

Professional Pilates & Barre Workshops

Pilates EXPO LA Oct 3-4th 2015: [Pilates Sports Center EXPO Link](#)

- PMA CEC Approved Workshops
- Network with the Pilates community
- Original Workshops Geared Towards Professionals
- Intimate Setting
- Reasonably Priced / A la Carte Menu
- Professional Inspired Instructors / PMA Certified Instructors™
- A photographic manual or comprehensive handout provided for the course you will attend
- Valet parking & Elevators
- Want to Exhibit or Become a Sponsor? *Contact PilatesSportsCenter@gmail.com*

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: June 6-7th 2015

Presenter: Ashley Zachary Eschler

Title: "PSC's Burn at the Barre" Teacher Training Workshop Level I

Description: A PSC creation to bring new light to the barre phenomenon. We have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement this class at your studio to bring in a new revenue stream and add excitement to your programming. Business is covered too! Barre membership is available for support of your new business. PSC will provide a fully photographic manual that outlines every aspect of teaching the program.

Location: Poise Pilates and Barre™ 1800 21st Street, Suite A, Bakersfield CA

Contact: Andromeda Stevens 818 970 1222 andromedastevens@gmail.com or Studio Owner in Bakersfield: christine@poisepilatesbarre.com CEC's 3 CEC's **Price:** \$549



Date of Workshop: June 27-28th 2015

Presenter: Brienne Christopher

Title: "PSC's Burn at the Barre" Teacher Training Workshop Level I

Description: A PSC creation to bring new light to the barre phenomenon.

We have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement this class at your studio to bring in a new revenue stream and add excitement to your programming. Business is covered too! Barre membership is available for support of your new business. PSC will provide a fully photographic manual that outlines every aspect of teaching the program.

Location: The Claremont Club 1777 Monte Vista Avenue, Claremont, CA 91711 909-625-6791(club) 917-520-9270 (cell) www.theclaremontclub.com CEC's 3 CEC's **Price:** \$549

Date of Workshop: September 19th and 20th 2015 9 – 2pm

Presenter: Kelly Snailum

Title: Burn at the Barre Teacher Training Program Workshop Level I

Description: A PSC creation to bring new light to the barre phenomenon. We have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement this class at your studio to bring in a new revenue stream and add excitement to your programming. Business is covered too! Barre membership is available for support of your new business. We provide a fully photographic manual that outlines every aspect of teaching the program.

Location: Remedy Pilates & Massage, 6949 E. Shea Blvd Ste 115, Scottsdale, AZ 85254

Contact: remedyym.com | Kelly Snailum | 480.699.8160 CEC's 10 CEC's **Price:** \$549

Date of Workshop: December 2015

Presenter: Kelly Snailum

Title: "PSC's Burn at the Barre" Variations Workshop

Description: A PSC creation to bring new light to the barre phenomenon.

We have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement this class at your studio to bring in a new revenue stream and add excitement to your programming. Learn how to implement new variations to your barre classes. This course is designed for existing barre programs to add variety and difficulty to your class with bolted barres.

Location: Remedy Pilates & Massage, 6949 E. Shea Blvd Ste 115, Scottsdale, AZ 85254

Contact: remedyym.com | Kelly Snailum | 480.699.8160 CEC's 3 CEC's **Price:** \$90

Register for any Burn at the Barre™ Program

[LINK to Register](#)



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

[Register for Online Course](#)

PSC Workshops in Studio City, CA: Pilates Studio City 11650 Riverside Drive, Suite 1, Studio City, CA 91602
Contact: Marcy McCusker (818) 509-0914 www.PilatesStudioCity.com info@pilatesstudiocity.com

Date of Workshop: Sunday July 19, 2015, 1-4pm

Presenter: Lora Pavilack

Title: Stretching in Perfect Alignment

Description: Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus. 3-hour workshop. (Also avail. on DVD with Manual) **CECs: Price:** \$90

Date of workshop: Sunday Dec 6th, 2015, 1-4pm

Presenter: Marcy McCusker

Title: Jump Board Beginner/Intermediate

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. 3-hour workshop. **CEC'S: 3 Price:** \$90

Date of Workshop: Saturday, October 17, 2015, 2 -5pm

Presenter: Jenny Kornfeld

Title: Pilates Ladder Barrel Workshop

Description: Covering the Ladder Barrel to add more dimension, support, or challenge. A largely underused but valuable tool in your Studio! 3-hour workshop. **CECs: 3 CECs Price:** \$90

Date of workshop: Sunday November 8, 2015, 1-4pm

Presenter: Marcy McCusker

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. **CEC'S: 3 Price:** \$90

PSC Workshops in Arizona: Remedy Pilates & Massage, 6949 E. Shea Blvd Ste 115, Scottsdale, AZ 85254

Contact: remedypm.com | Kelly Snailum | 480.699.8160

Date of Workshop: June 27th 10 am - 1pm

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. **Price:** \$90

Date of Workshop: August 19th - 4pm - 7pm

Title: Stretching in Perfect Alignment Workshop

Description: Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus. **CEC's 3 Price:** \$90

Date of Workshop: September 19th - 11 am - 2 pm

Title: Advanced Cadillac Techniques Workshop

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

PSC Workshops in South Carolina: TrueFit Pilates 7 Sheridan Park Circle, Suite A, Bluffton, SC 29910
Contact: Jennifer Wolfe - Direct: (843) 368-2314 www.truefitpilates.com jennifer@truefitpilates.com

Date of Workshop: Saturday, September 26th

Presenter: Jennifer Wolfe, MS

Title: Pilates Dowel on the 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 with an all-new tool – the Pilates Dowel. A specialized dowel with multiple attachment points to attach to your equipment in ways you never imagined. **CEC's 3 Price:** \$90

Burn at the Barre™ Teacher Training

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

[LINK](#)

Level I \$549 (10 PMA CECS) In House or Home Study **Level II** \$99 Home Study 3 PMA CECS
Call or email us. We are available to host at YOUR Studio.

[LINK](#)

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.

Feb. 2016 • 8:00 am - 5:00 pm

800 • 604 • PSCI (7724)

Watch our informative videos: [Link to Master Trainer Page](#)

Pilates EXPO LA Oct 3-4th 2015

[Pilates Sports Center EXPO Link](#)

Pilates Sports Center Inc. 16430 Ventura Blvd. Suite 100, Encino, CA 91436 818-788-8112

PilatesSportsCenter.com

Email: PilatesSportsCenter@gmail.com

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*****Early registration before July 31st 2015 = \$50 savings on 2 day only*** = \$445**

After July 31st: \$495 = 2 day registration (Sat-Sun)

A la Carte Workshops: 3 hour workshop = \$130 / 2 hour workshop = \$90 each

Refund policy:

- If you cancel 31+ days prior, the administrative fee is \$50. • If you cancel within 30 days, the administrative fee is \$100. If you cancel 6 days or less NO REFUND

PILATES EXPO LOS ANGELES OCT 3-4TH 2015 • PILATES SPORTS CENTER 6TH ANNUAL EVENT

Time	MAIN SUITE 100	MAT SUITE 100A	STUDIO B SUITE 108
SAT Oct 3rd 9:00am-12:00pm			Scoldis Workshop Based on the Schroth Method Dr. Andromeda Stevens, D.C. 3 hours / 3 CECs The Schroth method has been used for years in Europe as the gold standard for scoliosis treatment. This workshop is based on these principles. Andromeda Stevens is one of the few Schroth Best Practice® Certified people in the US by Dr. Hans Waiss of the Schroth family.
1:00 – 4:00 Workshops 3 Hours	Circuit Pilates Workshop Chelsea Steinfelder 3 Hours / 3 CECs Learn how to teach a circuit class! Choreography and class samples using the Reformer with Jump Board, Mat (foam roller) and Chair. Sample classes included! Double attendance and receive all while adding a fun and new challenge for your clients.	Pilates Classical Barrels Workshop Ken Heiman 3 Hours / 3 CECs Classical repertoire on the Ladder Barrel and Spine Corrector. Understand but valuable tools! Ken is one of only 6 people in the world to fully complete Jay Grimes' comprehensive teacher's program. Jay Grimes is one of the last remaining elders who studied directly with Joe Pilates at his Studio in NY.	Advanced Pilates with Wrights Workshop Katie Swenney 3 hours / 3 CECs Created by Katie Swenney a Pilates Master Teacher, professional dancer and fitness model with extensive exercise experience and certifications. Advanced workout with handweights in a new way on all of the Pilates Apparatus.
4:15-6:15 Workshops 2 Hours	Pilates Cardio Spring Board / Tower II Helena Hellberg-Talman 2 hours/ 3 PMA CECs Learn ALL NEW variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge. PSC Can provide DVDs to you at wholesale to sell at your Studio or Workshop	Pilates Balls to the Wall Emily Zachary Smith 2 hours/ 3 PMA CECs Created by Emily Zachary-Smith, you will learn exercises utilizing a Theraball/Fitness ball against the wall. Balancing and working against the surface of the ball creates a great stability challenge. Classic Pilates exercises and a blend of new variations. Beginner to advanced can benefit from the deep, controlled work. Your core and stabilizers can't escape it!	Low Back Care in the Pilates Studio Workshop Kelli Alonson and Andromeda Stevens, D.C. 2 hours/ 3 PMA CECs Learn the basics and a 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. Add a Low Back Care class easily!
SUN Oct 4th 9:00 – 12:00 Workshops	BOSU on Reformer Workshop Kelli Alonson & Emily Smith 3 hours/ 3 PMA CECs 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 with the BOSU ball directly on the Reformer – very exciting new work.	Burn at the Barre Variations Bands & Discs Helena Hellberg-Talman 3 Hours / 3 CECs A PSC creation to bring new light to the barre phenomenon. We have brought this workout to a whole new level with sliding discs and bands! This course is designed for existing barre programs to add variety and difficulty to your class with both Bands. PSC Can provide DVDs (3 DVD levels!) to you at wholesale to sell at your Studio. Barre Certification Available!	Nutrition of Pilates Jessica LaMoss Created by Jessica LaMoss a certified nutritionist, and Pilates Master Teacher. Learn how to advise your clients, work with other nutritionist specialists and a lecture just for your own nutrition benefits! Q&A included.
1:00 – 4:00 Workshops 3 Hours	Dance: Flow on the Reformer Workshop 3 hours/ 3 PMA CECs Add the exciting element of actual technical dance choreography and repertoire to your Pilates Reformer sessions. Combine intricate exercise segments together much like the choreographer does. Emphasizing seamless, seemingly effortless performance of movement, that we describe quite simply as "Flow"! This workout is geared toward the Intermediate/Advanced client.	Advanced Foam Roller Workshop Josh and Emily Smith 3 hours/ 3 PMA CECs Created by Emily Smith a professional dancer and Pilates Master Teacher. A favorite and versatile prop in the studio, foam rollers can benefit and challenge your clients in many ways. Exercises focus on stability, core strength, balance, and feel good moments. PSC Can provide DVDs to you at wholesale to sell at your Studio	Jump Board Workshop: Level 1-2 Jessica LaMoss 3 hours / 3 CECs An Intermediate/Advanced cardio workout. Numerous variations to challenge core, stability and endurance. Incorporates hand weights, balls, bands and fun choreography in a flow pattern for a sustained workout. PSC Can provide DVDs (3 DVD levels!) at wholesale to sell at your Studio
4:15-6:15pm Workshops 2 Hours	ARC Spine Corrector on Reformer with the Jump Board Pilates Workshop 2 hours / 3 CECs Created by Chelsea Steinfelder of Body Be Well. The Arc with Jump Board adds cardio and calorie-burning while supporting the low back. It works pelvic stability and core without having to lift the head, and neck. It elevates heart rate, increases endurance and bone building. Its also great for pregnant women as its supported!	Split Pedal Wunda Chair Variations Workshop Seth Hampton 2 hours / 3 CECs Exciting split pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair. PSC Can provide DVDs to you at wholesale to sell at your Studio	

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