

PILATES SPORTS CENTER'S MISSION STATEMENT & GOALS

Thank you for your interest in the Pilates Sports Center Teacher Training Program & Studio founded in 2000. PSC offers not only one of the most profoundly effective exercise systems ever developed, but gives special emphasis to the extensive rehabilitative aspects of the work of Joseph H. Pilates. The importance of quality instruction, well-rounded, innovative training, and good credentials cannot be ignored in today's competitive world. The Pilates Sports Center Teacher Training Program ("PSC") offers the finest Pilates instructor educational program available and is staffed with vetted, qualified, and PMA Certified™ Teachers across the USA and Internationally by Licensing Agreement with PSC.

Goals:

- *PSC's mission is to provide an education in the work of Joseph Pilates with the highest quality of instruction to create the most successful and capable Pilates teacher possible.*
- *PSC preserves the classical repertoire and the essence of Joseph Pilates' philosophy and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. We are constantly refining our Programs.*
- *PSC intends to grow its programs worldwide without sacrificing its quality or integrity. PSC will uphold the highest standards of its instructors, business practices, materials and the work of Joseph Pilates.*

This catalogue will provide you with information on all of our programs. If you have any further questions or concerns we invite you to contact us, or one of our affiliates. We would love to meet you to introduce you to our Studio and discuss our program, as this is a big decision for you.

Thank you for choosing PSC. We are looking forward to seeing you in the Studio.

Co-Founders / Directors of Pilates Sports Center, Inc.
Kelli Altounian and Dr. Andromeda Stevens, D.C.
Pilates Method Alliance Certified Pilates Teachers™