

BURN AT THE BARRE

Pilates Sports Center's
Burn at the Barre™
Teacher Training
Program / Workshops
DVDs / Digital
Downloads

Welcome to Pilates Sports Center's Burn at the Barre™

Helena Hultberg-Talman
Andromeda Stevens, D.C.
Co-Creators



What is "The Burn at the Barre™" Workout?

Based on a fusion of Pilates and classic barre techniques, we have created an efficient and safe program that focuses on proper form. It's the perfect blend of deep muscle toning with resistance, the grace of ballet, the flexibility of yoga and the core strengthening of Pilates.

Level I is a structured, easy-to-follow pre-choreographed 55-minute class routine designed in a specific sequence to burn fat and build strength and stamina through intervals of sprint and recovery. We achieve deep muscle toning with weights, balls, barre and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility to keep those muscles long and lean. No dance experience is required to sculpt your body with this class! All levels are possible with the interchangeable blocks in this class.

Level II we dial up the intensity and add more advanced variations in a 55-minute class with weights, and bands, longer barre work segments and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility and core for the more advanced clients.

What is the general format of the class?

You will start with a warm-up, then right to the barre to create those beautiful dancers legs. You will then perform an upper body sculpting work with light dumbbells. We work on the mat to tone and trim your legs and glutes again, and then, we finish with deep abdominal work, spinal stability and an overall flexibility segment. You will see results in as little as 5 classes!

Who teaches the classes?

All Barre teachers have been trained and approved by PSC. They also hold a Pilates Certification, a dance background and/or a personal trainer certification.

More can be learned on our website. Thank you for choosing PSC.

In Health,

Co-Founders / Directors

Kelli Altounian,

Andromeda Stevens, D.C.

Helena Hultberg-Talman

Pilates Method Alliance Certified Pilates Teachers™

Adding Burn at the Barre classes will increase your revenue with existing space and a minimal investment! Barre fitness has been considered the next largest fitness trend and is perfect for any studio

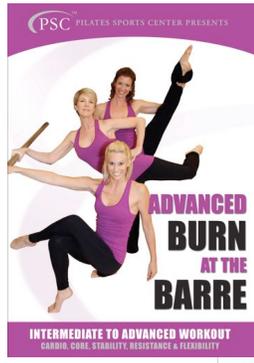
This comprehensive 10-hour barre program is offered as an In-Person Program or Home Study via DVD or Digital Download.

- Bring new clients into your studio by offering a cutting edge barre workout
- A minimal upfront investment is supported by a quick return
- PSC can supply most of the materials you need to get started in a turn-key operation
- Marketing/Branding Materials & Ongoing Choreography Support Available
- Continuing Education Provided
- We Do Not Take a Percent of Your Businesses Income
- The Program Creators / Directors Are PMA Pilates Certified™
- Limited Class Size: Student / Teacher Ratio is Ideal
- Co-Created by a Doctor and Two Professional Dancers

Why Get Certified with Burn at the Barre™?

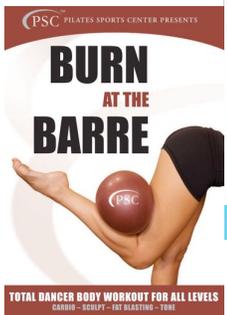
- Course Manuals are Illustrated and Extensive
- Competitively Priced
- Challenging Variations as well as Modifications to Assist with Injuries and Limitations
- PSC's Program spends more time exercising "at the barre" than most other programs
- Course Fees include CEC's
- Learn how to program your classes and lead with confidence and creativity.
- PSC creates the best instructors available and we accomplish this through continued education and support to insure your success as a Burn at the Barre™ Graduate.





PSC DVD Library / Digital Downloads

- The Burn at the Barre Workout
- Burn at the Barre for Beginners
- Burn at the Barre Advanced Workout



Are available as DVD or Digital Downloads

www.PilatesSportsCenter.com

BURN AT THE BARRE™ WORKOUT

The Original 3 Level Dancer Body Workout

A long lean, strong sexy figure/body/physique is yours with this all-level workout. Designed by a Professional Dancer, Certified Pilates Instructors and a Chiropractor – this workout will deliver the results you want.

- Transform Your Body Into a Dancers Body
- Sculpting / Fat Burning Interval Training
- 3 Levels to Choose From
- Safety Tips to Maximize the Best Results
- Bonus Features: Includes a safety tips section to achieve the best form and results during your workout

BURN AT THE BARRE™ FOR BEGINNERS

Is a fluid, ballet barre workout, blending ballet and standing Pilates. You'll gracefully firm and tone your hips and thighs as you increase total-body flexibility. We begin with a tutorial that demonstrates the safest and most effective techniques at the barre. We also limit the repetitions and emphasize small movements — for example, short pulses instead of wide-ranging motions. This workout is easy-to-follow and in 30 minutes you will not be overwhelmed or exhausted. Requires only a sturdy chair, 2 to 5lb. dumbbells or water bottles!

BURN AT THE BARRE™ ADVANCED WORKOUT

Intermediate to Advanced Barre Workout: Cardio, Core, Stability, Resistance & Flexibility. Our models will demonstrate 2 levels of intensity side-by-side for variety. The vivacious style and great cueing will guide barre enthusiasts through a tough routine that can be done over and over again!

- Shed unwanted fat
- Build long, lean sexy muscles
- Improve endurance
- Shapes thighs, glutes and core muscles

For more info on other titles & Burn at the Barre Teacher Training:

818-788-8112 / 800-604-PSCI

www.PilatesSportsCenter.com

Kelli Altounian and Andromeda Stevens'

Credentials include:

- Founders of Pilates Sports Center, Inc.
- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Produced and Created 14 DVD titles in the PSC library
- Written or co created over 20 workshops with continuing education credits
- Pilates On Tour Presenters 2010-11 & 2012
- Body Mind Spirit Presenters 2007 & 2008
- *Graduates of Advances in Pilates* - Long Beach Dance Conditioning
- CPR / First Aid Certified

Kelli Altounian

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of OK and was a professional dancer for over 15 years. In 2000, Kelli and Andromeda united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence.

Her credentials include:

- BA from the University of OK
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by (N.E.S.T.A.) for Golf Conditioning
- PMA Certified Pilates Teacher™

Dr. Andromeda Stevens, D.C.

Andromeda became a Doctor of Chiropractic inspired by her own scoliosis condition. After becoming Pilates certified she co-founded PSC, to provide the highest standard of excellence in Pilates and Barre education.

Her credentials include:

- Cleveland Chiropractic College of LA 1996
- Schroth Best Practice® Certified Scoliosis Practitioner
- Cox Flexion/Distraktion Technique
- Integrated Flexibility Training - Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- PMA "Gold" Certified Teacher™
- Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program



Co-Creators/Directors Credentials and Bios

Helena Hultberg Talman, Master Teacher Trainer / Staff Member, Pilates Sports Center, Encino, CA

Helena comes to the States from Sweden. A graduate from the Ballet Academy in Stockholm Sweden, she came to pursue her career as a professional dancer and became an 8-year member of The Radio City Rockettes. A natural bodywork and massage therapist, Helena soon decided to begin training to be a teacher of Pilates, and has since become a very proud Master Trainer of the Pilates Sports Center Teacher Training Program.

- Graduate Ballet Academy, Stockholm Sweden
- California College of the Healing Arts, LMT 1999
- Core Conditioning Pilates Certification, 2004
- PSC – Master Teacher Training Program, 2006
- AFTA – Certified Personal Trainer 2005
- Pilates Method Alliance Certified™ 2005
- Pilates Method Alliance™ – Individual Member
- International Massage Association - Member
- CPR / First Aid Certified
- Featured in PSC's "Advanced Spilt Pedal Workout" DVD
- Co-Creator and featured in PSC's "The Cardio Springboard/Tower Workout" DVD
- Co-Creator of Pilates Sports Centers Burn at the Barre™ Teacher Training Programs (Level I & II)
- Co-Creator and featured in PSC's "Burn at the Barre™ Workout" DVDs



For information on PSC's other Master Trainers of the Program, please visit our Web Site

BatB Studios

All Burn at the Barre™ Programs are taught at privately owned studios in the US and around the world by licensing agreement with PSC. Our Master Trainers are highly skilled and experienced PMA Certified Pilates Instructors™.

11 Burn at the Barre™ Instructors in the USA:

- ARIZONA – KELLY SNAILUM
- CALIFORNIA – ANDROMEDA STEVENS, HELENA HULTBERG-TALMAN, SARAH SKAER, LORA PAVILACK, NIKKI ALSTEDTER, MARIA SEVILLA
- ARIZONA – ASHLEY ZACHARY ESCHLER
- FLORIDA – AMANDA KOCH
- SOUTH CAROLINA – JENNIFER WOLFE
- TEXAS – LORA PAVILACK, NIKKI ALSTEDTER, GREG MONK, KARI
- LEVASSAR, BETH DUKLETH



Pilates Sports Center, Inc.

16430 Ventura Blvd. #100, Encino, CA 91436

•STUDIO 818-788-8112 •TOLL FREE 800-604-PSCI (7724)

•FAX 818-788-8303

Web Site/Shop: www.PilatesSportsCenter.com

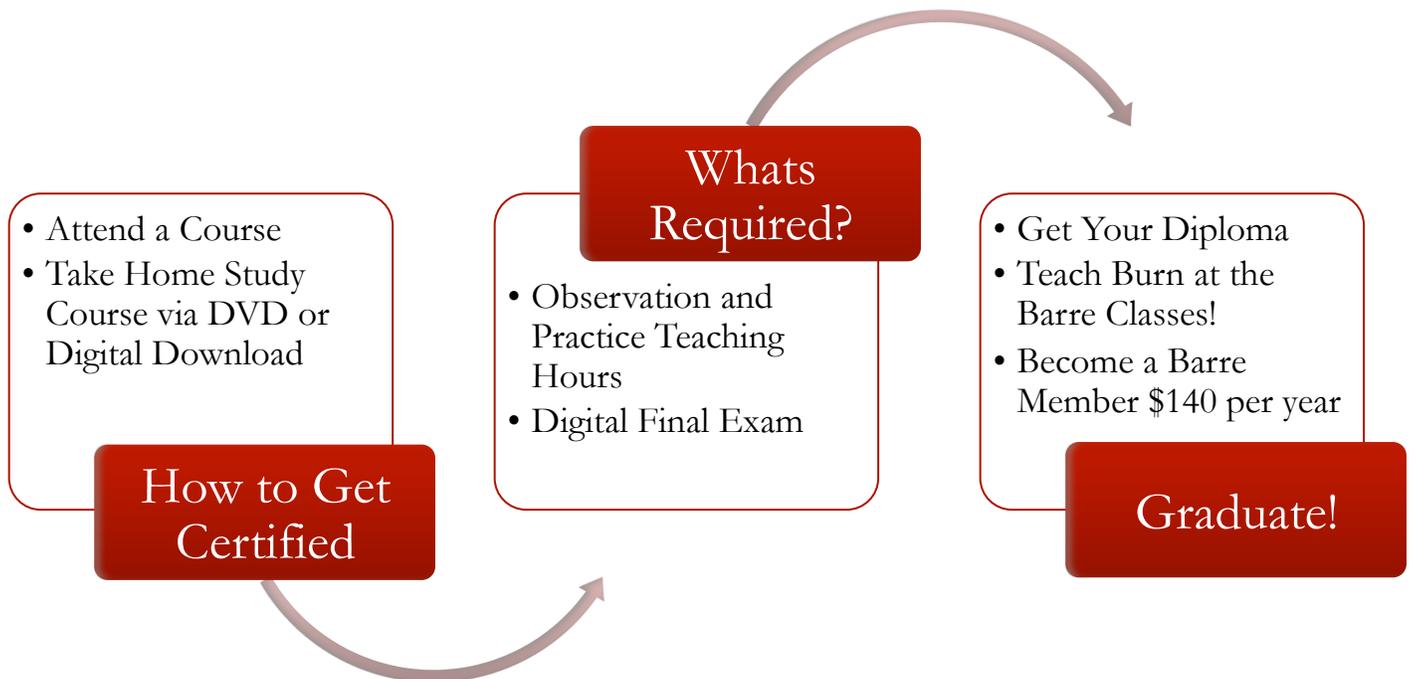
Front Desk: PilatesSportsCenter@gmail.com

Customer Service: info@PilatesSportsCenter.com

YouTube: <http://www.YouTube.com/watch?v=BlZ2tgpI8Lk>

Facebook: <http://www.Facebook.com/PilatesSportsCenter>

Programs of Study: Burn at the Barre™ Teacher Training



What are the Requirements to Become an Instructor?

Level I: A Pilates, dance or fitness background is required. An in-person program is offered for Level I OR as a DVD/Digital Download Home Study Program. If you wish to get a Certificate, some hours of class experience/observation (10hrs) and practice teaching (10 hrs) are also required. A brief online exam may be taken within three months of completing the course to graduate and receive a Burn at the Barre™ Certification Certificate. Included in the program are 10 CEC's. Online \$299 In Person \$549.00



Level II: After you have mastered your Level I you may advance to a Level II with an in person workshop or as a Home Study Program – no test required. The comprehensive Level II Program includes a fully photographic Manual with a set of DVDs. and is also available as a Digital Download. Included in the program are 3 CEC's. Online \$99.00

What if I can't attend the In Person Program?

There is a Home Study Program available for both Level I or Level II on a set of DVDs or as a Digital Download on your computer or device. Both include a fully illustrated manual that follows the course on video. No refunds are available for Home Study once you have received the materials.

Materials You Will Need in Your Studio to Teach Barre:

Therabands / Hand weights 2-8 lbs. / Small balls 8-9" diameter / Fixed or Portable Ballet Barres: We suggest: Height = 40" adjustable if possible / Length = 40 " min / Non-skid feet for safety

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

Programs of Study: Burn at the Barre™ Master Trainer Program

As a Master Teacher Trainer with the PSC Program you will begin a commitment to better the quality of Barre Instruction and inspire others. You will become a part of the rapidly expanding PSC family, and create your very own mark in this field. PSC's Home Study Master Trainer Program is not for everyone. There are specific requirements and an application process. If you meet these requirements, we invite you to submit your application to PSC.

Masters Course Cost:

Payment to receive home study materials: \$900.00

Candidate may submit their application. Upon acceptance into the PSC Burn at the Barre Master Teacher Trainer Program, a non-disclosure agreement will be sent to you to be returned to PSC with full payment in order to attend an in-person program or to receive the Home Study course (Level I Manual as well as the full 10-hour course via DVD or Digital Download will be provided). The Applicant will complete the entire Level I program and the required hours of observation and practice teaching (10 hrs. each). When all hours are done and you are ready to test out, we will send you information on how to perform the final exam given in 2 parts: a written exam and a video test out that you will submit back to PSC via DVD or Vimeo or in person when possible. PSC needs to insure that you have accomplished all of the following before a Certificate of Completion is awarded:

- Exemplary knowledge of the PSC BatB Teacher Training Level I Manual, Matrix, and all DVD materials
- Exemplary knowledge of the Fundamentals portion of the program.
- Accomplishment of all Observation/Self Integration/Practice Teaching Hours
- Accomplishment of the written exam
- Accomplishment of the video test out

PSC will provide all of the materials, exams and support you need. Once successfully passing all of the exams, you are eligible to receive a Certificate of Completion and begin the contractual agreement process with PSC to Host the BatB Program. PSC will support you in all that is needed to run your own programs and workshops at your location so long as all contractual obligations are met. We look forward to adding inspired and energetic people to our team and are dedicating to supporting progress and success. Please submit your application and begin the journey!

Burn at the Barre™ Membership

If you wish to become a Burn at the Barre Certified Instructor and maintain your certification, join our 40+ Burn at the Barre™ Members



“Burn at the Barre™ Membership” Gives You and Your Studio Have Access to the Following...

- Marketing and Branding Materials
- PR exposure through media, websites, PMA and social media
- Permission to use the BatB Logo
- PDF files of the BatB Promotional Postcard and Business Cards
- PDF files of Advertisements for Print
- Listings on the PSC/Burn at the Barre Web Site
- Photos and Video for Marketing and Social Networking
- Burn at the Barre™ Playlist Suggestion Updates
- Choreography Updates
- PDF Client Waivers & Client Contact Information Forms
- Studio Set-up Advice and List of Suppliers
- Sell BatB DVD's at a profit to your studio