

# PILATES SPORTS CENTER

## Teacher Training Programs & Workshops

Pilates Sports Center is proud to uphold a level of excellence in Pilates Education. The Directors are Nationally Certified Pilates Teachers and NPCP Continuing Education Providers. Graduates of a Comprehensive Program that includes Pilates Barrels will meet the criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP)

### Burn at the Barre™

- Become a Barre Teacher
- Become a Barre Master Teacher
- Host a Barre Teacher Training

In Person or Home Study Programs  
[EMAIL](mailto:EMAIL) 818 788 8112

### Become a Pilates Sports Center Affiliate - Master Trainer

Host your own professional Pilates Teacher Training Program and Workshops. Align yourself with a growing and innovative group of people. Pilates Sports Center offers training and support. Home study program followed up with one-on-one coaching and testing. Watch our informative videos:

[Master Trainer Videos](#)



Pilates Sports Center International, Inc.  
 Kelli Altounian & Andromeda Stevens, DC  
 Directors / Founders

- Corp Headquarters: 24282 N. 78th Ave. Peoria AZ 85383  
 Director of Business Development Art Altounian 818-231-6777  
[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)  
[Info@PilatesSportsCenter.com](mailto:Info@PilatesSportsCenter.com)  
[TWITTER](#) / [INSTAGRAM](#) / [FACEBOOK](#)  
[YOUTUBE](#) / [JOB BOARD](#)  
[Pilates Sports Center Channel / Membership](#)

- Studio Headquarters: 16430 Ventura Blvd. #108 Encino, CA 91436  
 Studio 818-788-8112  
[www.WellnessCenterofEncino.com](http://www.WellnessCenterofEncino.com)  
[WellnessCenterofEncino@gmail.com](mailto:WellnessCenterofEncino@gmail.com)



**INDEX:****VISIT OUR WEB SITE**[WWW.PILATESSPORTSCENTER.COM](http://WWW.PILATESSPORTSCENTER.COM)**LOCATIONS WORLDWIDE****NATIONWIDE RATES**

(price by location may vary)

Comprehensive Program:

\$5,900.00 (Mat &amp; Apparatus)

Modules:

•Fundamentals / Philosophy

("Nuts and Bolts") is required

\$400

•Mat \$1200

•Reformer \$2400

•Cadillac \$1200

•Chair \$1200

•Barrels \$400\*\*

\*\* as an additional workshop

NPCP CECs in 2022:

Mat = 16 NPCP CECs

Apparatus = 16 NPCP CECs

Barrels = 16 NPCP CECs

Pregnancy = 16 NPCP CECs

Scoliosis = 16 NPCP CECs

LOCATIONS NATIONWIDE / INTERNATIONAL:

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**Location**

Encino, CA FLAGSHIP LOCATION

**Studio**

Wellness Center of Encino / PSC

**Address**16430 Ventura Blvd Suite 108 Encino  
CA 91436**Contact**Studio: 818 788 8112  
Call or Text: 818 970 1222  
[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)  
[PilatesSportsCenter@gmail.com](mailto:PilatesSportsCenter@gmail.com)**Instructor Information**Helena Hultberg Talman  
NPCP ID: 1061  
BURN AT THE BARRE™ Master  
Trainer  
&  
Dr. Andromeda Stevens, D.C.  
PSC CO-DIRECTOR/FOUNDER  
NPCP ID: 10112  
BURN AT THE BARRE™  
Master Trainer**Class Schedule**

Mon, Wed &amp; Fri: 12:00pm - 4:00pm

Graduates of a Comprehensive Program that \*\*INCLUDES Barrels will meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam)

PRIVATE PROGRAMS ARE AVAILABLE! PLEASE CONTACT US

**PILATES CERTIFICATION:**In Studio: Mat and Reformer, Cadillac and Wunda Chair  
Wed / Fri 12-4pm**SPRING**

- Cadillac: April 19th - May 5th
- Wunda Chair: May 5th - 19th
- Review and Testing May 24th

**FALL**

- Fundamentals: (required) Sept 6th 2023
- Mat Sept 13 - 22nd
- Reformer Sept 27 - Nov 3rd
- Cadillac Nov 8 - Nov 29th
- (Thanksgiving Break Week Nov 22-24th)
- Wunda Chair Nov 1- Dec 15th

Full Course (Fundamentals, Mat, Reformer, Cadillac, & Chair): \$6,900.00 Deposit: \$500 goes towards tuition cost and is NOT refundable

Modular Courses: Deposit: \$100.00 goes towards tuition cost and is NOT refundable

- |  |            |
|--|------------|
| • Fundamentals (Required for program): | \$400.00   |
| • Pilates Mat Training Program Only:   | \$1,700.00 |
| • Reformer:                            | \$1,900.00 |
| • Cadillac:                            | \$1,700.00 |
| • Wunda Chair:                         | \$1,700.00 |

PRIVATE FULL PROGRAM 9800.00

**WORKSHOPS LIVE:****Stretching in Perfect Alignment Workshop**

LIVE or VIRTUAL: Sun, April 15th, 2023 12-3 PM

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. @Wellness Center of Encino \$99 for 16 PMA/NCPT CECs. Register Venmo @Helena-Talman

**Scoliosis Workshop Level I & II: Protocols in the Pilates Studio**

LEVEL I:

Sat APRIL 22, 2023 1 day - 12-6 PM. LIVE &amp; VIRTUAL OR ON DEMAND

LEVEL II: Fri-Sat July 28th and 29th. LIVE &amp; VIRTUAL OR ON DEMAND

Workshops to understand scoliosis causes and issues that can exacerbate the curves. Learn what to avoid and what to focus on to assist the client. Includes scope of practice, anatomy plus a take-home workbook make this a valuable workshop.

**\$175 FLASH SALE!!!!**

\$200 for 16 NPCP CECs @Wellness Center of Encino

Registration: Call /Text 818 970 1222

LEVEL I: <https://momence.com/s/81778599>LEVEL II: <https://momence.com/s/81801057>

[PRIVATE PROGRAMS ARE AVAILABLE! PLEASE US - SEE THE SIDEBAR FOR CONTACT INFO](#)

WORKSHOPS STREAMING/DIGITAL:Pregnancy and Pilates Workshop & Certification ProgramDigital Distance Learning

The Program will include: Pilates Props, Mat, Reformer, Cadillac/Trapeze Table and Wunda/ Combo Chair

Repertoire for the Pre & Post Natal client / Medical anatomical terminology / Ethics and scope of practice / 16 NPCP CEC's \$249. Optional: \$50 Exam fee if Assessment Based Certificate/ Diploma is desired [ENROLL](#)

Pilates Barrels \$150 ON SALE <https://www.digital.pilatessportscenter.com/shop/150342>

Learn the ladder barrel, small barrel/baby arc and the spine corrector to add to your studio repertoire. All classical material. (16 NPCP/NPCP CECs)

Foot and Toe/Small Apparatus \$75 ON SALE <https://digital.pilatessportscenter.com/shop/150947>

The Classical repertoire on Pedi-Pull, Foot/Toe Corrector, Sand Bag and 2X4. Learn exercises and variations for all levels and abilities and develop skills to incorporate the small apparatus work effectively into Pilates sessions. This workshop is a compliment to the PSC Teacher Training Programs. (16 NPCP/NPCP CECs)

Scoliosis: Level I

A 6-8 hour workshop exploring the causes of scoliosis, issues that can exacerbate its curvatures, and ways to attain better function, posture, and pain-free movement. Learn what to avoid and what to focus on to assist scoliosis clients in reducing pain while increasing functionality in the Pilates environment. Includes scope of practice, anatomy discussion, practical demonstrations, plus a take home reference-workbook that make this a valuable and applicable workshop. Dr Andromeda Stevens, D.C. 16 NPCP CEC's \$99 <https://vimeo.com/ondemand/ScoliosisWorkshopLevelI>

[ScoliosisWorkshopLevelI](https://vimeo.com/ondemand/ScoliosisWorkshopLevelI)

For Comprehensive Handout - Email: [ScoliosisCoach@gmail.com](mailto:ScoliosisCoach@gmail.com)

Scoliosis Level II Certificate Program

Level I as pre-req. A 12 hour expanded program exploring the causes of scoliosis, issues that can exacerbate its curvatures, and ways to attain better function, posture, and pain-free movement. We also cover scoliosis fusions. Learn what to avoid and what to focus on to assist scoliosis clients in reducing pain while increasing functionality. Includes scope of practice, anatomy discussion, practical demonstrations, plus a take home reference-workbook that make this a valuable and applicable workshop. A comprehensive test out earns you a diploma and website listing as a scoliosis specialty Pilates teacher. By: Dr Andromeda Stevens, D.C. Digital Download <https://vimeo.com/ondemand/ScoliosisLevel2> \$150

16 NPCP CEC's \$250 Live - Dates TBA Email: [ScoliosisCoach@gmail.com](mailto:ScoliosisCoach@gmail.com)

*NPCP/NPCP CECS in 2023:*

*Mat = 16 NPCP CECs*

*Apparatus = 16 NPCP CECs*

*Barrels = 16 NPCP CECs*

*Pregnancy = 16 NPCP CECs*

*Scoliosis = 16 NPCP CECs*

**Location**

Santa Clarita, CA

**Studio**

Movement of Pilates

**Address**

26267 Prima Way, Santa Clarita, CA  
91350

**Contact**

Megan Drake  
(661) 406-8312  
[pilatestrainingco@gmail.com](mailto:pilatestrainingco@gmail.com)  
<https://pilatestrainingcompany.com>

**Instructor Information**

Megan Drake 17244 NPCP #

Comprehensive Program:  
\$5,900.00 (Mat & Apparatus)

**Modules:**

•Fundamentals / Philosophy  
("Nuts and Bolts") is required \$400

- Mat \$1200
- Reformer \$2400
- Cadillac \$1200
- Chair \$1200
- Barrels \$400\*\*

\*\*as an additional workshop

**NPCP CECS in 2023:**

Mat = 16 NPCP CECS  
Apparatus = 16 NPCP CECS  
Barrels = 16 NPCP CECS  
Pregnancy = 16 NPCP CECS



**WEST COAST**

Santa Clarita, CA:

**Pilates Fundamentals and Philosophy LIVE & VIRTUAL**

Date of workshop: February 2-7, 2023

**Description:** An internationally recognized Professional Pilates program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all of PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules. **Price:** \$400

**Mat Pilates Teacher Training (Mat and Small Apparatus Workshop) LIVE & VIRTUAL**

Date of workshop: February 9-25, 2023

**Description:** An internationally recognized Professional Pilates program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Comprehensive Program (Reformer, Cadillac, Chair & Barrels). You will attend the first 3 weeks of a Full Program. **Price:** \$1200 / 16 CEC's

**Pilates Reformer Teacher Training (Large Apparatus Workshop) LIVE & VIRTUAL**

Date of workshop: February 25-April 1, 2023

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks  
**Price:** \$2400 / 16 CEC's

**Cadillac Pilates Teacher Training (Large Apparatus Workshop) LIVE & VIRTUAL**

Date of workshop: April 1-22, 2023

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 3 weeks. **Price:** \$1200 / 16 CEC's

**Wunda Chair Pilates Teacher Training (Large Apparatus Workshop) LIVE & VIRTUAL**

Date of workshop: April 22-30

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 2.5 weeks. **Price:** \$1200 / 16 CEC's

**WORKSHOPS:**

**Pilates Barrels Teacher Training (Large Apparatus Workshop)**

Date of workshop: May 27, 2023

**Description:** An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours **Price:** \$400 (plus \$50 for test out if diploma is required) / 16 CEC's

**Workshops**

**NPCP CECS in 2023:**

Mat = 16 NPCP CECS  
Apparatus = 16 NPCP CECS  
Barrels = 16 NPCP CECS  
Pregnancy = 16 NPCP CECS



**CEC  
PROVIDER**



**Pilates  
CERTIFICATION PROGRAM**



**Location**

Bakersfield, CA

**Studio**

Poise Pilates+Barre

**Address**1800 21st Street, Suite A  
Bakersfield, California**Contact**

(661) 864-7977

[http://  
www.poisepilatesbarre.com/  
contact/](http://www.poisepilatesbarre.com/contact/)

nicole@poisepilatesbarre.com

callie@poisepilatesbarre.com

**Instructor Information**

Callie Spitzer

*Graduates of a Comprehensive Program that  
"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)*

**NPCP CECs in 2022:**

Mat = 16 NPCP CECs

Apparatus = 16 NPCP CECs

Barrels = 16 NPCP CECs

Pregnancy = 16 NPCP CECs

Scoliosis = 16 NPCP CECs

**WEST COAST**

Bakersfield, CA:

**PILATES TEACHER TRAINING:**

Pilates Fundamentals and Philosophy

**WORKSHOPS:**

Pilates Barrels Teacher Training

Date of workshop: TBD, 2021

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel. Price: \$400 (plus \$50 for test out if diploma is required) / CECs NPCP 16

poise pilates+barre



**Location**

.....  
Studio City, CA

**Studio**

.....  
Pilates Studio City

**Address**

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

**Contact**

.....  
Call (818) 509-0914  
[www.PilatesStudioCity.com](http://www.PilatesStudioCity.com)  
[info@pilatesstudiocity.com](mailto:info@pilatesstudiocity.com)

**Instructor Information**

.....  
Lora Pavilack  
NPCP ID# 10400

Nikki Alstedter NPCP# 10623

**Class Schedule**

.....  
Wed & Fri 1 - 5:00pm

**Other Instructors at Location**

.....  
Jennifer Kornfeld  
NPCP ID 12769  
[jenniferkornfeld@gmail.com](mailto:jenniferkornfeld@gmail.com)

.....  
Marcy McCusker  
[mccusker8@hotmail.com](mailto:mccusker8@hotmail.com)  
NPCP ID: 13549

**NPCP CECS in 2022:**

Mat = 16 NPCP CECS  
Apparatus = 16 NPCP CECS  
Barrels = 16 NPCP CECS  
Pregnancy = 16 NPCP CECS  
Scoliosis = 16 NPCP CECS

**WEST COAST:**

Studio City, CA:

**TEACHER TRAINING:****VIRTUAL PROGRAM:**

Nuts and Bolts & Pilates Mat Online  
Tuesdays & Saturdays (times TBA)

Pilates Fundamentals and Philosophy Workshop

**WORKSHOPS:****Pilates Barrels Teacher Training Workshop**

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required) / CECs NPCP 16



**Location**

.....  
Studio City, CA

**Studio**

.....  
Core Lotus

**Address**

.....  
Studio City, CA

**Contact**

.....  
[mfelbinger@gmail.com](mailto:mfelbinger@gmail.com)  
[sarahskaer@gmail.com](mailto:sarahskaer@gmail.com)

**Instructor Information**

.....  
Michael Felbinger  
NPCP ID: 13024

Sarah Skaer NPCP ID: 13023

**Class Schedule**

.....

WEST COAST:

Studio City, CA

PILATES TEACHER TRAINING:





**Location**

Riverside, CA

**Studio**

The Pilates Co.

**Address**

9350 Magnolia Ave  
Riverside, CA 92503

**Contact**

<https://www.thepilatesco.com>

Tricia Hill

[pilatesgirl1@hotmail.com](mailto:pilatesgirl1@hotmail.com)

+1 (951) 640-4630

WEST COAST:

RIVERSIDE, CA

*Pilates Co.*

*Graduates of a  
Comprehensive Program that  
\*\*INCLUDES Barrels will the  
meet criteria for, and be  
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Nationally Certified Pilates  
Exam (NPCP)  
(Formerly known as the  
Pilates Method Alliance  
Certification Exam™)*

Location

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WEST COAST:

Studio

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PILATES TEACHER TRAINING

Address

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Contact

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Instructor Information

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Class Schedule

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### Location

Beverly Hills, CA

### Studio

Align Beverly Hills Pilates

### Address

### Contact

310 - 854 - 0950

<http://www.alignbhpilates.com>

[alignbhpilates@gmail.com](mailto:alignbhpilates@gmail.com)

### Instructor Information

Julie Amick

NPCP ID: #15523

### Class Schedule

*Graduates of a Comprehensive Program that \*\*INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™)*

### NPCP CECS in 2022:

*Mat = 16 NPCP CECS*

*Apparatus = 16 NPCP CECS*

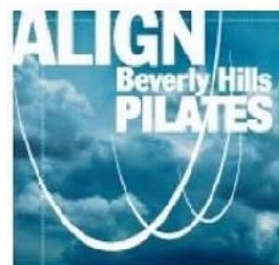
*Barrels = 16 NPCP CECS*

*Pregnancy = 16 NPCP CECS*

WEST COAST:

Beverly Hills, CA

PILATES TEACHER TRAINING:



### Location

Redondo Beach, CA

### Studio

Shape Shift Pilates Studio

### Address

730 S. Pacific Coast  
Highway Ste. 101  
Redondo Beach Ca  
90277

### Contact

(310) 378-4455  
[www.shapeshiftpilates.com](http://www.shapeshiftpilates.com)  
[shapeshifttraining@gmail.com](mailto:shapeshifttraining@gmail.com)  
[e.a.lutz13@gmail.com](mailto:e.a.lutz13@gmail.com)

### Instructor Information

Erin Lutz  
&  
Gina Brutti  
NPCP ID# 13548

### Class Schedule

Tuesday & Friday  
4:00 - 8:00pm

WEST COAST:

Redondo Beach, CA:

Workshops:



Location

Culver City, CA

Territory Available

Address

Contact

Instructor Information

Class Schedule

WEST COAST:

PILATES TEACHER TRAINING:

Culver City, CA

### Location

San Diego, CA

### Studio

Propel Pilates

### Address

16769 Bernardo  
Center Dr., San Diego,  
California 92128

### Contact

858-673-4455  
[www.PropelPilates.com](http://www.PropelPilates.com)  
[rickettkaren@yahoo.com](mailto:rickettkaren@yahoo.com)

### Instructor Information

Karen Rickett  
NPCP ID# 12578

### Class Schedule

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(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

San Diego, CA



**Location**

Upland, CA

**Studio**

The Claremont Club

**Address**1777 Monte Vista Avenue  
Claremont, California, 91711**Contact**

(909) 440 9227

[lvenger@claremontclub.com](mailto:lvenger@claremontclub.com)<https://www.claremontclub.com/pilates/>**Instructor Information**

Layne Garner

**Class Schedule***Graduates of a Comprehensive Program that "INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP)**(Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP-CPT®) Comprehensive*

Program:

\$5,900.00 (Mat &amp; Apparatus)

Modules:

- Fundamentals / Philosophy ("Nuts and Bolts") is required \$400

- Mat \$1200

- Reformer \$2400

- Cadillac \$1200

- Chair \$1200

- Barrels \$400\*\*

\*\*as an additional workshop

**WEST COAST:**

PILATES TEACHER TRAINING:

Upland, CA

Fundamentals: (required) Digital Download

<https://digital.pilatessportscenter.com/>

Course:

Tues &amp; Thurs 11:30am - 3:30pm

Mat: Oct 25th- Nov 10th 2023

Reformer: Nov 29th - Dec 15th

Cadillac: Feb 7th - 28th 2023

Wunda Chair: March 7th-23 2023

Barrels: March 28th - April 4th 2023



### Location

Camarillo, CA

### Studio

Pilates Body Art Fitness

### Address

212 Village Commons  
B.lvd. Suite 11 & 13  
Camarillo, CA 93012

### Contact

1.805.409.9433

[victoria.pilatesbodyart@gmail.com](mailto:victoria.pilatesbodyart@gmail.com)

[http://www.pilatesbodyart.net/  
home.html](http://www.pilatesbodyart.net/home.html)

### Instructor Information

Victoria Haijazin

### Class Schedule

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(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

Camarillo, CA

WORKSHOPS:

Pilates Barrels Teacher Training Workshop

Date of workshop: TBD If Requested

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the Certification Exam or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required)





### Location

.....  
Palm Desert, CA

### Studio

.....

### Address

.....

### Contact

.....  
(310) 686-6267

[susie@susieg.biz](mailto:susie@susieg.biz)

[www.trainingingbysusieg.com](http://www.trainingingbysusieg.com)

### Instructor Information

Susie Gorman Green

NPCP ID# 14397

### Class Schedule

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Pilates Exam (NPCP)*

*(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

Palm Desert, CA

### Location

Santa Barbara, CA

### Studio

Arlunviji Transformative  
Movement

### Address

400 E. Canon Perdido Suite  
A-1  
Santa Barbara, CA 93101

### Contact

(805) 682-2491  
[www.arlunviji.com](http://www.arlunviji.com)  
[info@arlunviji.com](mailto:info@arlunviji.com)

### Instructor Information

Nikki Alstedter  
NPCP ID# 10623

### Class Schedule

Mondays  
9:00am - 1:00pm  
& Fridays 1:30-5:30pm

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Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

Santa Barbara, CA

PILATES TEACHER TRAINING:



### Location

Carlsbad, CA

### Studio

Enhanced Health & Fitness

### Address

6120 Paseo Del Norte H-1  
Carlsbad, CA 92011

### Contact

760-930-1230 (Studio)  
760-271-4597 (Cell)  
<http://www.ehfpilates.com>  
[natalie@ehfpilates.com](mailto:natalie@ehfpilates.com)

### Instructor Information

Natalie Walker  
NPCP ID# 15501

### Class Schedule

Mondays & Wednesdays  
4:30pm-8:30pm

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be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)  
(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

Carlsbad, CA:

PILATES TEACHER TRAINING:



### Location

San Francisco, CA

### Studio

Soulful Pilates

### Address

1501 Waller St., San  
Francisco, CA 94117

### Contact

(415) 806-1589  
[www.SoulfulPilates.com](http://www.SoulfulPilates.com)  
[info@SoulfulPilates.com](mailto:info@SoulfulPilates.com)

### Instructor Information

Veronique Dumont-Thoma

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module  
*Graduates of a  
Comprehensive Program that  
\*\*INCLUDES Barrels will the  
meet criteria for, and be  
prepared to take, the  
Nationally Certified Pilates  
Exam (NPCP)  
(Formerly known as the  
Pilates Method Alliance  
Certification Exam™ for a  
NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

San Francisco, CA:



### Location

Rocklin, CA

### Studio

Studio Lotus

### Address

### Contact

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

*Graduates of a Comprehensive  
Program that "INCLUDES Barrels will  
the meet criteria for, and be prepared  
to take, the Nationally Certified Pilates  
Exam (NPCP)  
(Formerly known as the Pilates Method  
Alliance Certification Exam™ for a  
NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

Rocklin, CA:



### Location

Las Vegas, NV

### Studio

Body Balancing by  
Darcie Pilates Studio

### Address

4735 S. Durango Drive  
Suite 101, Las Vegas,  
Nevada 89147

### Contact

702-497-5827  
[BBbyDarcie@gmail.com](mailto:BBbyDarcie@gmail.com)  
[www.pilateswithdarcie.com](http://www.pilateswithdarcie.com)

### Instructor Information

Darcie Osborn  
NPCP ID #15433

### Class Schedule

Tuesdays & Thursdays

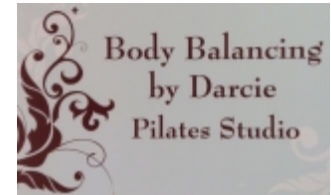
Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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Certified Pilates Exam (NPCP)  
(Formerly known as the Pilates  
Method Alliance Certification  
Exam™ for a NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

Las Vegas, Nevada:



### Location

Bellevue, WA

### Studio

Bellevue Club /  
Energize Pilates

### Address

11200 SE 6<sup>th</sup> St. Bellevue, WA  
98004

### Contact

(206) 713-6196  
[www.EnergizePilates.com](http://www.EnergizePilates.com)  
[EnergizePilates@gmail.com](mailto:EnergizePilates@gmail.com)  
[BellevueClub.com/wellness/](http://BellevueClub.com/wellness/)

### Instructor Information

Nancy Black  
NPCP ID: 13645

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac and Wunda  
Chair)  
\*\*\$400 Barrels Module

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"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)  
(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

PILATES TEACHER TRAINING:

Bellevue, WA:



### Location

East Central, WA

### Studio

Sevilla Bodyworks

### Address

1203 S Cedar St, Spokane, WA  
99204

### Contact

509-994-8109

[maria@sevillabodyworks.com](mailto:maria@sevillabodyworks.com)

[www.sevillabodyworks.com](http://www.sevillabodyworks.com)

### Instructor Information

Maria Sevilla

NPCP ID: 11536

Comprehensive Program:

\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)

\*\*\$400 Barrels Module

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"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)*

*(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

East Central, WA





### Location

Portland, OR

Territory Available

### Address

### Contact

### Instructor Information

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac, ...  
and Wunda Chair)  
\*\*\$400 Barrels Module

*Graduates of a Comprehensive Program that  
"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)  
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Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

Portland, OR:

NONE SCHEDULED

## Location

TERRITORY  
AVAILABLE!

## Class Schedule

.....

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac and Wunda  
Chair)  
\*\*\$400 Barrels /Module

*Graduates of a Comprehensive Program  
that **\*\*INCLUDES** Barrels will the meet  
criteria for, and be prepared to take, the  
Nationally Certified Pilates Exam (NPCP)  
(Formerly known as the Pilates Method  
Alliance Certification Exam™ for a NPCP-  
CPT®)*

**Location**

Scottsdale, AZ

**Studio**Remedy Pilates and  
Massage**Address**6949 E. Shea Blvd  
Suite 115, Scottsdale,  
AZ 85254**Contact**

480-699-8160

[www.remedypm.com](http://www.remedypm.com)**Instructor Information**Kelly Snailum  
NPCP ID#11159  
BURN AT THE BARRE™  
Master Trainer**Class Schedule**

Wed 3:00pm-9:00pm

Comprehensive Program:

\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)

\*\*\$400 Barrels Module

Graduates of a Comprehensive  
Program that \*\*INCLUDES Barrels will  
the meet criteria for, and be prepared  
to take, the Nationally Certified Pilates  
Exam (NPCP)

(Formerly known as the Pilates  
Method Alliance Certification Exam™  
for a NPCP-CPT®)

**NPCP CECS in 2022:**

Mat = 16 NPCP CECS

Apparatus = 16 NPCP CECS

Barrels = 16 NPCP CECS

Pregnancy = 16 NPCP CECS

Scoliosis = 16 NPCP CECS

**MOUNTAIN:**

Scottsdale, AZ:

**TEACHER TRAINING:****WORKSHOPS:**Wunda Chair Pilates Teacher Training Date of workshop: December 16<sup>th</sup>, 2020 – January 13<sup>th</sup>, 2021

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates



**Location**

Scottsdale, AZ

CONTINUED.....

Remedy Pilates & Barre

6949 E. Shea Blvd

Suite 115

(480) 699-8160

[www.remedypilates.com](http://www.remedypilates.com)

[kelly@remedypilates.com](mailto:kelly@remedypilates.com)

Kelly Snailum NPCP Cert

#16676

Comprehensive Program:

\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)

\*\*\$400 Barrels Module

*Graduates of a Comprehensive Program that  
"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP)*

*(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

**Location**

Peoria, AZ

**Studio**

Pilates Sports Center

**Address**

Corp Headquarters:  
24282 N. 78th Ave. Peoria  
AZ 85383

**Contact**

818-231-0226  
[kellipsc@gmail.com](mailto:kellipsc@gmail.com)

**Instructor Information**

Kelli Altounian - Director/Founder  
Pilates Sports Center  
NPCP #10285

Josh Smith  
Emily Smith

**Class Schedule**

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module  
Graduates of a Comprehensive  
Program that \*\*INCLUDES Barrels  
will the meet criteria for, and be  
prepared to take, the Nationally  
Certified (NPCP) (Formerly known  
as the Pilates Method Alliance  
Certification Exam™

*NPCP CECS in 2022:*

*Mat = 16 NPCP CECs*

*Apparatus = 16 NPCP CECs*

*Barrels = 16 NPCP CECs*

*Pregnancy = 16 NPCP CECs*

MOUNTAIN:

Peoria, AZ:

PILATES TEACHER TRAINING:



Location

Crested Butte, CO

Studio

Territory Available

Address

Contact

Instructor Information

Class Schedule

MOUNTAIN:

Crested Butte, CO

**Location**

DENVER, CO

MOUNTAIN:

Denver CO

**Studio**Pilates on Broadway /  
Pillar of Strength**Address**1485 S. Colorado Blvd  
#310  
Denver, CO 80222**Contact**(720) 941-8971  
[www.PillarofStrengthStudio.com](http://www.PillarofStrengthStudio.com)  
[sixfeetsarah@yahoo.com](mailto:sixfeetsarah@yahoo.com)**Instructor Information**Sarah Smysor-Panning  
NPCP ID# 12227**Class Schedule**Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module*Graduates of a Comprehensive Program  
that \*\*INCLUDES Barrels will the meet  
criteria for, and be prepared to take, the  
Nationally Certified Pilates Exam (NPCP)  
(Formerly known as the Pilates Method  
Alliance Certification Exam™ for a NPCP-  
CPT®)*

### Location

Ft Collins, CO

### Studio

Raintree Athletic Club  
Inside Out Pilates

### Address

2555 S. Shields Street,  
Fort Collins, Colorado  
80526

### Contact

(970) 218-6805  
[leecooper5@comcast.net](mailto:leecooper5@comcast.net)

### Instructor Information

Lee Cooper  
NPCP ID# 12243

### Class Schedule

Tuesday  
2:00 - 6:00pm  
and  
Thursday  
12:00 - 4:00pm

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

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Certification Exam™ for a NPCP-CPT®)*

MOUNTAIN

Fort Collins, Colorado:

PILATES TEACHER TRAINING:





**Location**

Cedar Falls, IA

**Studio**

NRG PILATES

**Address**

1250 College Square  
Mall, Cedar Falls, IA  
50613

**Contact**

(319) 269-3759  
[www.nrgpilates.net](http://www.nrgpilates.net)  
[nicky@nrgpilates.net](mailto:nicky@nrgpilates.net)

**Instructor Information**

Nicky Miller  
NPCP ID#15129

**Class Schedule**

Wed 8:00am-12:00pm  
&  
Friday 9:00am-1:00pm

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

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**CENTRAL**

Cedar Falls, IA:

TEACHER TRAINING:



**Location**

Wichita, KS

**Studio**

Studio 54 Pilates &  
More

**Address**

9099 W. Central,  
Wichita, KS 67212

**Contact**

(316) 265-9700  
[studio54pilates.com](http://studio54pilates.com)  
[amie@studio54pilates.com](mailto:amie@studio54pilates.com)

**Instructor Information**

Amie Ross  
NPCP ID: 20595

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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Method Alliance Certification  
Exam™ for a NPCP-CPT®)*

CENTRAL:

Wichita, KS:

Pilates Fundamentals and Philosophy Workshop

WORKSHOPS 2021:



**Location**

Onalaska, WI

**Studio**

THE PILATES STUDIO

**Address**

1052 Oak Forest Drive  
Suite 320  
Onalaska, WI 54650

**Contact**

(608) 781-2656

[TheStudio@PilatesStudioLaX.com](mailto:TheStudio@PilatesStudioLaX.com)

[thestudio@pilatesstudiolax.com](mailto:thestudio@pilatesstudiolax.com)

**Instructor Information**

Heather Happel

Heather Froh

Comprehensive Program:  
\$5,550.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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Method Alliance Certification  
Exam™ for a NPCP-CPT®)*

CENTRAL

ONALASKAS, WI:

PILATES TEACHER TRAINING:



**Location**

Prairie Village, KS

**Studio**

STUDIO 7 PILATES +  
BARRE

**Address**

7500 State Line Rd.  
Prairie Village, KS  
66208

**Contact**

Jocelyn Cohenour  
913.259.7005

[www.studio7pilates.com](http://www.studio7pilates.com)

[info@studio7pilates.com](mailto:info@studio7pilates.com)

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

Graduates of a Comprehensive  
Program that \*\*INCLUDES  
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Exam™ for a NPCP-CPT®)

**CENTRAL:**

Kansas City / Prairie Village, KS:

PILATES TEACHER TRAINING:

WORKSHOPS:



**Location**

Frisco, TX

**Studio**

Reform & Ride Pilates  
and Cycling Studio

**Address**

1125 Legacy Drive,  
Frisco, TX 75034

**Contact**

972.576.7337  
[www.reformandride.com](http://www.reformandride.com)  
[beverly@reformandride.com](mailto:beverly@reformandride.com)

**Instructor Information**

Beverly Seitzinger  
ID #16133

**Class Schedule**

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

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Pilates Method Alliance Certification Exam™ for  
a NPCP-CPT®)*

**CENTRAL**

FRISCO, TX

Teacher Training:

Workshops:



**Location**

Webster, TX

**Studio**

ME Body Studio

**Address**

945 East NASA Parkway,  
Webster, TX 77058

**Contact**

(281) 984 7325

<http://www.themebody.com>

[movewithkimberlycampos@gmail.co  
m](mailto:movewithkimberlycampos@gmail.com)

**Instructor Information**

Kimberly Campos

**Class Schedule**

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

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Pilates Exam (NPCP) (Formerly known as the  
Pilates Method Alliance Certification Exam™ for  
a NPCP- CPT®)*

CENTRAL

Webster, TX:

TEACHER TRAINING:

WORKSHOPS:



**Location**

Dallas/Fort Worth TX

**Studio**Pops Gym / G50 Performance  
Training**Address**3212 Collinworth  
Fort Worth, TX 76107**Contact**Kadee Sweeney  
kadeefit@gmail.com  
818-605-8865**Instructor Information**Kadee Sweeney  
NPCP Cert #12132**Class Schedule**Thursday 5-9pm  
Friday-Sunday 9-5pm

*Graduates of a Comprehensive Program that \*\*INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP-CPT®)*

**CENTRAL**

Dallas / Ft Worth / Southlake, TX

PILATES TEACHER TRAINING:

Comprehensive Program:**2023 Spring/Fall**

- Fundamentals/Mat: May 4th - 7th
- Reformer 1: May 18th - 21st
- Reformer 2: June 15th - 18th
- Cadillac: August 3rd - 6th
- Wunda Chair: September 14th - 17th
- Review & Testing: TBD
- Thursday 5-9pm / Friday-Sunday 9-5pm

\$5,900.00 (Mat &amp; Apparatus)







## Location

.....

## Class Schedule

.....

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac  
and Wunda Chair)  
\*\*\$400 Barrels Module

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(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

## Location

Houston TX

## Studio

My Well Balanced Life

## Address

10215 Del Monte Drive  
Houston TX 77042  
850-499-8243

## Contact

[www.mywellbalancedlife.com](http://www.mywellbalancedlife.com)  
[mywellbalancedlife@gmail.com](mailto:mywellbalancedlife@gmail.com)

## Instructor Information

Amanda Koch  
NPCP ID: 12486

## Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$ Barrels Module

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Pilates Exam (NPCP)  
(Formerly known as the Pilates Method Alliance  
Certification Exam™ for a NPCP-CPT®)*

CENTRAL

Houston, TX;

PILATES TEACHER TRAINING:



**Location**

Austin, TX

**Studio**

Pilates South Austin

**Address**

9901 Brodie Lane, Suite 145  
Austin, Texas 78748

**Contact**

(512) 280-6683

[https://  
pilatesstudiosouthaustin.com](https://pilatesstudiosouthaustin.com)

[pilatessouthaustin@gmail.com](mailto:pilatessouthaustin@gmail.com)

**Instructor Information**

Beth Dupleth  
Kari Levassar

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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Certification Exam™ for a NPCP-CPT®)*

CENTRAL

Austin, TX:

**PILATES TEACHER TRAINING:**

Tuesdays and Thursdays 8:30 am - 12:30

Pilates Reformer Teacher Training

**WORKSHOPS:**



### Location

Chicago, IL

### Studio

Amplified Pilates Center

### Address

309 W. Chicago Ave.

Suite 2 Chicago, IL 60654

### Contact

847-271-9745

[www.amplifiedpilates.com](http://www.amplifiedpilates.com)

[angela@amplifiedpilates.com](mailto:angela@amplifiedpilates.com)

### Instructor Information

Angela Pawlicki NPCP ID: 11997

### Class Schedule

### Other Instructors at Location

Kiley Hearn

[kiley@amplifiedpilates.com](mailto:kiley@amplifiedpilates.com)

NPCP ID 15343

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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Method Alliance Certification  
Exam™ for a NPCP-CPT®)*

**Location**

.....  
Louisville, KY

**Studio**

.....  
Holly's Pilates Village

**Address**

.....  
201 Meridian Ave. Louisville,  
KY 40207

**Contact**

.....  
(502)-409-4200  
[www.teachpilatesvillage.com](http://www.teachpilatesvillage.com)  
[holly@pilatesvillage.com](mailto:holly@pilatesvillage.com)  
[teresa.pilatesvillage@gmail.com](mailto:teresa.pilatesvillage@gmail.com)

**Instructor Information**

.....  
Holly Holland NPCP #14141

Teresa Willis NPCP  
#782566  
.....

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

EAST COAST

Louisville, KY:

TEACHER TRAINING:



### Location

Red Hook/Rhinebeck  
& Catskill NY

### Studio

Body Be Well

### Address

401 Main Street  
Catskill, NY 12414

### Contact

914 - 466 - 3173 or  
518 - 943 - 0333  
[www.BodyBeWellPilates.com](http://www.BodyBeWellPilates.com)  
[info@BodyBeWellPilates.com](mailto:info@BodyBeWellPilates.com)

### Instructor Information

Chelsea Streifeneder  
NPCP ID# 11599

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer, Cadillac and Wunda  
Chair)  
\*\*\$400 Barrels Module

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Certification Exam™ for a NPCP-CPT®)*

EAST COAST

Red Hook/Rhinebeck, & Catskill NY:



Private Programs are available! Become a  
Pilates on your own time and schedule! Email [Chelsea@bodybewellpilates.com](mailto:Chelsea@bodybewellpilates.com)  
for more information!

### Location

Tinton Falls, NJ

### Studio

Pilates Blast

### Address

134 Broad street  
Red Bank NJ 07739

55 N Gilbert Street -  
Building #3 Suite  
CB101,  
Tinton Falls, NJ 07701

### Contact

732 - 747 - 6388

[www.PilatesBlast.com](http://www.PilatesBlast.com)

[info@PilatesBlast.com](mailto:info@PilatesBlast.com)

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair) . . . .  
\*\*\$400 Barrels Module

*Graduates of a Comprehensive Program that  
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Certification Exam™ for a NPCP-CPT®)*

EAST COAST

Tinton Falls, NJ / Red Bank, NJ



**Location**

Marlton, NJ

**Studio**Pilates Plus a  
Restoration Studio, LLC**Address**Monokian Dental  
Building, 151 Greentree  
Rd, Suite E, Marlton,  
NJ 08035**Contact**

856-304-5556

[laurie@pilatesplusrestoration.com](mailto:laurie@pilatesplusrestoration.com)**Instructor Information**Laurie Weiner  
NPCP ID#13687**Class Schedule**Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module*Graduates of a Comprehensive Program  
that **\*\*INCLUDES** Barrels will the meet  
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CPT®)*

EAST COAST

Marlton, NJ

TEACHER TRAINING:

**WORKSHOPS:**

Pilates Barrels Teacher Training

Date of workshop: TBA

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/ Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required) / CECs NPCP 16





### Location

Greenwood, IN

### Studio

Available territory

### Address

### Contact

### Instructor Information

### Class Schedule

Comprehensive Program:  
\$5,900.00 (Mat, Reformer,  
Cadillac and Wunda Chair)  
\*\*\$400 Barrels Module

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(Formerly known as the Pilates Method  
Alliance Certification Exam™ for a NPCP-  
CPT®)*

### Location

Knoxville TN

The Guild - Pilates Plus

### Address

3337 Sutherland Ave,  
Knoxville, TN 37919

### Contact

917 510 3690

[www.TheGuildStudio.com](http://www.TheGuildStudio.com)

Cell: (310) 686-6267

[susieg@trainingbysusieg.com](mailto:susieg@trainingbysusieg.com)

[www.trainingingbysusieg.com](http://www.trainingingbysusieg.com)

### Instructor Information

Susie Gorman Green  
NPCP ID#14397

### Class Schedule

*Graduates of a Comprehensive Program that \*\*INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP- CPT®)*

EAST COAST

Knoxville TN

PILATES TEACHER TRAINING:





### Location

Wellington, Florida

### Studio

My Pilates Wellington

### Address

13860 Wellington  
Trace #8, Wellington,  
FL

### Contact

561 827 1481  
[mypilateswellington@gmail.com](mailto:mypilateswellington@gmail.com)  
[MyPilatesWellington.com](http://MyPilatesWellington.com)

### Instructor Information

Elena Miller  
NPCP ID#13552

### Class Schedule

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"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP) (Formerly known as the  
Pilates Method Alliance Certification Exam™ for  
a NPCP-CPT®)*

### EAST COAST

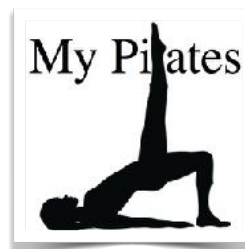
Wellington, Florida:

### PILATES TEACHER TRAINING:

Date TBA

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines  
Classical and Progressive Pilates styles with modifications and variations. Creative  
training and program development skills for any level of proficiency. Medical  
anatomical terminology. Verbal and tactile cueing skills. Understand indications and  
contraindications for specific injuries/ dysfunctions. Approx 2.5 weeks.



### Location

Bluffton, SC

### Studio

TruFit Pilates & Training Center

### Address

Sheridan Park Circle,  
Suite A, Bluffton, SC  
29910

### Contact

(843) 368-2314  
[www.truefitpilates.com](http://www.truefitpilates.com)  
[jennifer@truefitpilates.com](mailto:jennifer@truefitpilates.com)

### Instructor Information

Jennifer Wolfe  
NPCP ID: 12057

\*BURN AT THE BARRE™  
Master Trainer

### Class Schedule

*Graduates of a Comprehensive Program that  
"INCLUDES Barrels will the meet criteria for, and  
be prepared to take, the Nationally Certified  
Pilates Exam (NPCP) (Formerly known as the Pilates  
Method Alliance Certification Exam™ for a  
NPCP-CPT®)*

EAST COAST

Bluffton, SC:

PRIVATE PROGRAMS ARE AVAILABLE!  
PLEASE CONTACT JENNIFER WOLFE



## Location

Suwanee, Georgia

## Studio

Core Pilates LLC

## Address

7115 Palisades Pt. Suwanee, GA.  
30024

## Contact

706-825-6614  
[corepilatescv@gmail.com](mailto:corepilatescv@gmail.com)

## Instructor Information

Charity Van Horn  
NPCP #37077

## Class Schedule

Class will be held from 2-6 pm on the days listed.

*Graduates of a Comprehensive Program that "INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP-CPT®)*

\$5,900 Full Program

or Modules:

• Fundamentals / Philosophy

("Nuts and Bolts") is required. \$400

• Mat \$1200

• Reformer \$2400

• Cadillac \$1200

• Chair \$1200

• Barrels \$400\*\*

\*\*as an additional workshop

## EAST COAST

### Pilates Fundamentals and Philosophy

**Date of workshop:** April 3, 2023

**Description:** An internationally recognized Professional Pilates program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all of PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules. **Price:** \$400

### Mat Pilates Teacher Training (Mat and Small Apparatus Workshop)

**Date of workshop:** April 10, 2023

**Description:** An internationally recognized Professional Pilates program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Comprehensive Program (Reformer, Cadillac, Chair & Barrels). You will attend the first 3 weeks of a Full Program. 16 CEC's

### Pilates Reformer Teacher Training (Large Apparatus Workshop)

**Date of workshop:** May 1, 2023

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks 16 CEC's

### Cadillac Pilates Teacher Training (Large Apparatus Workshop)

**Date of workshop:** June 21, 2023

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 3 weeks. 16 CEC's

### Wunda Chair Pilates Teacher Training (Large Apparatus Workshop)

**Date of workshop:** July 10, 2023

**Description:** An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 2.5 weeks. 16 CEC's

## WORKSHOPS:

### Pilates Barrels Teacher Training (Large Apparatus Workshop)

**Date of workshop:** August 14, 2023

**Description:** An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours (plus \$50 for test out if diploma is required) / 16 CEC's



## International Locations

## INTERNATIONAL

Tel Aviv, Israel: Ella Ben-Aharon  
46 Salame Road (Derech Salame 46) Tel-Aviv,  
66073 ISRAEL

<http://www.naim.org.il/english/>

[EllaBenAharon@gmail.com](mailto:EllaBenAharon@gmail.com)



Seoul, South Korea: Yong Ho, Lim #204,  
551-17, Yangcheon-ro, Gangseo-gu, Seoul,  
Korea 07532 02-2065-7490

[www.bodynox.com](http://www.bodynox.com) [roiim@naver.com](mailto:roiim@naver.com)

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BODY NOX PILATES