PSC
PILATES SPORTS CENTER

PILATES RESOURCES LIST

Video Portals for Pilates Content:

Pilates Sports Center:
https://training.pilatessportscenter.com/

Pilates Anytime:
Online classes, workshops and lectures – first month free
https://www.pilatesanytime.com

Pilatesology:
Classical Online classes, workshops
https://pilatesology.com/

Insurance / Finance:

Insurance:
https://insurefitness.com/partners/pilates-sports-center/

Financing:
https://creditapply.paypal.com/apply

Organizations:

PMA https://www.pilatesmethodalliance.org/i4a/forms/index.cfm?id=76&widgetPreview=0

Equipment Sales / Repair / Listings Etc. *Facebook Marketplace and other groups - google for more.*

The Pilates Doctor: http://www.thepilatesdoctor.com/index.php?p=Home
service of machines, classifieds, products

The Pilates Guy: http://www.thepilatesguy.com/pages/equipment.html
service of machines, classifieds, products, job boards

Pilates Pal: http://www.pilatespal.com
repair/buying/selling equip., workshops, DVD, clothes, jobs, classes, studio search, workshops

Live Art Incorporated liveartpilates@earthlink.net Classical and other equipment used

Classical Equipment: http://www.nanopilates.com.br/aparelhos/acessorioss

Pilates Sports Center Job Board: https://pilatessportscenter.com/category/job-board/
PMA Job Board: http://pilatesmethodalliance-jobs.careerwebsite.com/home/index.cfm?site_id=9541

www.PilatesSportsCenter.com © Copyright 2004 All rights reserved May not be reproduced in whole or in part. 8 2022

PMA Member Discounts https://www.pilatesmethodalliance.org/i4a/pages/index.cfm?pageid=3449

Books:

Joe Pilates' original works:

Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)	Joseph Pilates
Return to Life through Contrology (1945)	Joseph Pilates
The Complete Writings of Joseph H. Pilates	Joseph Pilates
The Pilates Primer Millennium Edition	Joseph Pilates / Judd Robbins / Lin Van Heuit-Robbins

Bios:

Caged Lion	John Steele
My Enchanted Life	Lolita San Miguel
Jospeh Pilates - a biography	Eve Rincke

Children's books:

Exercise - what it is, what it does	Carola Trier

Physiology/exercise manuals:

The Pilates Method of Mental and Physical Conditioning	Gail Eisen, Phillip Friedman
The Pilates Method of Body Conditioning	Sean P. Gallagher and Romana Kryzanowska

Historical reference:

The Pilates Effect	Sarah Homes, Stacey Redfield
The Joseph H. Pilates Archive Collection	Edited by Sean P. Gallagher and Romana Kryzanowska

Anatomy:

Fitness Professionals Guide to Musculoskeletal Anatomy and Human Movement	Golding and Golding
Atlas of Human Anatomy	Frank N. Netter
Anatomy Coloring Book	Wynn Kapit / Lawrence M. Elson
Anatomy of Movement	Blandine C. Germain
Anatomy of Movement: Exercises	Blandine C. Germain, Stephen Anderson
Illustrated Essentials of Musculoskeletal Anatomy	Sieg and Adams
Trail Guide to the Body Text	Books of Discovery - Andrew Biel
Trail Guide to the Body Student Workbook	"

www.PilatesSportsCenter.com © Copyright 2004 All rights reserved May not be reproduced in whole or in part. 8 2022

Digital online anatomy:

- Primal Pictures
- www.booksofdiscovery.com
- AnatomyZone - YouTube channel by Dr. Peter de Souza and Dr. Jack Hurley, U.K. Medical doctors.
- TeachMeAnatomy - A comprehensive visual anatomy encyclopedia.
- BioDigital - 3-D interactive models. Access is free after creating an account.
- InnerBody - Interactive learning tool with more than 300 high-resolution 3D images.
- BodyMaps - Allows users to explore the human body in 3-D.
- Get Body Smart - A fully animated and interactive eBook about human anatomy and physiology.
- Muscle Atlas - UW Department of Radiology
- The Visible Human Project - Complete 3D male and female human bodies. National Library of Medicine.
- Workshop Anatomy for the Internet - A collection of detailed image of human anatomical structures.
- BIODIC: The ultrastructure website - Ultrastructure images gallery by the Free University of Brussels.
- Gray's Anatomy (by Bartleby.com)
- Web Anatomy - by Murray Jensen from the Univ. of Minnesota
- Anatomy & physiology resources from RM Chute
- The Whole Brain Atlas from Harvard Medical School
- Anatomy Models - University of Colorado at Boulder
- Anatomy & Physiology Animations - Lone Star College
- Muscle Physiology from the National Skeletal Muscle Research Center at UC San Diego.

www.PilatesSportsCenter.com © Copyright 2004 All rights reserved May not be reproduced in whole or in part. 8 2022