arizona Ave., Los Angeles, CA 90045

Contact

310 - 467 - 4313
www.ArcherPilates.com
melanieKarcher@yahoo.com

Instructor Information

Melanie Archer
PMA ID:

Class Schedule

WEST COAST:

Culver City, CA



Location

San Diego, CA

Studio

Propel Pilates

Address

16769 Bernardo
Center Dr., San Diego,
California 92128

Contact

858-673-4455
www.PropelPilates.com
rickettkaren@yahoo.com

Instructor Information

Karen Rickett
PMA ID# 12578
Expiration: 11/17/2018

Class Schedule

WEST COAST:

San Diego, CA



Location

Claremont, CA

Studio

Claremont Club

Address

1777 Monte Vista
Ave. Claremont CA
91711

Contact

(909) 625-6791 x250
www.claremontclub.com
lgarner@claremontclub.com

Instructor Information

Layne Garner
PMA ID#

Class Schedule

WEST COAST:

Claremont, CA

Pilates Teacher Training:

July 11th-16th

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

July 17th- August 6th

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

August 7th- September 17th

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

September 18th- October 7th

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

October 8th- 27th

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

PRIVATE PROGRAMS ARE AVAILABLE! PLEASE CONTACT LAYNE GARNER - SEE SIDEBAR FOR CONTACT INFO

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Corona, CA

Studio

Address

Contact

pilatesgirl1@hotmail.com

Instructor Information

Tricia Hill
PMA ID#

Class Schedule

WEST COAST:

Corona, CA

Location

Palm Springs, CA

Studio

Toscana Country Club - The Sports Club

Address

76009 Via Club Villa,
Indian Wells, CA 92210

Contact

(310) 686-6267

susie@susieg.biz

www.trainingbyusieg.com

Instructor Information

Susie Gorman Green
PMA ID# 14397

Class Schedule

Tuesdays & Thursdays
2:00pm to 6:00pm

WEST COAST:

PILATES TEACHER TRAINING:

Palm Springs, CA



Dates of workshop: Sept 25th
Title: Fundamentals & Pilates Mat Teacher Training Workshop

Description: A Professional Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair). You will attend the first 3 weeks of a Full Program. CECs: 12

Dates of workshop: September 28th
Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12
Price: \$2000

*Intensive Week - 10am to 4:30pm (30 minute lunch break)
Tues thru Friday - open classroom at 9:00 am for review and practice. Counts towards hours...*

*Mon - Sept 25 - 6 hours - Fundamentals
Tues - Sept 26 - 6 hours - Mat / Wed - Sept 27 - 6 hours - Mat
Thur - Sept 28 - 6 hours - 2 hours Mat and 4 Hours Reformer
Fri - Sept 29 - 6 hours - 6 Hours Reformer
TOTAL 30 hours*

Tuesday's in Oct - 5 hours - Reformer, project assignment & Anatomy Classes and review - 1:00 to 6:00 pm

*TOTAL 25 hours
Saturday's - 4 hours Nov - Finish Advanced Reformer and Review 1-5pm
Nov 4 and Nov 18
TOTAL 8 hours*

*TBA - Final Review - Written & practical Exams 2 people at a time.
6 hours
Total Hours - 70 Hours 6 months to finish all hours.*

Call for rates

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
***MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.**

Location

Santa Barbara, CA

Studio

Arlunviji Transformative Movement

Address

35 W Haley Street,
Santa Barbara, CA
93101

Contact

(805) 682-2491
www.arlunviji.com
info@arlunviji.com

Instructor Information

Nikki Alstedter
PMA ID# 10623

Class Schedule

Mondays
9:00am - 1:00pm
&
Fridays
1:30-5:30pm

WEST COAST:

Santa Barbara, CA

PILATES TEACHER TRAINING:

May 8, 2017

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Mat: May 10th-26, 2017

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Reformer: May 29-July 14, 2017

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Cadillac: July 17-August 4, 2017

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Wunda Chair: August 7-18, 2017

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Final Exam: August 25, 2017

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Carlsbad, CA

Studio

Enhanced Health & Fitness

Address

7130 Avenida Encinas
Suite 202 Carlsbad CA
92011

Contact

760-930-1230 (Studio)
760-271-4597 (Cell)
<http://www.ehfpilates.com>
natalie@ehfpilates.com

Instructor Information

Natalie Walker
PMA ID#

Class Schedule

Mondays &
Wednesdays
4:30pm-8:30pm

WEST COAST:

Carlsbad, CA:

PILATES TEACHER TRAINING:

FALL

Start Up Program / Fundamentals Aug 14, 16
Mat Aug 21, 23, 28, 30, Sept 4, 6
Reformer Sept 11 - Oct 18
Trap Table Oct 23 - Nov 8
Chair Nov 13 - 22
Review and written Exam Nov 27
Practical Exam Nov. 29
Dec 9th 2017

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

2018:

Fundamentals Feb 20, 22
Mat Feb 27, March 1, 6, 8, 13, 15
Reformer March 20, 22, 27, 29, April 3, 5, 10, 12, 17, 19, 24, 26
Cadillac/Trap Table May 1, 3, 8, 10, 15, 17
Chair May 22, 24, 29, 31, June 5
Barrels June 7, 12
Review and written Exam June 14 – Practical Exam June 19



Location

San Francisco, CA

Studio

Soulful Pilates

Address

1501 Waller St., San
Francisco, CA 94117

Contact

(415) 806-1589
www.SoulfulPilates.com
info@SoulfulPilates.com

Instructor Information

Veronique Dumont-Thoma
PMA ID#

Class Schedule

WEST COAST:

San Francisco, CA:



Location

Rocklin, CA

Studio

Studio Lotus

Address

1150 Sunset Blvd #154,
Rocklin CA 95675

Contact

916-624-YOGA
www.rocklinpilates.com
www.lotuspilatesandyoga.com

Instructor Information

Lucy Somers
PMA ID# 13820
Exp 10-05-18

Class Schedule

WEST COAST:

Rocklin, CA:

PILATES TEACHER TRAINING:

Date of workshop: April 25, 28, 29th and May 2, 5, 6th 2017

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: May 16, 19, 20, 23, 30th and June 6, 9, 10, 13, 20, 23, 24th 2017

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: July 11, 14, 15, 18, and 21st 2017

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: Aug 15, 18, 19, 22, 25, 26, and 29th 2017

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Las Vegas, NV

Studio

Body Balancing by
Darcie Pilates Studio

Address

8930 W Tropicana
Ave. Suite 5,
Las Vegas, Nevada
89147

Contact

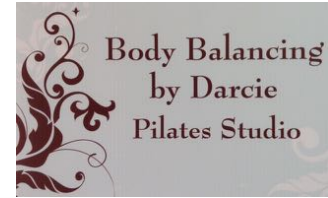
702-497-5827
BBbyDarcie@gmail.com
www.pilateswithdarcie.com

Instructor Information

Darcie Osborn
PMA ID

Class Schedule

Tuesdays & Thursdays



WEST COAST:

Las Vegas, Nevada:

PILATES TEACHER TRAINING:

Date of workshop: June 20 – August 1, 2017 (Tues. and Thurs.)

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: August 3 – August 24, 2017 (Tues. and Thurs.)

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: August 29 – September 14, 2017 (Tues. and Thurs.)

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

PILATES WORKSHOPS:

Workshop Date: May 6, 2017

Title: Low Back Care in the Pilates Studio

Description: Learn the basics of low back pain and class set up to address basic low back care and pain issues common with your clients. Take home class outlines will be helpful as soon as you return to your studio. DVD and Manual. Available CECs 3 / Price: \$90

Workshop Dates: August 11 & 12, 2017

Title: Common Problems and Pilates Protocols

Description: 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. DVD and Manual available Approved for 3-12 PMA Continuing Education Credits CECs 3 / Price: \$130 per module

Workshop Dates: September 22, 2017

Title: Pilates Cardio Spring Board / Tower Workshop Level I

Description: Created by Helena Hultberg-Talman. Learn new variations and routine building strategies for Tower or Spring Board. Cardio options are included – very cutting edge! DVD and Manual available CECs 3 / Price: \$90

Workshop Date: September 23, 2017

Title: Pilates Cardio Spring Board / Tower Workshop Level II

Description: Based on the success of the original Cardio Springboard I, The new advanced workout will teach fun, new and exhilarating moves that will make you look at the springboard with new eyes. DVD and Manual available CECs 3 / Price: \$90

Workshop Date: November 18, 2017

Title: Split Pedal Wunda Chair Workshop

Description: Exciting split pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair. DVD and Manual available CECs 3 / Price: \$

Location

Bellevue, WA

Studio

Bellevue Club /
Energize Pilates

Address

11200 SE 6th St.
Bellevue, WA 98004

Contact

(206) 713-6196
www.EnergizePilates.com
EnergizePilates@gmail.com
BellevueClub.com/wellness/

Instructor Information

Nancy Black
PMA ID: 13645

Class Schedule

WEST COAST:

Bellevue, WA:



Location

.....

East Central, WA

Studio

.....

Sevilla Bodyworks

Address

.....

731 S Garfield St
East Central, WA
99202

Contact

.....

509-994-8109
maria@sevillabodyworks.com
www.sevillabodyworks.com

Instructor Information

.....

Maria Sevilla
PMA ID: 11536
Exp.: 3/11/2018

WEST COAST:

East Central, WA

Location

Portland, OR

Studio

NW Pilates

Address

1243 NW 19th Ave.
Portland, OR
97209

Contact

(971) 227-3580
www.nwpilates.com
elizabethstubbs.nwpilates@gmail.com

Instructor Information

Elizabeth Stubbs
PMA ID# 14425
Exp. 08-18-2017

Class Schedule

WEST COAST:

Portland, OR:





Location

Alaska

Studio

Well Balanced Life

Address

Contact

[http://
www.mywellbalancedlife.com/
teacher-training](http://www.mywellbalancedlife.com/teacher-training)
mywellbalancedlife@gmail.com

Instructor Information

Amanda Koch
PMA ID: 12486
Exp: 10/1/2018

Class Schedule

Location

Scottsdale, AZ

Studio

Remedy Pilates and
Massage

Address

6949 E. Shea Blvd
Suite 115, Scottsdale,
AZ 85254

Contact

480-699-8160
www.remedypm.com

Instructor Information

Kelly Snailum
PMA ID#11159

BURN AT THE BARRE™
Master Trainer

Class Schedule

MOUNTAIN:

Scottsdale, AZ:

PILATES TEACHER TRAINING:

Date of Workshop:
Wednesday, June 7th – June 28th | 3-9 PM
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of Workshop: Wednesday, July 5th – July 19th | 3-9 PM
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Jan 24th 2018
Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

PILATES WORKSHOPS:

Date of Workshop: June 16th, 2017 | 4 – 7pm
Title: Pilates for Men Workshop
Description: Learn how to tailor a Mat & Reformer workout to suit your male clients and build your male clientele, the fastest growing Pilates population.
CEC's 3 CEC's Price: \$90

Date of Workshop: Wednesday, August 9th, 2017 | 4-7pm
Title: Pilates Cardio Springboard/Tower Workshop
Description: Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge.
CEC's 3 CEC's Price: \$90

Date of Workshop: August 19th and 20th, 2017 | 8am – 1pm
Title: Burn at the Barre Teacher Training Program
Description: 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 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. \$549.00 covers all materials needed for 2 day intensive. **Some conditions and additional requirements are supplied in the application.*
CEC's 10 CEC's Price: \$549



Location

Crested Butte, CO

Studio

Crested Butte
Movement Center

Address

301 Belleview, Unit F,
Crested Butte, CO

Contact

970-903-0188
cbmovementcenter@gmail.com
crestedbuttemovementcenter.com

Instructor Information

Maryanne Garvin
PMA ID# 10375

Class Schedule

MOUNTAIN:

Crested Butte, Colorado:



Location

Denver, CO

Studio

Pillar of Strength

Address

1485 S. Colorado Blvd
#310
Denver, CO 80222

Contact

(720) 941-8971
www.PillarofStrengthStudio.com
sixfeetsarah@yahoo.com

Instructor Information

Sarah Smysor-Panning
PMA ID# 12227

Class Schedule

MOUNTAIN:

Denver, CO:



Location

Ft Collins, CO

Studio

Raintree Athletic Club
Inside Out Pilates

Address

2555 S. Shields Street,
Fort Collins, Colorado
80526

Contact

(970) 218-6805
leecooper5@comcast.net

Instructor Information

Lee Cooper
PMA ID# 12243

Class Schedule

Tuesday
2:00 - 6:00pm
and
Thursday
12:00 - 4:00pm

MOUNTAIN

Fort Collins, Colorado:

PILATES TEACHER TRAINING:

August 22nd and 24th, 2017 / Tues 2-6 / Thur 12-4

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: Aug 29th - Sept 14th, 2017 / Tues 2-6 and Thurs 12-4

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: Sept 19th – Nov 2nd, 2017 / Tues 2-6 and Thurs 12-4

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: Nov 7th – Nov 30th, 2017 / Tues 2-6 and Thursday 12-4

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: Dec 5th – 21st, 2017 / Tuesday 2-6 and Thursday 12-4

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

WORKSHOPS:

2018:

February 23rd, / 2018 Spine Corrector Variations Workshop

March 30th, / 2018 High Barrel Variations Workshop

April 27th / Pregnancy & Pilates Workshop



Location

Cedar Falls, IA

Studio

NRG PILATES

Address

1250 College Square
Mall, Cedar Falls, IA
50613

Contact

(319) 269-3759
www.nrgpilates.net
nicky@nrgpilates.net

Instructor Information

Nicky Miller
PMA ID#

Class Schedule

Wed 8:00am-12:00pm
&
Friday 9:00am-1:00pm

CENTRAL

Cedar Falls, IA:

PILATES TEACHER TRAINING:

Date of workshop: April 19– May 3, 2017
Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Houston, TX

Studio

Pilates Place

Address

33219 Forest West St.
Magnolia, TX 77354

Contact

281-789-4733
Greg@PilatesPlace.us
www.PilatesPlace.us

Instructor Information

Greg Monk
PMA ID# 12664
Expiration: 12/22/2018

Class Schedule

Tuesday & Thursday
10am – 2pm

CENTRAL

Houston, TX:

PILATES TEACHER TRAINING:



Date of workshop: June 6th – June 8th
Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: June 13th – June 29th
Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: July 6th – August 15th
Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: August 17th – September 7th
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: September 12th – September 26th
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

*Review September 28th, Exam October 3rd

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

Location

Austin, TX

Studio

Pilates South Austin

Address

9901 Brodie Ln,
Austin, TX 78748

Contact

(512) 280-6683
PilatesSouthAustin@gmail.com
www.PilatesStudioSouthAustin.com

Instructor Information

Lora Pavilack
PMA ID# 10300

Nikki Alstedter
PMA#10623

Class Schedule

CENTRAL

Austin, TX:

PILATES TEACHER TRAINING:

Date TBA

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: TBD

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Padi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Wichita, KS

Studio

Studio 54 Pilates & More

Address

9099 W. Central,
Wichita, KS 67212

Contact

(316) 265-9700
studio54pilates.com
amie@studio54pilates.com

Instructor Information

Amie Ross
PMA ID: 20595
Expiration 04/30/2018

Class Schedule

CENTRAL

Wichita, KS:

Sept 30 & Oct 01 2017 / Nov 4th & 5th 2017
Jan 20th & 21st 2018 / Feb 17th & 18th 2018
and Mar 13th & 16th 2018

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

March 20 - Apr 06 2018

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Apr 10 - May 18th 2018

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

May 22 - June 05 2018

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

June 08 - 22, 2018

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review - June 26 2018 Test - June 29th 2018

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Chicago, IL

Studio

Amplified Pilates
Center

Address

309 W. Chicago Ave.
Suite 2
Chicago, IL 60654

Contact

847-271-9745
www.amplifiedpilates.com
angela@amplifiedpilates.com

Instructor Information

Angela Pawlicki
PMA ID: 11997

Class Schedule

Thursdays 5:30 - 9:30 pm
& Saturdays 12:30 - 4:30 pm

Other Instructors at Location

Kiley Hearn
kiley@amplifiedpilates.com
PMA ID
Expiration:

EAST COAST

Chicago, IL

PILATES TEACHER TRAINING:

Date of workshop: May 18th- June 8th Thursdays 5:30 pm-9:30 pm & Saturdays 12:30-4:30 pm (No class on May 27th)
Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: June 8th – June 24th Thursdays 5:30 -9:30 pm & Saturdays 12:30 – 4:30 pm

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

PILATES WORKSHOPS:

Date of workshop: May 21st, 2017 12:30 – 3:30 pm

Title: Jump board

Description: Give a cardio workout on the Reformer to your clients. Numerous variations to challenge core, stability and endurance. Learn fun choreography in a flow pattern for a sustained workout.
CEC's: 3 Price: \$90

Workshop Date: September 9th, 2017 1:30 pm – 4:30 pm

Title: Split Pedal Wunda Chair Workshop

Description: Exciting split pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair. DVD and Manual available
CECS 3 / Price: \$90



Location

Crestwood / Louisville, KY

Studio

Paradigm Pilates

Address

7600 Cambridge Dr.
Crestwood, KY 40014

Contact

(502) 876-797
www.Paradigmpilates.com
wellness@paradigmpilates.com

Instructor Information

Stacy Celi
PMA ID# 12266
Exp: 02/17/2018

Class Schedule

Monday and
Wednesday
11:00am - 3:00pm

EAST COAST

Louisville, KY:

PILATES TEACHER TRAINING:

Date of workshop: August 21st and August 23rd
Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: August 28th - September 13th
Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: September 18th - October 25th
Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: October 30th - November 15th
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: November 20th - December 4th
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review December 6th / Final Exam December 11th 2017

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Wednesday, December 13th 2017
Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Louisville, KY

Studio

Pilates Village

Address

4160 Westport Rd. Suite D,
Louisville, KY 40207

Contact

(502)-409-4200
www.PilatesVillage.com
holly@pilatesvillage.com

Instructor Information

Holly Holland
PMA #207951
Exp. 3/30/18

Class Schedule

Saturday & Sunday,
2pm - 6pm

EAST COAST

Louisville, KY:

No sessions Labor Day weekend and Thanksgiving weekend



Date of workshop: Aug. 12-13th 2017

Title: Pilates Fundamentals and Philosophy Workshop
Description: 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 – Required for Mat Program CECs: 7 Price: \$300

Date of workshop: Aug. 19 – Sept. 10, Saturday & Sunday 2pm – 6pm (no classes Labor Day weekend)

Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Date of workshop: Sept 16– Oct 22,, Saturday & Sunday 2pm – 6pm

Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: Oct. 28– Nov. 18, Saturday & Sunday 2pm – 6pm

Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date TBA

Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000
Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

Location

Red Hook/Rhinebeck
& Catskill NY

Studio

Body Be Well

Address

401 Main Street
Catskill, NY 12414

Contact

914 - 466 - 3173 or
518 - 943 - 0333
www.BodyBeWellPilates.com
info@BodyBeWellPilates.com

Instructor Information

Chelsea Streifeneder
PMA ID# 11599
Expiration: 6/12/2018

Class Schedule

EAST COAST

Red Hook/Rhinebeck, & Catskill NY:

Private Programs are available! Become a Pilates on your own time and schedule!

Email Chelsea@bodybewellpilates.com for more information!



Location

Tinton Falls, NJ

Studio

Pilates Blast

Address

55 N Gilbert Street -
Building #3 Suite
CB101,
Tinton Falls, NJ 07701

Contact

732 - 747 - 6388
www.PilatesBlast.com
info@PilatesBlast.com

Instructor Information

Dani Rubin
PMA ID#
Expiration:

Class Schedule

EAST COAST

Tinton Falls, NJ



Location

Marlton, NJ

Studio

Pilates Plus a
Restoration Studio, LLC

Address

Monokian Dental
Building, 151 Greentree
Rd, Suite E, Marlton,
NJ 08035

Contact

856-304-5556
laurie@pilatesplusrestoration.com

Instructor Information

Laurie Weiner
PMA ID#13687
Expiration:

Class Schedule

EAST COAST

Marlton, NJ

Pilates Teacher Training:

August 18 5:30pm – 9:30pm

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

September 22 – October 7 Friday 5:30pm – 9:30pm Saturday 11:30am -3:30pm

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

October 20 – November 18

Friday 5:30pm – 9:30pm Saturday 11:30am – 3:30pm

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

December 1 – December 16

Friday 5:30pm – 9:30pm Saturday 11:30am – 3:30pm

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date TBA

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

Workshops:

June 17 Ladder Barrel Workshop 11:30-2:30pm

July 15 Spine Corrector Workshop 11:30-2:30pm

July 22 PMA Exam Study Course 11:30am – 2:30pm



Location

Greenwood, IN

Studio

Studio You Yoga

Address

862 South State Rd
Suite 1
Greenwood IN 46143

Contact

917-520-9270
www.purposefitlive.com
www.briennechristopher.com
briennechristopher@gmail.com

Instructor Information

Brienne Christopher
PMA ID#
Expiration:

Class Schedule

EAST COAST

Greenwood, IN



Location

Knoxville / Clinton TN

Studio

Take Charge Fitness/
Clinton Physical
Therapy

Address

1921 N. Charles Seivers Blvd.,
Clinton, TN 37717

Contact

Cell: (310) 686-6267

Or @ Studio:

Anna Dark
(865) 457-8237

susieg@trainingbysusieg.com

www.trainingbysusieg.com

Instructor Information

Susie Gorman Green
PMA ID#14397

Class Schedule

EAST COAST

Knoxville / Clinton TN:

PILATES TEACHER TRAINING:

Date of workshop: WEEKEND 1 – Dates: FALL 2017

Title: Fundamental Workshop and Mat Teacher Training
Workshop (Module 1)

Description Fundamental Nuts and Bolts: 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. Required for Mat program. CECs: Fundamentals – 7 CECs \$300 / Mat 12 CECs Price: \$1000.00

Date of workshop: WEEKEND 2 - Dates: 2017 Time TBD

Presenter: Susie Gorman Green: Title: Reformer (Module 2)

PART I - Description: A comprehensive Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Includes equipment safety and handling for best results with each client. .

CECs: 12 CECs for weekend 2 & 3

Price: \$2000.00 (includes Weekend 3)

Date of workshop: WEEKEND 3 - Dates: 2017 Time TBD

Presenter: Susie Gorman Green: Title: Reformer (Module 3)

Part II Description: A comprehensive Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Includes equipment safety and handling for best results with each client.

Price: \$2000.00 (which was in paid with Weekend 2)

CECs: 12 CECs for weekend 2 & 3

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs

**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Wellington, Florida

Studio

My Pilates Wellington

Address

13860 Wellington
Trace #8, Wellington,
FL

Contact

561 827 1481
mypilateswellington@gmail.com
MyPilatesWellington.com

Instructor Information

Elena Miller
PMA ID#13552
Exp. 05/07/2018

Class Schedule

EAST COAST

Wellington, Florida:

PILATES TEACHER TRAINING:

Date of workshop: June 2 – June 17, 2017 (Fri. & Sat.)
Title: Mat Pilates Teacher Training
Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

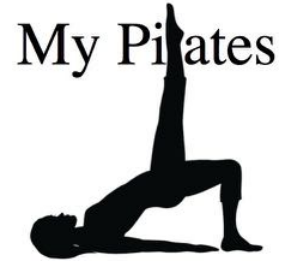
Date of workshop: August 4th – Sept. 9th, 2017 (Fri. and Sat.)
Title: Reformer Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Date of workshop: Sept. 12 – Sept. 28, 2017 (Tue. and Thurs.)
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date TBA
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*



Location

Bluffton, SC

Studio

TruFit Pilates and Training Center

Address

Sheridan Park Circle,
Suite A, Bluffton, SC
29910

Contact

(843) 368-2314
www.truefitpilates.com
jennifer@truefitpilates.com

Instructor Information

Jennifer Wolfe
PMA ID: 12057
Exp.
*BURN AT THE BARRE™
Master Trainer

Class Schedule

EAST COAST

Bluffton, SC:



September 12th - 15th

Title: Pilates Fundamentals and Philosophy Workshop

Description: 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 – Required for Mat Program CECs: 7 Price: \$300

September 19th - October 6th

Title: Mat Pilates Teacher Training

Description: An international Pilates Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair and Small Apparatus). You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

October 10th - November 17th

Title: Reformer Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

November 27th - December 14th

Title: Cadillac Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Holiday Break

January 9th - January 23rd

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review January 22nd / Practical Exam January 25th

Comprehensive Program: \$4,900.00 (Mat and Large Apparatus)

Title: Pilates Small Apparatus Teacher Training Workshop: (All Barrels, Pedi-Pull, Foot/Toe Corrector) Approx 12 hours. Price: \$300 for 12 PMA CECs
**MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.*

PRIVATE PROGRAMS ARE AVAILABLE!
PLEASE CONTACT JENNIFER WOLFE

INTERNATIONAL

Montréal, Québec, Canada

Thérèse Desrosiers

5252 Boulevard de Maisonneuve Ouest, Montreal, QC H4A 3S9, Canada

(514) 312-3710

www.pilatesguild.ca pilatesguild@yahoo.ca

Istanbul, Turkey

Akin Erkoç

Akasya Sokak No. 2 B/4 Blok Alti Masha, Istanbul, Turkey

www.PilatesSportsAcademy.com Akin.Erkoc@hotmail.com

Tel Aviv, Israel:

Ella Ben-Aharon

46 Salame Road (Derech Salame 46) Tel-Aviv, 66073 ISRAEL

<http://www.naim.org.il/english/> EllaBenAharon@gmail.com

Seoul, South Korea

Yong Ho, Lim

#204, 551-17, Yangcheon-ro, Gangseo-gu, Seoul, Korea 07532

02-2065-7490

www.bodynox.com roiim@naver.com <http://cafe.naver.com/bodynox>

