

Pilates Teacher Training Dates / Locations / Rates 2016-2017

- *Locations Nationwide / Internationally – Territories Available Across the USA*
- *Full Programs / 16 weeks / \$4,900.00*
- *Modular & Private Options as Well*
- *See all dates, they are consecutive to create a full program*
- *Most courses are PMA Approved for CECs*

ALL NEW:

Digital Pilates Mat Study Guide \$199.00

To compliment any education program

or refresh your skills [Link To Download Now](#)



West Coast

Encino, CA: Pilates Sports Center – PSC Headquarters 16430 Ventura Blvd Suite 100 Encino CA 91436 Call or Text: 818 970 1222
www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

2016 Dates for Encino: Wed/Fri 12-4pm Schedule: Kelli Altounian Certification ID: 10285 Expiration: 01/13/2018 and Dr. Andromeda Stevens, D.C. PMA Certification ID: 10112 Expiration: 11/02/2017

FALL DAY TIME DATES

- Wunda Chair Resumes (FRI) Jan 6th – 20th 2017
- Review January 25th / Final EXAM January 27th 2017

2017 Dates: Wed/Fri 12-4pm Schedule:

Date of workshop: March 15th – 17th

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: March 22-April 7th

Title: 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 **Price:** \$1000.00

Date of workshop: April 12th – May 19th

Title: Pilates Reformer Teacher Training Workshop

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. Approx 6 weeks.

CECs: 12 **Price:** \$2000

Date of workshop: May 24th – June 9th

Title: Cadillac Pilates Teacher Training

Description: A Professional 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.

CECs: N/A **Price:** \$1000

Date of workshop: June 9th – June 23rd

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

CECs: N/A **Price:** \$1000

Review June 28th and exam June 30th

2016 Dates for Encino, CA: Mon & Thurs 6:00-10pm

EVENING FALL DATES

- Wunda Chair (Thurs) January 5th - 19th 2017
- Review Monday January 23rd Final EXAM January 26th 2017

2017 Dates: Evening Course Mon & Thurs 6-10pm

Fundamentals March 13th- March 16th

Mat March 20th- April 7th

Reformer April 10th- May 18th

Cadillac May 22 – June 8th

Wunda Chair June 19th– June 22nd / Review June 26 and exam June 29th

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

Contact: Lora Pavilack PMA ID# 10300 Expiration: 02/08/2018: (818) 509-0914 www.PilatesStudioCity.com info@pilatesstudiocity.com

Date of workshop: May 17 – 19, 2017 Wed/Fri 1-5pm

Presenter: Lora Pavilack

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

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

Contact: Lora Pavilack Direct: (818) 509-0914 www.PilatesStudioCity.com info@PilatesStudioCity.com

CECs: 7 **Price:** \$300

Date of workshop: May 19 – June 2, 2017 Wed/Fri 1-5pm

Presenter: Lora Pavilack

Title: Mat Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

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

Contact: Lora Pavilack Direct: (818) 509-0914 www.PilatesStudioCity.com info@PilatesStudioCity.com

CECs: 12 **Price:** \$1000

Date of workshop: June 7 – July 14, 2017 Wed/Fri 1-5pm

Presenter: Lora Pavilack

Title: Reformer Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

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

Contact: Lora Pavilack Direct: (818) 509-0914 www.PilatesStudioCity.com info@PilatesStudioCity.com

CECs: 12 **Price:** \$2000

Date of workshop: July 19 – August 4, 2017 Wed/Fri 1-5pm

Presenter: Lora Pavilack

Title: Cadillac Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

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

Contact: Lora Pavilack Direct: (818) 509-0914 www.PilatesStudioCity.com info@PilatesStudioCity.com **Price:** \$1000

Date of workshop: August 9 - 16 , 2017 Wed/Fri 1-5pm

Presenter: Lora Pavilack

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

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

Contact: Lora Pavilack Direct: (818) 509-0914 www.PilatesStudioCity.com info@PilatesStudioCity.com

Price: \$1000

Palm Springs, CA

Palm Springs, CA: (310) 686-6267 "Ecore Fitness" 285 South Palm Canyon Drive D#6, Palm Springs CA 92234
Contact: Susie Gorman Green PMA#14397 susieg@trainingbysusieg.com Website: www.trainingbysusieg.com

2017 Dates Tuesdays and Thursdays, 2pm to 6pm

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

Dates of workshop: April 4 – 6, 2017

Title: 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 **Price:** \$1000.00

Dates of workshop: April 11-20, 2017

Title: Pilates Reformer Teacher Training Workshop

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 **Price:** \$2000

Title: Cadillac Pilates Teacher Training

Description: A Professional 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.

CECs: N/A **Price:** \$1000

Dates of Workshop - September & October, 2017 – Dates TBA

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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.

CECs: N/A **Price:** \$1000

Las Vegas, NV

Las Vegas, Nevada: "Body Balancing by Darcie" Pilates Studio, 8930 W Tropicana Ave-Suite 5, Las Vegas, Nevada 89147

Contact: Darcie Osborn PMA ID (in process) Call: 702-497-5827 E-mail: BBbyDarcie@gmail.com Website: www.pilateswithdarcie.com

Date of workshop: May 23- May 25, 2017 (Tues. and Thurs.)

Presenter: Darcie Osborn

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 30 – June 15, 2017 (Tues. and Thurs.)

Presenter: Darcie Osborn

Title: Pilates Mat Teacher 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 **Price:** \$1000.00

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

Presenter: Darcie Osborn

Title: Pilates Reformer Teacher Training Workshop

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. Approx 6 weeks.

CECs: 12 **Price:** \$2000

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

Presenter: Darcie Osborn

Title: Cadillac Pilates Teacher Training

Description: A Professional 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.)

Presenter: Darcie Osborn

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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

Beverly Hills, CA: Oak Fitness 9346 Civic Center Dr. #145, Beverly Hills, CA 90210

Contact: Marcy McCusker 818-731-1633 pilatesbymarcy@gmail.com PMA ID: 13549 Expiration: 03/24/2018 aronking.psw@gmail.com
<http://www.oakfitnessclub.com> (310) 205-9091

2017 Dates for Beverly Hills: Tue/Sat 12:00p-4:00pm

Fundamentals: April 4th & April 8th 2017

Mat: April 11th – April 29th 2017

Reformer: May 2nd – June 10th 2017

Cadillac: June 13th – June 27th 2017

Wunda Chair: June 27th – July 15th, 2017

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

Corona, CA: The Pilates CO 469 Magnolia Ave, Suite 106, Corona, CA 92879 By Tricia Hill

Contact: Katie Picazo or Cindy Reyes - Direct: (951) 268-9656 <http://thepilatesco.com/>

Santa Barbara, CA

Location: Arlunviji Transformative Movement 35 W Haley Street, Santa Barbara, CA 93101 PMA #10623

Contact: Nikki Alstedter Direct: (805) 682-2491 www.arlunviji.com info@arlunviji.com

2017 Teacher Training dates: Class meets Mondays 9am-1pm, Fridays 1:30-5:30pm

Fundamentals and Mat: May 8-26, 2017

Reformer: May 29-July 14, 2017

Cadillac: July 17-August 4, 2017

Wunda Chair: August 7-18, 2017

Final Exam: August 25, 2017

Redondo Beach, CA: Shape Shift Pilates 1848 S. Elena Ave. Ste. K, Redondo Beach, CA 90277

Contact: Gina Brutti Direct PMA ID: 13548 Expiration: 3/14/2018 Call: (310) 378-4455 www.shapeshiftpilates.com

Date of workshop: December 20 – December 23, 2016; January 3 – January 13, 2017 (Tues. and Fri.)

Presenter: Gina Brutti

Title: Cadillac Pilates Teacher Training

Description: A Professional 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 – February 3, 2017 (Tues. and Fri.)

Presenter: Gina Brutti

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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

Carlsbad, CA: Enhanced Health & Fitness <http://www.ehfpilates.com> 7130 Avenida Encinas Suite 202 Carlsbad CA 92011 Contact: Natalie Walker natalie@ehfpilates.com 760-930-1230 (Studio) 760-271-4597 (Cell)

- Cadillac – Dec 2-17 2016 - \$1200
 - Chair – Jan 6-14th 2017 \$1000
 - Review Jan 20, Final Exam Jan 21 2017
- Fri classes meet 5:30 - 9:30 PM. Sat classes meet 2-6 PM

2017:

Fundamentals / Mat March 2017: 1, 3, 8, 10, 15, 17, 22, 24
Reformer March: 29, 31, April 5, 7, 12, 14, 19, 21, 26, 28, May 3, 5
Cadillac May: 10, 12, 17, 19, 24, 26
Chair May: 31, June 2, 7, 9 Review & Final June 14, 16

San Diego, CA: Propel Pilates 16769 Bernardo Center Dr., San Diego, California 92128
Contact: Karen Rickett 858.673.4455 www.PropelPilates.com PMA ID: 12578 Expiration: 11/17/2018

San Francisco, CA 415 - 664 - 4890 "Soulful Pilates", 1501 Waller St., San Francisco, CA 94117 www.SoulfulPilates.com Contact: Veronique Dumont-Thoma Cell 415-806-1589 info@SoulfulPilates.com

Rocklin, CA: 916-624-YOGA "Studio Lotus" Contact: Lucy Somers PMA #13820 Exp 10-05-18
1150 Sunset Blvd #154, Rocklin CA 95675 www.rocklinpilates.com www.lotuspilatesandyoga.com

Wunda Chair January 10, 2016 12-4pm

Presenter: Lucy Somers

Title: Pilates Fundamentals and Philosophy Workshop

Date of workshop: April 18th and 21st 2017

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

Presenter: Lucy Somers

Title: Pilates Mat Teacher Workshop

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

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).

CECs: 12 Price: \$1000.00

Presenter: Lucy Somers

Title: Pilates Reformer Teacher Training Workshop

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

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.

CECs: 12 Price: \$2000

Title: Cadillac Pilates Teacher Training

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

Description: A Professional 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.

Price: \$1000

Title: Wunda Chair Pilates Teacher Training

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

Description: An international, PMA Fostering Future Professionals 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.

Price: \$1000

Las Vegas, Nevada: Body Balancing by Darcie Pilates Studio, 8930 W Tropicana Ave-Suite 5, Las Vegas, Nevada 89147 **Contact:** Darcie Osborn PMA ID (in process) Call: 702-497-5827 E-mail: BBbyDarcie@gmail.com Website: www.pilateswithdarcie.com

Pilates Fundamentals and Philosophy: May 23- May 25, 2017 (Tues. and Thurs.) **\$300**
Pilates Mat Teacher Training: May 30 – June 15, 2017 (Tues. and Thurs.) **\$1000**
Pilates Reformer Teacher Training: June 20 – August 1, 2017 (Tues. and Thurs.) **\$2000**
Cadillac Pilates Teacher Training: August 3 – August 24, 2017 (Tues. and Thurs.) **\$1000**
Wunda Chair Pilates Teacher Training: August 29 – September 14, 2017 (Tues. and Thurs.) **\$1000**

Bellevue, WA: Bellevue Club, 11200 SE 6th St. Bellevue, WA 98004 BellevueClub.com/wellness/
Contact: Nancy Black (206) 713-6196 www.EnergizePilates.com or EnergizePilates@gmail.com PMA ID: 13645

Spokane, WA: “Move More Spokane” 731 S Garfield St Spokane, WA 99202 MoveMoreSpokane.com Contact: Maria Sevilla (509) 838-0545
PMA ID: 11536

Portland, OR: “NW Pilates” www.nwpilates.com 1243 NW 19th Ave. 97209 Contact: Elizabeth Stubbs (971) 227-3580
elizabeth@nwpilates.com PMA #14425 Exp. 08-18-2017

Mountain:

Scottsdale, AZ: Remedy Pilates and Massage, 6949 E. Shea Blvd Suite 115, Scottsdale, AZ 85254
Contact: Kelly Snailum | 480.699.8160 www.remedypm.com Kelly Snailum Certification ID: 11159

Date of Workshop: Wednesday, January 4th – January 11th, 2017 | 3-9 PM
Presenter: Kelly Snailum
Title: Chair Teacher Training Workshop
Price: \$1000

Date of Workshop: Wednesday, March 22, 2017 | 3-9 PM
Title: Nuts and Bolts & Pilates Philosophy (Fundamentals)
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!
Price: \$400 7 cecs

Date of Workshop: Wednesday, March 29th – April 12th, 2017 | 3-9 PM
Title: Mat Price: \$1000 12 cecs

Date of Workshop: Wednesday, April 19th – May 27th | 3-9 PM
Title: Reformer Price: \$2000 12 cecs

Date of Workshop: Wednesday, June 7th – June 28th | 3-9 PM
Title: Cadillac Price: \$1000

Date of Workshop: Wednesday, July 5th – July 19th | 3-9 PM
Title: Chair Price: \$1000

Crested Butte, Colorado: “Crested Butte Movement Center” 301 Belleview, Unit F, Crested Butte, CO
Contact: Maryanne Garvin 970-903-0188 cbmovementcenter@gmail.com crestedbuttemovementcenter.com ID: 10375

Denver, CO: Pillar of Strength 1485 S. Colorado Blvd #310 Denver, CO 80222
Contact: Sarah Smysor-Panning - Direct: (720) 941-8971 www.PillarofStrengthStudio.com sixfeetsarah@yahoo.com PMA ID: 12227

Fort Collins, Colorado: Inside-Out Pilates / Lee Cooper. Location: Raintree Athletic Club 2555 S. Shields Street, Fort Collins, Colorado 80526
Contact: Lee Cooper – Direct (970) 218-6805 leecooper5@comcast.net PMA ID: 12243

Title: Wunda Chair Pilates Teacher Training

Date of workshop: December 1st, 2016 – December 15th, 2016 / Tuesday 2-6 and Thursday 12-4

Description: An international, PMA Fostering Future Professionals 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 / CECs N/A

2017 Dates:

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436
Ph 818-788-8112 Fax 818-788-8303 12/2016
www.PilatesSportsCenter.com

Title: Pilates Fundamentals and Philosophy Workshop

Date of workshop: August 22nd and 24th, 2017 / Tuesday 2-6 and Thursday 12-4

Description: An international, PMA Fostering Future Professionals Program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's 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

Price: \$300 CECs: 7

Title: Mat Pilates Teacher Training Workshop

Date of workshop: August 29th - September 14th 2017 / Tuesday 2-6 and Thursday 12-4

Description: An international, PMA Fostering Future Professionals 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.

Price: \$1000 CECs: 12

Title: Pilates Reformer Teacher Training Workshop

Date of workshop: September 19th – November 2nd, 2017 / Tuesday 2-6 and Thursday 12-4

Description: An international, PMA Fostering Future Professionals 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.

Price: \$2000 CECs: 12

Title: Cadillac Pilates Teacher Training

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

Description: An international, PMA Fostering Future Professionals 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 / CECs N/A

Title: Wunda Chair Pilates Teacher Training

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

Description: An international, PMA Fostering Future Professionals 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 / CECs N/A

Central:

Cedar Falls, IA: NRG PILATES 1250 College Square Mall, Cedar Falls, IA 50613

Contact: Nicky Miller - Direct: (319) 269-3759 www.nrgpilates.net nicky@nrgpilates.net

Date of workshop: January 11– January 13, 2017 (Wed 8:00am-12:00pm and Fri 9:00am-1:00pm)

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: January 18– February 3, 2017 (Wed 8:00am-12:00pm and Fri 9:00am-1:00pm)

Title: Pilates Mat Teacher 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 Price: \$1000.00

Date of workshop: February 8 – March 24, 2017, NO CLASS WEEK OF MARCH 14 (Wed 8:00am-12:00pm and Fri 9:00am-1:00pm)

Title: Pilates Reformer Teacher Training Workshop

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. Approx 6 weeks.

CECs: 12 Price: \$2000

Date of workshop: March 29–April 14, 2017 (Wed 8:00am-12:00pm and Fri 9:00am-1:00pm)

Title: Cadillac Pilates Teacher Training

Description: A Professional 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: April 19– May 3, 2017 (Wed 8:00am-12:00pm and Fri 9:00am-1:00pm)

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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

Houston, TX: Pilates Place Of the Woodlands, 30420 FM 2978 Road, #480, The Woodlands, TX 77354

Contact: Greg Monk (281) 419-3131 <http://www.pilatesplaceofthewoodlands.com> PMA ID: 12664 Expiration: 12/22/2018

Magnolia, Texas: "Pilates Place" 33219 Forest West St. Magnolia, TX 77354 www.PilatesPlace.us Contact: Greg Monk 281-789-4733 Greg@PilatesPlace.us

Austin, Texas: Pilates South Austin Contact: Lora Pavilack PMA ID# 10300 and Nikki Alstedter PMA#10623

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

Title: Pilates Reformer Teacher Training Workshop

Date of workshop: Module 1: Jan 5-8, 2017 Module 2: April 6-9, 2017

Presenter: Lora Pavilack & Nikki Alstedter

Description: An international, PMA Fostering Future Professionals 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. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx 6 weeks.

Price: \$2000 / CECs: PMA 12

Title: Cadillac Pilates Teacher Training

Date of workshop: TBD

Presenter: Lora Pavilack & Nikki Alstedter

Description: An international, PMA Fostering Future Professionals 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. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx 3 weeks.

Price: \$1000 / CECs N/A

Title: Wunda Chair Pilates Teacher Training

Date of workshop: TBD

Presenter: Lora Pavilack & Nikki Alstedter

Description: An international, PMA Fostering Future Professionals 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. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx 2.5 weeks.

Price: \$1000 / CECs N/A

East Coast:

Chicago, IL "Amplified Pilates Center" 309 W. Chicago Ave. Suite 2 Chicago, IL 60654

847-271-9745 www.amplifiedpilates.com Contact: Angela Pawlicki angela@amplifiedpilates.com PMA ID: 11997

Title: Pilates Fundamentals and Philosophy Workshop

Date of workshop: March 2ndnd 5:30- 9:30 pm & March 4th 2017 12:30-4:30 pm

Description: An international, PMA Fostering Future Professionals Program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's 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 **Price:** \$300 / CECS: PMA 7

Title: Mat Pilates Teacher Training Workshop

Date of workshop: March 9thth- March 25th Thursdays 5:30 -9:30 pm & Saturdays 12:30-4:30 pm

Description: An international, PMA Fostering Future Professionals 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.

Price: \$1000 / CECs: PMA 12

Title: Pilates Reformer Teacher Training Workshop

Date of workshop: March 30th – May 11th Thursdays 5:30 – 9:30 pm & Saturdays 12:30-4:30 pm (No class on April 16th)

Description: An international, PMA Fostering Future Professionals 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.

Price: \$2000 / CECs: PMA 12

Title: Cadillac 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)

Description: An international, PMA Fostering Future Professionals 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 / CECs N/A

Title: Wunda Chair Pilates Teacher Training

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

Description: An international, PMA Fostering Future Professionals 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 / CECs N/A

Louisville, Kentucky: “Pilates Village” 4160 Westport Rd. Suite D, Louisville, KY 40207 www.PilatesVillage.com Contact: Stacy Celi 502 - 409 - 4200 info@PilatesVillage.com Stacy Celi: PMA ID# 12266 Exp: 2/17/18 OR Joan Richert: PMA Certification ID: 13464 Exp: 1/13/18

Date of workshop: January 7th and 8th 2017 (Saturday and Sunday 2pm-6pm)

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: January 14th – January 29th 2017 (Saturday and Sunday 2pm-6pm)

Title: Pilates Mat Teacher 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 **Price:** \$1000.00

Date of workshop: February 4th – March 12th 2017 (Saturday and Sunday 2pm-6pm)

Title: Pilates Reformer Teacher Training Workshop

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. Approx 6 weeks.

CECs: 12 **Price:** \$2000

Date of workshop: March 18th – April 2nd 2017 (Saturday and Sunday 2pm-6pm)

Title: Cadillac Pilates Teacher Training

Description: A Professional 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: April 8th – April 22nd , 2017 (Saturday and Sunday 2pm-6pm)

Title: Wunda Chair Pilates Teacher Training

Description: An international, PMA Fostering Future Professionals 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: April 23rd 2017/ Final Exam April 29th 2017

Red Hook, New York: “Body Be Well Pilates” 7578 North Broadway, Red Hook NY 12571

Contact: Chelsea Streifeneder 914-466-3173 Email: Chelsea@bodybewellpilates.com Cell: (914) 466-3173 PMA ID: 11599

Tennessee:

Knoxville / Clinton TN: (310) 686-6267 Local Contact: Anna Dark (865) 457-8237 “Take Charge Fitness/Clinton Physical Therapy” 1921 N. Charles Seivers Blvd., Clinton, TN 37717 Contact: Susie Gorman Green susieg@trainingbysusieg.com Website: www.trainingbysusieg.com
Presenter: Susie Gorman Green: PMA#14397

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

OR

Contact: Amanda Koch 850-774-3730 PMA ID: 12486

Marlton, NJ: Pilates Plus a Restoration Studio, LLC, Monokian Professional Center 151 Greentree Road West, Suite E
Contact: Laurie DiMatteo-Weiner 856-304-5556 www.pilatesplusrestoration.com PMA ID: 13687

Wellington, Florida: “My Pilates Wellington” MyPilatesWellington.com 13860 Wellington Trace #8, Wellington, FL Contact: Elena Miller
mypilateswellington@gmail.com 561 827 1481 PMA ID: 13552 Exp. 05/07/2018

Date of workshop: March 17 – March 18, 2017 (Fri. and Sat.), May 12 & 13 (Fri. and Sat.)

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 2 – June 17, 2017 (Fri. & Sat.)

Title: Pilates Mat Teacher 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 **Price:** \$1000.00

Date of workshop: August 4th – Sept. 9th, 2017 (Fri. and Sat.)

Title: Pilates Reformer Teacher Training Workshop

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. Approx 6 weeks.

CECs: 12 **Price:** \$2000

Date of workshop: Sept. 12 – Sept. 28, 2017 (Tue. and Thurs.)

Title: Cadillac Pilates Teacher Training

Description: A Professional 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

Bluffton, SC: TruFit Pilates 57 Sheridan Park Circle, Suite A, Bluffton, SC 29910

Contact: Jennifer Wolfe - Direct: (843) 368-2314 www.truefitpilates.com jennifer@truefitpilates.com PMA ID: 12057 Exp 6/2016

International:

Canada: Montréal, Québec, Canada (514) 312-3710 - pilatesguild@yahoo.ca

Thérèse Desrosiers CPI, PSC, PMA Maître formateur d'instructeurs Pilates PSC Entraîneure 2ième génération Certifiée dans la Méthode Pilates depuis 1998 www.pilatesguild.ca

Istanbul, Turkey: Istanbul, Turkey **Contact:** Akin Erkoç akin.erkoc@hotmail.com

Tel Aviv, Israel: Tel Aviv, Israel **Contact:** Ella Ben-Aharon <http://www.naim.org.il/english/> EllaBenAharon@gmail.com

South Korea: Seoul, South Korea **Contact:** Yong Ho, Lim roiim@naver.com <http://cafe.naver.com/bodynox>

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