

Professional Pilates & Barre Workshops

Burn at the Barre Teacher Training Level I & II:

- PSC can host at YOUR Studio
- Home Study Program Available Online Streaming on Your Device
- Become a Barre Master Teacher Trainer

Date of Workshop: September 27-28th 2014th

Presenter: Jennifer Wolfe

Title: Burn at the Barre Workshop

Location: 59B Sheridan Park Circle
Bluffton SC 29910

Contact: jwolfefitness@yahoo.com 843 815 4968

CEC's: 10 **Price:** \$549

Date of Workshop: September 20th and September 21st

Presenter: Kelly Snailum

Title: Burn at the Barre Workshop – Cert Level I

Location: 6949 E. Shea Blvd. #50, Scottsdale Arizona 85254

Contact: kelly@remedyym.com (602) 549-6513

CEC's: 10 **Price:** \$549

Date of Workshop: Oct 18-19th 2014

Presenter: Helena Hultberg-Talman

Title: Burn at the Barre Workshop – Cert Level I

Location: 16430 Ventura Blvd suite 100 Encino CA

Contact: pilatessportscenter@gmail.com 818 788 8112

CEC's: 10 **Price:** \$549



Register for any Burn at the Barre™ Program

<https://clients.mindbodyonline.com/ASP/home.asp?studioid=12173>



Getting Started as a Pilates Professional Workshop: A Digital Home Study Course

<https://clients.mindbodyonline.com/ASP/home.asp?studioid=12173>

Workshops at other PSC Locations

PSC Workshops in Studio City, CA

Date: September 21st 2014 Time: 2-5pm

Presenter: Jenny Kornfeld

Title: Jump Board Workshop

Location: Pilates Studio City 11650 Riverside Dr. Suite #1 Studio City, CA 91602

Description: Get a Beginner/Intermediate cardio workout on the Reformer. Numerous variations to challenge core, stability and endurance. Learn fun choreography in a flow pattern for a sustained workout.

Contact: Pilates Studio City 818 509 0914 www.pilatesstudiocity.com

Price: \$90 CEC'S 3

Date of workshop: October 19th 2014 1-4pm

Presenter: Marcy McCusker

Title: Pilates and Pregnancy Workshop

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 Pilates Studio. Includes a valuable workbook to keep on hand. 3-hour workshop

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

Contact: (818) 509-0914 www.PilatesStudioCity.com

CEC'S: 3 **Price:** \$130

PSC Workshops in Louisville, KY

Date: Saturday, August 30, 2014, 2-5 p.m.

Title: Ladder Barrel Workshop

Presented by: Jodey Lowber

Description: Learn classical & contemporary choreography on the Pilates Ladder Barrel.

Location: Pilates Village, 4160 Westport Rd, Suite D, Louisville, KY 40207

Contact: 502-380-5538 Jodey@PilatesVillage.com

Price: \$90 3 CEC's

Date: Saturday, October 4, 2014 2-5 p.m.

Presented by: Jodey Lowber

Title: Pilates Equipment Combinations

Description: This course combines the Cadillac with the Wunda Chair, The Ladder Barrel & Tower, The Tower & the Reformer on Combo units as well as 2 Reformers working together side by side.

Location: Pilates Village, 4160 Westport Rd, Suite D, Louisville, KY 40207

Contact: 502-380-5538 Jodey @ [PilatesVillage.com](mailto:Jodey@PilatesVillage.com)

Cost: \$130 3 CEC's

PSC Workshops in South Austin, TX

Location: Pilates South Austin 9901 Brodie Ln Ste. 145 Austin, Texas 78748

Contact: Pilatessouthaustin@gmail.com or visit pilatesstudiosouthaustin.com/teacher-training/ Phone (512) 280-6683

PSC Workshops in Arizona

Date of Workshop: September 3rd @ 5:30 – 8:30

Presenter: Kelly Snailum

Title: Pilates For Men Workshop

Description: Designed by the inventor and co-star of the “Pilates For Men: 10-20-30 Challenge” DVD’s and YouTube series. Learn how to tailor a Mat & Reformer workout to suit your male clients and build your male clientele, the fastest growing Pilates population.

Location: 6949 E. Shea Blvd. #50

Scottsdale Arizona 85254

Contact: kelly@remedy.com (602) 549-6513

CEC's: 3

Price: \$90 3-hour workshop

Date of Workshop: October 22nd @ 5:30 – 8:30 pm

Presenter: Kelly Snailum

Title: Pilates Certification Exam Study Group

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

Location: 6949 E. Shea Blvd. #50

Scottsdale Arizona 85254

Contact: kelly@remedy.com (602) 549-6513

CEC's: n/a

Price: \$90 3-hour workshop

Date of Workshop: November 15th @ 12:00 – 3:00 pm

Presenter: Kelly Snailum

Title: BOSU™ on the Pilates Reformer

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

Location: 6949 E. Shea Blvd. #50

Scottsdale Arizona 85254

Contact: kelly@remedy.com (602) 549-6513

CEC's: 3

Price: \$90 3-hour workshop

Burn at the Barre™ Teacher Training

Please download our Workshops Schedule for nationwide programs and Home Study Programs as well!

<http://pilatessportscenter.com/workshops/>

Level I \$549 (10 PMA CECS) In House or Home Study PMA CECS

Level II \$99 Home Study 3 PMA CECS

Call or email us. We are available to host at YOUR Studio.

<http://pilatessportscenter.com/training/burn-at-the-barre-teacher-training/>

Barre Master Trainer Program

Become a Master Trainer of PSC's Burn at the Barre

Host your own Barre Teacher Training. Align yourself with a growing and innovative group of people who are dedicated to excellence. PSC offers training and support. Home study program followed up with a test out.

Barre Level I Teacher Training Program Certificate is a Pre-Requisite.

\$900.00 Home Study Program PMA CECs

AndromedaStevens@gmail.com

Or 800 • 604 • PSCI (7724)



Burn at the Barre Tank!

Get Yours at www.PilatessportsCenter.com

Pilates Master Trainer Intensive

Become a Master Trainer of PSC

Host your own Teacher Training and Workshops. Align yourself with a growing and innovative group of people who are dedicated to Pilates and learning. PSC offers training and support.

Home study program followed up with an intensive week in LA, CA.

Oct. 18-20th, 2013 • 8:00 am - 5:00 pm

800 • 604 • PSCI (7724)

Watch our informative videos: <http://pilatessportscenter.com/training/master-teacher-training/>