



## PSC EXPO IN ARIZONA 2024

Follow us for exciting news! IG: [INSTA](#)

Web: [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

Channel: <https://training.pilatessportscenter.com/>

On Demand: <https://pilatessportscenter.com/shop>

StanStore: <https://stan.store/PilatesSportsCenter>



REGISTER HERE

**DATES:** October 25-27th 2024 (Sat-Sun) 9AM-4/4:30 PM Mountain Time  
In Person or Virtual/Live Stream Option

**COST:** \$500 Sat/Sun OR 1 day only \$250 (PSC Master Trainers %50 off)

**CECs:** 16 NCPT CECs with full weekend registration

**EXPO REGISTER:** <https://stan.store/PilatesSportsCenter>

### 8 AM WORKOUT CLASSES REGISTER:

Mat Class & Reformer Class [SIGN UP!](#) Promo code: EXPO10

### LOCATION:

Remedy North Central

1219 E Glendale Ave., Suite 4, Phoenix, AZ 85020

Contact 602-549-6513 (cell). [linktr.ee/Remedypilatesandbarre](http://linktr.ee/Remedypilatesandbarre)

LOCATED AT:



### WORKSHOPS:

#### **BOSU™ on the Pilates Reformer**

Created By: Kelli Altounian & Emily Smith

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. 3 hours with handout

It will be avail: <https://stan.store/PilatesSportsCenter>

OR ON DEMAND LINK: <https://pilatessportscenter.com/shop>



#### **Low Back Care in the Pilates Studio**

Created By: Kelli Altounian and Andromeda Stevens, D.C.

Learn the basics of low back pain and how to address basic low back care and pain issues common with your clients. 3 hours with handout

Missed it this year? We will record it! It will be avail: <https://stan.store/PilatesSportsCenter>

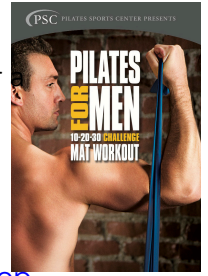


## Pilates For Men Workshop

Created By: Josh Smith of HardCore Pilates and the inventor and co-star of the "Pilates For Men: 10-20-30 Challenge" videos and YouTube series. Learn how to tailor Mat & Reformer workout to suit your male clients and build your male clientele, the fastest growing Pilates population. 3 hours with handout  
Missed it this year? We will record it!

It will be avail: <https://stan.store/PilatesSportsCenter>

OR the entire workout series is ON DEMAND LINK: <https://pilatessportscenter.com/shop>



## Shoulder Anatomy and Workshop (Common Problems)

Created by Dr. Andromeda Stevens and Kelli Altounian. Covering "Common Problems" and injuries or ailments that trainers must handle with clients, how to recognize them, what are the common causes, what to avoid and what to focus on to assist in the client's recovery. Includes scope of practice and working with other health care providers. Anatomy and terminology plus a take home workbook make this a valuable workshop. 3 hours with handout

ON DEMAND LINK: <https://pilatessportscenter.com/shop>



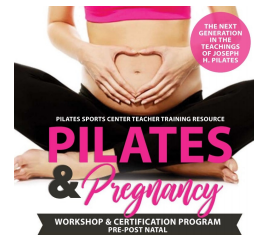
## Mini Workshop Bonus: Cueing / Flow and Programming for your classes!

A "How To" with Josh Smith

**AND.....JOIN US NEXT YEAR OR ON DEMAND FOR.....**

## Pregnancy and Pilates Workshop/Certification Program

Pre and Postnatal: There are limitations and risks associated with the pregnant client. This two-day program will teach you the latest advancements in terminology, specific safety and workout programming protocols. As a student of this program you will gain the knowledge to handle history taking, health care release documentation, progress charting, and modifications of routines that evolve throughout the trimesters. Includes a valuable fully illustrated workbook and the opportunity to gain a Certification/CECs. ON DEMAND: \$249 [SHOP](#). To learn all about our enriched Pilates for Pregnancy Program: [LEARN](#) INFO Video: [LINK](#). Online Exam – optional for \$50 to earn a Certification and 16 CECs



## Scoliosis Workshop: Techniques to Work in the Pilates Studio

Created By: Dr. Andromeda Stevens, D.C. Understand scoliosis causes and issues that can exacerbate the curves. Learn to assess a client, program new ways of working with them, how to use props and, importantly, learn what to avoid. Includes scope of practice, anatomy plus a take home workbook with assessment forms make this a valuable workshop! Taught By: Dr. Andromeda Stevens, D.C., Schroth Best Practice Advanced Certified, Gold NCPT™

ON DEMAND: [LINK](#)

\$99 FOR 16 CECs [ScoliosisCoach@gmail.com](mailto:ScoliosisCoach@gmail.com) [www.ScoliosisCoach.com](http://www.ScoliosisCoach.com) 818 970 1222



## Other PSC Products

### **PSC Pilates Teacher Training Program**

FOR OVER 24 YEARS - An international program that incorporates Classical and Progressive styles in a 16-week comprehensive program. It's competitively priced and a small class size for quality control and high levels of attention.

### **PSC Barre Master Trainer Program**

An experienced Barre Level I Instructor who wishes to teach the PSC Program may undergo this Intensive Program to become a Barre Master Trainer for PSC and conduct the course. The applicant will complete the program via DVD (home study) and will then take an at-home exam. The program will include teaching and demonstrating the PSC approach and learning the process of launching a program. PSC will provide a Policies and Procedures Manual that outlines every aspect of operating the program. \*Once successfully passing the exam, the Candidate is now ready to launch a program.

\$900.00 covers all materials needed for home study and support to launch. *\*Some conditions and additional requirements are supplied in the application*

### **PSC Channel**

[Training.PilatesSportsCenter.com](http://Training.PilatesSportsCenter.com)



- **TEACHER TRAINING:**

Mat / Reformer / Cadillac / Wunda Chair For Tutorial and Review

- **EDUCATION / WORKSHOPS:**

Jump Board, Split Pedal, Barrels, Pedi-Pull, Small Apparatus, Barre, And So Much More....

- **CLASSES:** Adv. Teachers Classes, Healthy Aging, Low Back Care, Levels Classes. New Material Added Weekly

- **BONUS:** Anatomy Lessons, Business Workshops, And So Much More... **JOIN NOW**

[training.PilatesSportsCenter.com](http://training.PilatesSportsCenter.com)

### **PSC Pilates Master Trainer Intensive Program**

**Host our Pilates Sports Center programs at your own studio for extra revenue!** An experienced Instructor who wishes to teach the PSC Program may undergo this Intensive Program to become a Master Trainer for PSC and conduct courses. The applicant will complete the program via Digital (home study) and will then attend a 3-consecutive day intensive course to include teaching and demonstrating the PSC approach and learning the process of launching a program. PSC will provide a Policies and Procedures Portal that outlines every aspect of operating the program. A "test-out" will be given. \*Once successfully passing the exam, the Candidate is ready to launch a program. *\*Some conditions and additional requirements are supplied in the application*

**Workouts – more titles available!** All ON DEMAND LINK: <https://pilatessportscenter.com/shop> We invite you to view them on our web site or the Balanced Body website.

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

Shop: <https://pilatessportscenter.com/shop> PSC Pod Casts: [BBU Podcasts](#)

Subscription Site: <https://training.pilatessportscenter.com/>

**PSC can offer a 5% ONE TIME dealer discount with Balanced Body: Code# PIL0220 to order**