

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:818.788.8112) 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: Peoria AZ 85383
 Director of Business Development Art Altounian 818-231-6777
www.PilatesSportsCenter.com
Info@PilatesSportsCenter.com
[X / 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
WellnessCenterofEncino@gmail.com



INDEX:

VISIT OUR WEB SITE

WWW.PILATESSPORTSCENTER.COM

LOCATIONS WORLDWIDE

NATIONWIDE RATES

(price by location may vary - please inquire at your location)

Comprehensive Program:
\$6,900.00 (Mat & Apparatus)

Modules:

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

- Mat \$1800
- Reformer \$2700
- Cadillac \$1400
- Chair \$1400
- Barrels \$400**

**as an additional workshop

NPCP CECs

Mat = 16 NPCP CECs

Apparatus = 16 NPCP CECs

Barrels = 16 NPCP CECs

Pregnancy = 16 NPCP CECs

Scoliosis = 16 NPCP CECs

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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

Call or Text: (323) 252-0605
helenatalman09@gmail.com
www.PilatesSportsCenter.com
WellnessCenterofEncino@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

**PRIVATE PROGRAMS ARE
AVAILABLE! PLEASE CONTACT
US**



PACIFIC
Encino, CA



IN STUDIO OR VIRTUAL OPTIONS (must have access to equipment)

Spring 2025 Pilates Certification Live or Virtual

Schedule:

Fundamentals: Feb 12th & 14th 2025 12-4pm

Mat: Feb 15th (Sat) - March 5th (12-4pm)

Reformer: March 5th-April 16th (12-4pm Wed & Fri & Sat April 12th 12noon-4pm)

Cadillac: April 16th - May 2nd (12-4pm Wed & Fri)

Chair: May 2nd - May 16th (12-4pm Wed & Fri & Sat May 3rd 12-4pm)

Review & Test out: May 16th and 21st

FEES

Comprehensive Program Includes:

(Fundamentals, Mat, Reformer, Cadillac, & Chair)
\$6,900.00 (Minus \$500 Non Refundable Deposit)

Modular Programs (one part at a time):

(Minus Non-Refundable Deposit of \$100 for any single module)

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

Pilates Mat \$1,800 (Fund and Mat = 2,200 total)

Reformer \$2,700 (Mat and Reformer only = 4,900 total)

Cadillac \$1,400

Chair \$1,400

Total = \$7,700.00 total if taken in Modules.

APPLY HERE:
[APPLICATION LINK](#)

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

BIO:

Helena Hultberg Talman NCPT

A graduate from the Ballet Academy in Stockholm Sweden, she came to the United States to pursue her career as a professional dancer. She performed in film, television, and numerous theatrical productions, and in fact, nearly kicked herself to death, as an 8-year member of The Radio City Rockette's. Helena was introduced to Pilates by a dancer friend, and found the training immediately gratifying. Never before had she felt such a connection from the inside out. She was also taken by how easily the technique could be applied to every type of person, with every type of body type, and fitness back ground. A natural body-work and massage therapist Helena soon decided to begin training to be a teacher of Pilates, and has since become a very proud Master Trainer of the Pilates Sports Center Teacher Training Program.

- Graduate Ballet Academy, Stockholm Sweden
- California College of the Healing Arts, LMT 1999
- Core Conditioning Pilates Instructor Cert., Studio City, CA 2003
- PSC – Master Teacher Training Program, Encino, CA 2005
- PSC – Burn at the Barre™ Master Teacher Trainer
- AFTA Certified Personal Trainer
- IDEA Member
- International Massage Association Member
- CPR / First Aid Certified
- Featured in PSC's "Advanced Spilt Pedal Workout" video
- Co-Creator and featured in PSC's "The Cardio Springboard/Tower Workout" & PSC's "Burn at the Barre Workout" videos
- Co-Creator of Pilates Sports Centers Burn at the Barre Teacher Training Programs (Level I & II)
- Yoga & Zumba Certified



WORKSHOPS LIVE & ON DEMAND:

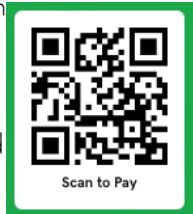
Pregnancy and Pilates Workshop & Certification Program - Live and Virtual
Feb 8-9th 2025 from 12-4:30 PM PST Live / Virtual. \$599 for 16 NCPT CEC's
Register [HERE](#) Call /Text 323 252 0605

Understand the limitations and risks associated with the pregnant client. Terminology, workout and programming protocols. Includes history taking, health care release forms, progress charting, post natal and modifications of routines in the Pilates Studio. Includes a fully photographic workbook!
Helena Hultberg-Talman @ Pilates Sports Center 16430 Ventura Blvd #108, Encino CA. NCPT / Doula / Master Teacher. HelenaTalman09@gmail.com
\$100 Deposit or full payment to: Venmo @Helena-Talman

Pregnancy and Pilates Workshop & Certification Program - ON DEMAND
\$249. [LINK](#)

Scoliosis: Level I: Live or Virtual Sat / Sun May 3-4th 2025: 12-4PM \$250 for 16 NCPT CEC's REGISTER: [HERE](#)

A 6-8 hr 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 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.
Dr Andromeda Stevens, D.C. Schroth Advanced Certified, NCPT/Gold Certified. @ Pilates Sports Center 16430 Ventura Blvd 108, Encino CA
Call /Text 818 970 1222 ScoliosisCoach@gmail.com



Scoliosis: Level I: ON DEMAND: \$99 [LINK](#) (16 CECs)
\$99. For Comprehensive Handout - Email: ScoliosisCoach@gmail.com

Pilates Barrels \$150 ON DEMAND [LINK](#)

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

Foot and Toe/Small Apparatus \$75 ON DEMAND [LINK](#)

Pedi-Pull, Foot/Toe Corrector, Sand Bag and 2X4. Learn exercises and variations for all levels to incorporate the small apparatus work into Pilates sessions. (16 CECs)

Scoliosis Level II Certificate Program

Level I is a pre-req. A 12 hour expanded program exploring 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. 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 for 16 NPCP CEC's

Location

Pilates Training Co - Franklin, NC & Movement of Pilates Santa Clarita CA.

Address

26267 Prima Way, Santa Clarita, CA 91350

Contact

Megan Drake
 tel: 661-406-8312
 email: pilatestrainingco@gmail.com
 site: <https://pilatestrainingcompany.com/about/>
 FB: <https://www.facebook.com/pilatestrainingco>
 IG: @pilatestrainingco
www.pilatestrainingcompany.com/link-in-bio

Instructor Information

Megan Drake 17244 NPCP # BURN AT THE BARRE Master Teacher Trainer



PACIFIC

Santa Clarita CA & Virtual

Full program \$6900
 2 weekends/month - Friday-Sunday 9am-1pm



Pilates Fundamentals and Philosophy
 March 7-8th, 2025 Price: \$400

Mat Pilates Teacher Training (Mat and Small Apparatus Workshop)
 March 9th, March 21-23, April 4-6th, 2025
 Price: \$1700

Pilates Reformer Teacher Training (Large Apparatus Workshop)
 April 6th, April 26-27, May 16-18, May 31-June 1, June 13th, 2025
 Price \$1900

Cadillac Pilates Teacher Training (Large Apparatus Workshop)
 June 14-15th, June 27-29, July 11th, 2025
 Price: \$1700

Wunda Chair Pilates Teacher Training (Large Apparatus Workshop)
 July 11-13th - July 25 & 27th, 2025
 \$1700

Finals: August 1 & 3rd 2025

BIO:

Kirk Drake, Nationally Certified Pilates Instructor

Megan is a Master Trainer with Pilates Sports Center, and also has a degree in Kinesiology with an emphasis in Exercise Science. A native of LA, California, Megan has trained the biggest names in Hollywood - old and young, of all abilities. She found Pilates while training as a professional Irish dancer. While touring the globe, she found it essential to balance her body with the many benefits that come along with Pilates. She later became a certified Irish dance teacher, or TCRG, and enjoys opportunities to help other Irish dancers keep their bodies in peak shape, and reduce the risk of injury with her program, Irish Dance Fit.



Throughout her years as a Pilates trainer, and now Master Trainer, she has enjoyed learning about all bodies. Megan is Burn at the Barre certified, and has a Level 2 Scoliosis specialization, as well as: Pilates for Pregnancy, Common Problems and Pilates Protocols, Jump Board, Barrels, Small Apparatus, and more. In addition to always continuing her education, Megan enjoys passing along her knowledge to those interested in going deeper into Pilates philosophy, and those looking to make a career out of teaching Pilates.

Location

Bakersfield, CA

Studio

Poise Pilates+Barre

Address

1800 21st Street, Suite A
Bakersfield, California

Contact

(661) 864-7977

<https://poisepilatesbarre.com/>

callie@poisepilatesbarre.com

FB: <https://www.facebook.com/poisepilatesbarre>

Instructor Information

Callie Spitzer

PACIFIC
Bakersfield, CA

Full Certification 2025

Wednesday evenings 5pm - 7:30p

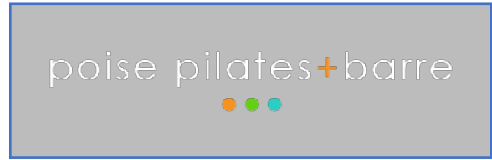
Pilates Fundamentals and Philosophy
Date of workshop: March/April 2025

Mat Pilates Teacher Training
Date of workshop: April/May/June 2025

Pilates Reformer Teacher Training
Date of workshop: June/Aug/Sept 2025

Cadillac Pilates Teacher Training
Date of workshop: September/October 2025

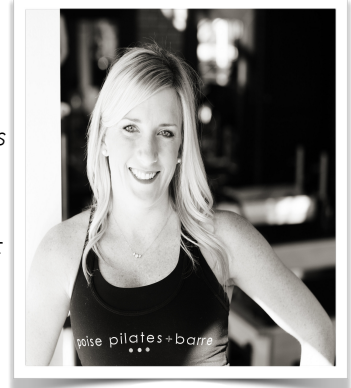
Wunda Chair Pilates Teacher Training
Date of workshop: October/November 2025



BIO:

Callie Jenkins

Callie Spitzer Jenkins, owner and co-founder of Poise Pilates+Barre, is a Body Arts & Science International (BASI) certified Pilates instructor, as well as a Burn at the Barre® and TRX certified instructor. Coming from a cheerleading background of over 12 years, she began taking Pilates in 2005 and has not stopped. Callie is passionate about teaching others, allowing them to fall in love with the exercise and body awareness that Pilates has to offer. In 2012, the opportunity to fulfill her Pilates dream of opening a studio in her hometown came true! Callie holds a Bachelor of Arts degree in Communication from California State University, Long Beach.



Location

Studio City, CA

Studio

Pilates Studio City

Address

11650 Riverside Drive, Studio City, CA 91602

Contact

Call (818) 509-0914

www.PilatesStudioCity.com

info@pilatesstudiocity.com

Instructor Information

Lora Pavilack

NPCP ID# 10400

Other Instructors at Location

Jennifer Kornfeld

NPCP ID 12769

jenniferkornfeld@gmail.com

PACIFIC

Studio City, CA:



BIOS:

Lora Pavilack Nationally Certified Pilates Instructor

Lora has been dancing since she was 3 years old. When she became a professional dancer, she practiced Pilates to stay strong. She danced as a Radio City Rockette for 9 years. During her entertainment career she never missed a show and remained injury free. She credits this to the attention she paid to posture and alignment. While still performing she began her studies and became a master teacher in the Pilates method through Pilates Sports Center as well as certified in GYROTONIC®, GYROKINESIS®, the Franklin Method, DaVinci Body Board and other disciplines. Since 2004 she has helped thousands improve their posture, strength and balance through movement. In 2004, Lora opened the doors to Pilates Studio City. Her commitment to "core principles" continue to serve her well in other areas of her life – they make her a better surfer, hiker, skier, partner and mother. Lora's mission is to help others enhance their well-being and vitality so they can stand tall and enjoy life to the fullest.

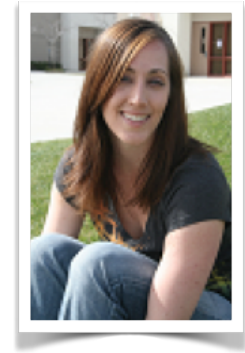


Her credentials include:

- * Pilates Instructor Certificate – Core Conditioning & Balanced Body University*
- * Pilates Sports Center – Master Teacher Trainer*
- * Level 1 & 2 Certified Instructor GYROTONIC EXPANSION SYSTEM® & Pre-Trainer*
- * Level 1 Certified Instructor GYROKINESIS® & Pre-Trainer*
- * Level 2 Certified Instructor of the Franklin Method*
- * Pilates Method Alliance Certified, Studio Member & Educational Member*
- * Preferred Trainer – Balanced Body*
- * CPR / First Aid Certified*
- * Bachelor of Science in Arts Management from Oklahoma City University*

Jennifer Kornfeld Nationally Certified Pilates Teacher

*Certificate of Completion with Pilates Sports Center; 2010
Pregnancy and Pilates, Common Problems of the Spine; 2011
Shoulder Workshop, Scoliosis Workshop and Advanced Jump board 2014
Pilates Sports Center Master Trainer Program*



Location

Riverside, CA
Temecula, Menifee, Riverside,
Arlington, Canyon Crest,
Murietta

Studio

The Pilates Co.

Address

9350 Magnolia Ave
Riverside, CA 92503

Contact

<https://www.thepilatesco.com>

Tricia Hill

pilatesgirl1@hotmail.com

+1 (951) 640-4630

PACIFIC:
Riverside, CA

Pilates Co.

BIO:***Tricia Hill***

Tricia Hill began practicing Pilates in 2001 and fell in love with the controlled movement, strength training and mind-body connection. She received her Pilates certification from Body Arts and Science in 2004 and has been teaching ever since. In 2009, she completed a Master certification through Pilates Sports Center and began teaching one of the first Pilates Teacher Training programs in the Inland Empire. She is also certified in Pre and Post Natal Pilates through Fusion Pilates. Tricia brings to her students a passion for movement and wellness that comes through in her inspiring teaching style.



Location

Claremont, CA

Studio

The Claremont Club

Address

1777 Monte Vista Avenue
Claremont, California, 91711

Contact

(909) 625-6791 ext 250

Swhite@claremontclub.com

<https://www.claremontclub.com/pilates/>

Instructor Information

Layne Wenger

lwenger@claremontclub.com

&

Sara White

Email: swhite@claremontclub.com

PACIFIC:

Claremont, CA

PROGRAMS:

Mat Pilates Intensive 2025

Fundamentals & Pilates Mat April 24- 27, 2025

Classes are four consecutive days and must be attended 100% of the time

Comprehensive Program, Fall 2025/2026

(each module can be taken individually)

Classes are every Wednesday from 11:00 AM - 5:30 PM

Fundamentals Aug 27

Mat Sept 3

Reformer Oct 8

Cadillac Dec 3

Wunda Chair Jan 14 2026

Barrels (Ladder/Small Barrel & Spine Corrector) Feb 11 2026

BIOS:

Layne Garner Nationally Certified Pilates Teacher

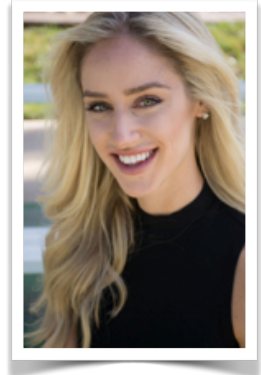
Layne started her career in the fitness industry as a group exercise instructor. While teaching, she quickly discovered her passion for Pilates. Layne became a fully certified STOTT Pilates Instructor, and continued her education through PSC, Pilates Sports Center, and is now a Master Instructor Trainer which allows her to certify other fitness professionals as Pilates Instructors. Her focus while training clients to always give a motivating, form focused, personalized, and of course fun workout that will be continuously challenging to help her clients reach their desired results.

- PSC Master Pilates Instructor Trainer
- STOTT Pilates Instructor
- Burn at the Barre
- TRX
- CPR & AED Certified

Sara White

Pilates Sports Center Certified / TRX Suspension Training Qualified
With a background in education and a passion for health and fitness, Sara enjoys getting to know her clients and cultivating a relationship with them to help personalize and further their individual fitness goals. Sara's goal is to provide strength, flexibility, balance, and coordination while enjoying the flow of the mind-body connection, all while getting a fun and challenging workout!

I've had a passion for health and fitness for as long as I can remember. My experience as a physical therapy aide fostered my passion to help patients regain mobility that would not only allow them to function in day to day life, but to thrive. My desire is to continue this pursuit with Pilates, as I believe it has all of the health and wellness benefits that can transform the way my clients look and feel. I hope to share this passion with my clients and inspire them to exceed their fitness goals.



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

<https://pilatesbodyart.net/>

[https://www.facebook.com/
PilatesBodyArtFit/](https://www.facebook.com/PilatesBodyArtFit/)

[https://www.instagram.com/
pilatesbodyartfitness/](https://www.instagram.com/pilatesbodyartfitness/)

linktr.ee/pilatesbodyartfitness

Instructor Information

Victoria Haijazin

PACIFIC:

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



BIO:

Victoria Haijazin

Fitness has always been a big part of my life, before and after the birth of my 3 beautiful daughters. Fitness is what makes me stronger and feel better all around. I have been helping to motivate and shape men

and women's bodies and minds for over 13 years. I am certified with Physical Mind Institute, which was the first national organization to offer a Pilates education certifications. As well as certified with Health And Fitness for Pilates and Weight Training and recently completed my new certification with Pilates Sports Center. I am also a member with Pilates Method Alliance.



Location

Santa Barbara, CA

Studio

Arlunviji Transformative
Movement

Address

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

Contact

818-903-4188

www.arlunviji.com

Arlunviji1@gmail.com

[Hello@arlunviji.com](mailto>Hello@arlunviji.com)

[https://www.instagram.com/
nikkialstedter/](https://www.instagram.com/nikkialstedter/)

Instructor Information

Nikki Alstedter

PACIFIC:

Santa Barbara, CA

Certification: late spring /early summer 2025

**BIO:**

Nikki Alstedter Nationally Certified Pilates Instructor

Nikki first came to Pilates as a professional dancer and massage therapist in 1997. The Pilates principles of posture and dynamic alignment guided her educational path and experience. In 2000 she became a Chiropractic assistant and apprenticed for four years, mastering an energetic healing system called Quantum Kinetics. This gentle hands-on approach utilizes the body's electrical and myofascial system in relation to structural stability and wellness. This experience gave her a unique understanding of the body's integral system of healing within a clinical setting. Nikki is dedicated to inspiring intelligent movement that integrates and awakens awareness to enhance the quality of LIFE.

Her credentials include:

- *Advances in Pilates Instructor Certification at Long Beach*

Dance Conditioning 1998

- *Pilates Sport Center – Master Teacher Trainer*
- *Certified Blue belt trainer of the Nia Technique ©*
- *Level 1 & 2 Certified Instructor of GYROTONIC EXPANSION SYSTEM©*
- *Level 1 Certified Instructor of GYROKINESIS©*
- *Level 1 Certified Instructor of the Franklin Method*
- *Pilates Method Alliance Educational Member*
- *Massage Therapist & Cranial Sacral Therapist*
- *QRA Nutrition Practitioner*
- *Preferred Trainer – Balanced Body*
- *Studio Member – Pilates Method Alliance*
- *CPR / First Aid Certified*



Location

Sacramento/Granite Bay, CA

Studio

MB Studio

Contact

Mary Blair Stabbert

(916) 390-1996

mbpilates@yahoo.com

<https://mbstudio.space/>

Instagram - <https://www.instagram.com/pilatesbymariblair/>

[YouTube](#)

PACIFIC

Sacramento, CA:

2025 Spring

Monday/Thursdays 1-5pm

and 6pm Saturdays

Fundamentals - March 3 and 6

Mat - March 10 - 24, & Sat 15th

Reformer - March 27- May 5th, Sat April 5th and 26th

Cadillac - May 8th - 22nd, Sat 10th

Chair - May 24th - June 5, Sat 24th

Review - June 7th



BIO:

Mary Blair Stabbert

Mary is a Comprehensive Certified Pilates Instructor and has been teaching for over 11 years. After opening her own studio in 2018 she has become an advocate for the Pilates method in her community. She has a passion for working with all levels of clientele including prenatal/postnatal, post-rehabilitation, and fitness enthusiasts. Whether you are brand new to Pilates or have been training for years, Mary knows that there is always more to learn from this incredible form of movement.

Mary has continued to educate herself through workshops and trainings over the years. She has taught classes for many studios in her area including: group mat and apparatus, barre, and private sessions. "Pilates has transformed the way I think about movement and posture. It has built in me a fortitude that I didn't know I had. I will never grow tired of sharing this passion with others. Pilates is not just exercise. It is a lifestyle."

When she is not at the studio, Mary loves spending time with her husband Daniel, son Beckham (8), and daughter Shiloh (5).

- Certified Balanced Body Comprehensive Instructor
- PMA member
- CPR Certified
- Owner of MB Studio



Location

East Central, WA

Studio

Sevilla Bodyworks

Address1801 W. Broadway Ave
Spokane, WA 99201**Contact**

509-994-8109

maria@sevillabodyworks.comwww.sevillabodyworks.com**IG :** <https://www.instagram.com/pilatesmaria/>**FB:** <https://www.facebook.com/sevillabodyworks>**Instructor Information**

Maria Sevilla

NPCP ID: 11536

PACIFIC:

East Central, WA

PILATES TEACHER TRAINING:

Start date: Tuesday January 28th 2025

**BIO:***Maria Sevilla Nationally Certified Pilates Instructor*

Maria was introduced to Pilates in 2000. Soon after enrolling in group reformer classes, she became dedicated to the Pilates method as her only workout regime. After several classes her love of the work grew and her dedication to bringing it to others became her career focus. She received her certification under Ivan Dahl's International Pilates Certification program and she began teaching in Los Angeles, California. Returning to her hometown of Spokane, WA, Maria opened The Pilates Life in January of 2005, and continued her education under the tutelage of master teacher Elizabeth Jones-Boswell who specializes in rehabilitation Pilates. She has had 2 successful pregnancies while doing Pilates and believes it's essential for pregnant women to stay healthy to aid the body in recovery after birth. Her philosophy is to help her clients re-discover their bodies. "It not only teaches you how to move more efficiently but creates a more uniform body... The overall affect is life changing."

*Her credentials include:**PSC – Master Teacher Trainer**Pilates Method Alliance Certified**Pilates Teacher International Pilates Certification – Teacher Training program**IDEA Member*

Location:

Scottsdale, North Central &
Arcadia, AZ

- Remedy Scottsdale
6949 E. Shea Blvd
Suite 115, Scottsdale, AZ 85254
480-699-8160

- Remedy North Central
1219 E Glendale Ave., Suite 4,
Phoenix, AZ 85020
602-549-6513 (cell)

- Remedy Arcadia
3629 E Indian School Road
Phoenix, Arizona 85018
602-237-6489
<https://www.remedyPilates.com>

[IG Link](#)

[FB](#)

[LinkTree](#)

Instructors:

Kelly Snailum
kelly@remedypilates.com
NPCP Cert #16676
BURN AT THE BARRE™ Master
Trainer

Kaitlin Terman
kaitlinterman@gmail.com
BURN AT THE BARRE™ Master
Trainer

Jessica Pate
Cell: 623-221-1388
Email: jessmpate@gmail.com or
info@calibratepilatesaz.com
@jessmpate

MOUNTAIN:
Scottsdale, North Central & Arcadia, AZ



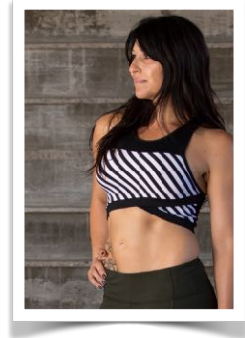
CONTINUED.....

Location

Scottsdale, North Central & Arcadia, AZ

BIOS:

Kelly Snailum Nationally Certified Pilates Instructor



Kelly is a Nationally Certified Pilates Instructor and Barre Teacher Trainer. She has been teaching Pilates since 2005 and opened Remedy Pilates and Massage in 2008. Kelly has been nominated two consecutive years as a top 10 Pilates Instructor by Pilates Anytime and Pilates Style Magazine and has been recognized across the Valley as an educator and advocate of the Pilates method. As the depth of her practice grows, she continues to find the passion and power of Pilates each year. "I strive to constantly be creative and innovative with the tools we are fortunate enough to work with. I enjoy working towards all types of goals from movement to transformation and do my best to stay on top of current trends, injury prevention and common problems. I think a well-rounded instructor can take on all client cases if they are determined to educate themselves for the betterment of their client."

Kelly donates countless hours, hosts complimentary events and participates in charity auctions all over the Valley in hopes to spread the gift of Pilates and Barre. When she is not teaching Pilates, Barre or TRX, you can find Kelly training for her next marathon or summit challenge, hanging out with her family – Mason (and Dera Rae and husband, Rick, or snuggling up with her two puppies, Iggy and Chance.

Pilates Sports Center – Master Pilates Teacher Training Program

Pilates Sports Center – Master Burn at the Barre Program

PhysicalMind– Teacher Training Program

TRX Certified Trainer

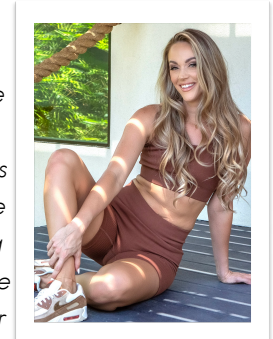
PiYO Certified Trainer

CPR/First Aid Certified

Jessica Pate

MLB and NFL Sports Specific Pilates Training.

Originally certified through PSC in 2015, I have been a huge believer of the Pilates method and all of its benefits. This allowed me to open my small private studio, Calibrate Pilates in 2020. I have a huge passion for teaching others about the movement and alignment of their own bodies. After attaining my dance and exercise science degrees, I realized I also have a huge passion for teaching others how to teach. The Master Teacher program with PSC will allow me to live out all my passions in one as well as get to work along my mentor Kelly Snailum. My hopes are to instill the best parts of what I know, into others that aspire to learn more.



Location

Peoria, AZ

Studio

Pilates Sports Center

Address

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

Contact

Kelli Altounian
818-231-0226
kellipsc@gmail.com

Instructor Information

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

Other Instructors at this Location:

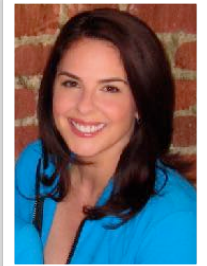
Josh Smith
jcane007@aol.com
1 (818) 209-4588

Emily Smith

MOUNTAIN:
Peoria, AZ



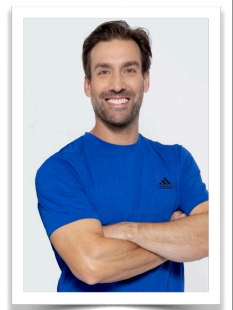
Kelli Altounian, Nationally Certified Pilates Teacher
Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of OK, was a Radio City Music Hall Rockette and a professional dancer for over 15 years. Kelli became an advocate of pilates in 1994 and began teaching pilates in 2000. Quickly realizing her vision for Pilates Sports Center, she nurtured her passion for education and the desire to inspire others. PSC has since created a Pilates Training Program of International Recognition. PSC's approach to education and post education continues to grow world-wide.



Her credentials include:

- Founder of Pilates Sports Center International, Inc.
- Co-Creator of the PSC Pilates Teacher Training Program & PSC International Master Training Program
- Co-Produced and Created over 14 video titles / Co-Wrote/Co-Created over 20 workshops
- Stages Podcast guest speaker
- Co-Creator and *Presenter*: Pilates Sports Center Pilates Expo
- *Presenter*: Mad Dogg WSSC / MindBody Fit-Pro Conference / Balanced Body Pilates On Tour / Inner Idea Conference / Body Mind Spirit Expo
- Master Teacher Trainer for Reebok Sports Club NY
- Pilates Method Alliance Registry of Teachers
- Participant: PMA Fostering Future Professionals Program
- NPCP CEC Provider
- TRX® Suspension Training
- Balanced Body University - CoreAlign I, Vertical Reality
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Graduate of *Advances in Pilates* – Long Beach Dance Conditioning
- CPR / First Aid Certified
- Bachelor's Degree from the University of Central Oklahoma

Joshua Smith, Nationally Certified Pilates Teacher
Originally from Cleveland Ohio, Josh was extremely athletic, excelling in soccer, track & field, dance, and more. He has worked as a professional dancer, teacher, and choreographer. Josh got into Pilates years ago when his wife, Emily, suggested it. Being an athlete, the benefits of a stronger core, increased flexibility, and the mind body connection that Pilates offered was the perfect match. Now, he enjoys helping clients and is dedicated to training others to teach Pilates through the PSC Teacher Training programs.



His credentials include:

- Pilates Sports Center – Teacher Training Program & Masters Program
- Featured on PSC's workout / workshop series: the Jump Board Workout I & III
- Co-creator of PSC's "Jump Board Workout III – Cardio Pump", PHIT, "Advanced Cadillac Techniques" programs and the Pilates for Men series on YouTube
- Creator and featured in: PSC's video series, "Pilates For Men: 10-20-30 Challenge" and "PHIT"
- Creator and co-creator of numerous workshops
- CPR/First Aid Certified

Location

Wilder, Idaho

Studio

Wild Body Pilates
28105 River Ridge Road
Wilder, ID 83676

Contact

Melanie Eberly
Wildbodypilates@gmail.com

Melanie.Eberly@icloud.com

Phone: 480-262-1636

Website:

www.WildBodyPilates.com

Instagram:

<https://www.instagram.com/wildbodypilates/>

Facebook:

Wild.body.Pilates

LinkedIn:

Melanie Eberly

MOUNTAIN:

Wilder, Idaho

Teacher Training Certification - Full Program

Fundamentals Feb 20-21 12-4pm

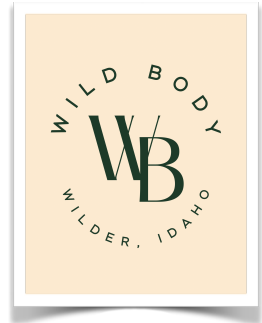
Mat Feb 22, 27, 28, Mar 1. 12-6pm

Reformer Mar 6, 7, 13, 14, 20, 21, 27, 28. 12-6pm

Cadillac April 17, 18, 24, 25. 12-6pm

Chair May 1, 2, 8, 9. 1 2-6pm

Exams May 15, 16 12-4pm



BIO

I began my teacher training in 2011 and I haven't stopped learning and practicing Pilates since. I'm proud to be Comprehensively trained through Pilates Sports Center and certified as a PSC Master Trainer. I'm certified on Reformer, Cadillac, Chair, Tower, Mat Pilates, Barrels, Burn at the Barre® and TRX. Bridge trained with Club Pilates and BodyBar Pilates.

I knew Pilates was right for my body the moment my shoulders touched the reformer. The Pilates Reformer, Cadillac and Chair offered a way to strengthen and stretch my muscles in a challenging and safe environment. I was hooked at the first session. I'm the mother of two and the daughter of a football coach, so I've been active and played sports my entire life. As an adult I played competitive club tennis and golf. Practicing Pilates made me stronger and helped with my flexibility, breathing, posture and balance. I found a new endurance level and I could finally sleep at night. I experienced less injuries and overall felt healthy with the new strength in my day-to-day life.



My Pilates community is one of my greatest joys. I have met and loved so many wonderful teachers and students through Pilates. I have created and witnessed countless friendships in the studio. I can't think of a better home to begin your journey than through fitness that is Pilates.

Now, in my 50's, my approach to teaching and fitness is being healthy, strong and fit. What is the WHY for your Pilates journey?

"Change happens through movement and movement heals" Joseph Pilates

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

<https://raintreeathleticclub.com/>

Instructor Information

Lee Cooper
NPCP ID# 12243

MOUNTAIN:
Fort Collins, Colorado:

**BIO:**

Lee Cooper Nationally Certified Pilates Teacher

Lee is a graduate of Physical Mind Institute and is currently working on further certification through Balanced Body University. Her passion is to study with and observe instructors from all venues and create positive, productive teaching techniques to pass on to colleagues and students. Prior to her profession in Pilates, Lee had a performing and teaching career in the dance field. She served on the faculties of both Colorado State University and The University of Northern Colorado where she developed a successful instructional curriculum for arts education. Currently, in addition to owning her own Pilates business, she is developing a teaching seminar for Pilates instructors called "The Art and Science of Teaching Pilates".



Location

Omaha, Nebraska

Studio

Coming Soon

Address**Contact**

Bre Kribel

480-205-7317

email: breinnank@gmail.com**Facebook**

@thepilatesgolfer

Instructor Information

Bre Kribel

MOUNTAIN / CENTRAL

Omaha, Nebraska

BIO:**Bre Kribel**

As a kid I grew up in Wisconsin and always had an affinity with sports. I played golf, tennis and volleyball among others. Once in college at the University of Wisconsin, I focused on golf and played four years of varsity golf in Madison. It was also while at university that I was first introduced to Pilates. I remember watching Mari Winsor videos and was fascinated from the start. After finishing college, spending four years playing professional golf and several more caddying for my husband on the PGA Tour, I decided to deepen my knowledge and understanding of Pilates. I have now been teaching for 8 years and I fully believe that all people, especially athletes, can reap the benefits from practicing Pilates.



Location

Cedar Falls, IA

Studio

NRG PILATES

Address

508 Washington St
Cedar Falls, IA 50613

Contact

(319) 269-3759

www.nrgpilates.net

nicky@nrgpilates.net

<https://www.instagram.com/nrgpilatescf/>

linktr.ee/nrgpilates

Instructor Information

Nicky Miller
NPCP ID#15129

CENTRAL:
Cedar Falls, IA

**BIO:**

Nicky's teaching philosophy is simple. Have a great workout and have fun while you do it. This translates to each and every one of Nicky's classes and sessions. Nicky discovered her passion for Pilates in Boston, MA. While living in Rochester, NY, Nicky honed her craft at Pilates Plus, one of the areas premier studios. After several years in Rochester, Nicky and her husband Jack returned to the Cedar Valley and opened their own studio, NRG Pilates. Nicky is a member of the PMA.



Location

Wichita, KS

Studio

Studio 54 Pilates & More

Address

9099 W. Central,
Wichita, KS 67212

Contact

(316) 265-9700

studio54pilates.com

amie@studio54pilates.com

Instructor Information

Amie Ross
NPCP ID: 20595

CENTRAL:
Wichita, KS



Location

Onalaska, WI

Studio

The Pilates Studio

Address

1052 Oak Forest Drive
Suite 320
Onalaska, WI 54650

Contact

(608) 781-2656

TheStudio@PilatesStudioLaX.com

thestudio@pilatesstudiolax.com

Instructor Information

Heather Happel

CENTRAL:
Onalaska, WI

SPRING 2025 April 1-July 1st
12-4 Tuesday/Thursday and one Saturday per month

- Fundamentals: April 1 and 3
- Mat Pilates Training: April 8, 10, 15, 17, 19
- Reformer Pilates Teacher Training: April 22, 24, 29, May 1, 6, 8, 13, 15, 17, 20, 22
- Cadillac Pilates Teacher Training: May 27, 29 June 3, 5, 10
- Chair Pilates Teacher Training: June 12, 14, 17, 19, 24
- Review Day, Written and Practical Exam: June 26 and July 1st 2025



BIO:

Heather Happel was introduced to Pilates through Mat work at a local gym, and loved the initial challenge it posed and stayed committed because of the changes she felt happening to her posture, strength, body composition, and balance. She became certified by PhysicalMind Institute to teach classical Pilates on the original equipment in 2007. She has continued to deepen her knowledge of the practice with yearly seminars that focus on anatomy, sports performance, and back pain reduction.



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

info@studio7pilates.com

CENTRAL:

Kansas City /
Prairie Village, KS



Location

Frisco, TX

Studio

Reform & Ride Pilates
and Cycling Studio

Address

1125 Legacy Drive,
Frisco, TX 75034

Contact

972.576.7337

www.reformandride.com

beverly@reformandride.com

Instructor Information

Beverly Seitzinger
ID #16133

CENTRAL:

Frisco, TX



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.com

Instructor Information

Kimberly Campos

CENTRAL
Webster, TX



Location

Fort Worth TX

Studio

Be Pilates Studio

Address

10332 County Rd 1016, Burleson,
TX 76028

Contact

Breanne Elenburg
Cell: 817-480-4461
Studio:+1 (817) 725-9761
Email: be@bepilates.studio

<https://www.bepilates.studio/>

[https://www.instagram.com/
be_pilates_studio/](https://www.instagram.com/be_pilates_studio/)

Instructor Information

Breanne Elenburg

CENTRAL
Fort Worth TX

Full Certification Program
Jan. 24th 2025



Location

Houston TX

Studio

My Well Balanced Life

Address

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

Contact

www.mywellbalancedlife.com

mywellbalancedlife@gmail.com

Instructor Information

Amanda Koch
NPCP ID: 12486

CENTRAL
Houston, TX



Location

Austin, Texas

Studio

Hill Country Pilates Studio

Address

301 Trails End Rd
Driftwood, TX 78619

Contact

(646) 246-5226

hillcountrypilatesstudio@gmail.com

www.hillcountrypilatesstudio.com

<https://www.instagram.com/bethdukleth/>

Instructor Information

Beth Honea Dukleth

CENTRAL
Austin, TX



HILL COUNTRY
PILATES STUDIO

BIO:

Beth Dukleth Honea, a native of Houston, TX, has a degree in Dance Performance from Oklahoma City University. She was a Radio City Rockette for twelve years and has performed professionally in musicals and concert dance venues internationally and across the U.S. While she loved her time dancing and teaching in New York City she is thrilled to be back home in TX. She is a Master Trainer for Pilates Sports Center and Board 30.

She first became interested in Pilates to enhance her dancing. The amazing changes she saw in her body and strength inspired her to pursue professional Pilates certification. She is certified in Pilates through Pilates Sports Center, Polestar, and Sal Anthony's Movement Salon in NYC. She is also certified in GYROKINESIS® and GYROTONIC® and specializes in pre and post-natal Pilates. She has trained and taken continuing education at Pilates Sports Center, Movements Afoot, The Kane School, Physical Mind Institute, Pilates on Fifth, Pilates Studio City, and Pilates Reforming NY. Teachers include: Lolita San Miguel (Joe Pilate's protégé), Doris Pasteur Hall & Deborah Lessen (students of Carola Trier, a protégé of Joseph Pilates), Kelli Altounian and Dr. Andromeda Stevens, Kelly Kane, Lesley Powell, Irene Dowd, Brent Anderson, Elizabeth Larkam, Karen Clippinger, Eric Franklin, and Ann Toran.

She has enjoyed teaching in New York City at Pilates Reforming New York, Project Dance Studio, Paris Health Club, and was guest faculty at the University of Michigan. She is also a member of the Pilates Method Alliance. She was Co-Owner of Pilates South Austin for 10 Years and now owns Hill Country Pilates Studio in Driftwood, TX near Austin.

Mysti is a native Texan that graduated from Belmont University with a Public Relations degree and a minor in Education.



Location

Nashville, TN

Studio

Meliora Movement

Address

1106 Woodland Street, Suite 3,
Nashville, TN 37206

Contact

(615) 212-5821

mysti@MelioraMovement.com

linktr.ee/MelioraMovement

<https://melioramovement.com>

FB: <https://www.facebook.com/MelioraMovement>

[@melioramovement](#)

[@mysti_movement](#)

Instructor Information

Mysti Meese Little
NPCP ID#15387

CENTRAL
Nashville, TN



Full Certification & Barrels: April 6th 2025 - July 29th
Sundays 3pm to 7pm and Tuesdays 5pm to 8pm

2025 Pilates Certification LIVE / VIRTUAL

Fundamentals: April 6th (Sun) 3pm to 7pm and April 8th (Tues) 5pm to 8pm

Mat: April 13th - 27th (Sun) 3pm -7pm and April 15th - 29th (Tues) 5-8pm

Reformer: May 4th - June 8th (Sun) 3pm- 7pm and May 6th - June 10th (Tues) 5-8pm

Cadillac: June 15th - 29th (Sun) 3pm-7pm and June 17th - July 2nd (Tues) 5-8pm

Chair: July 6th - 13th (Sun) 3pm-7pm and July 8th - 15th (Tues) 5-8pm

Barrels Workshop: July 20th (Sun) 3pm to 7pm and July 22rd (Tues) 5-8pm
Review & Test out: July 27th and August 3rd (Sun)

BIO:

Mysti Meese Little, NCPT

Mysti Meese started taking Pilates at the age of eight. Being the daughter of avid cyclists, she loved biking but quickly develop tight hamstrings that gave her knee pain at a young age. She was then introduced into Pilates by her mother, who had Mysti take classes with her to improve flexibility, strength, and alignment. Mysti instantly fell in love with Pilates through classes under Cody Welch and Michelle Tyler Heines. She grew up knowing that applying the Pilates principles through constantly working to balance out muscles groups, strengthen core, and perfect alignment aids in every form of fitness. She believes adding Pilates into any fitness regimen will help keep one safe from injury and maximize optimal body results. She became a Pilates instructor through Balanced Body, training under Master Instructor David Gensheimer. She is a Nationally Certified Pilates Teacher, NCPT #15387. Mysti is Pilates Prenatal Certified through the Pregnancy Pilates Impact Academy. Mysti received her YTT- 200 hour Yoga certification through Liberation Yoga and completed a three month 90 hour mentorship under Raquel Bueno. She knows yoga is a beautiful life long journey and can meet people at any season of life. She went through Prenatal Yoga Training through Blooma Yoga. Mysti is a native Texan that graduated from Belmont University with a Public Relations degree and a minor in Education.



Location

Chicago, IL

Studio

Amplified Pilates Center

Address

314 W Institute Place 3W, Chicago IL 60610

Contact

847-271-9745

www.amplifiedpilates.com

angela@amplifiedpilates.com

FB: <https://www.facebook.com/amplifiedpilates>

IG: @amplifiedpilates
<https://www.instagram.com/amplifiedpilates/>

Instructor Information

Angela Pawlicki NPCP ID: 11997

Mandie Smith
mandie@amplifiedpilates.com

CENTRAL:
 Chicago, IL

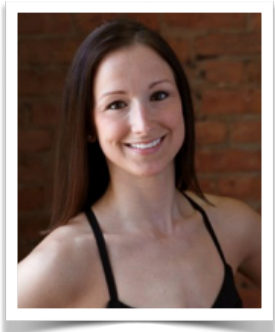
January 18th 2025



BIOS:

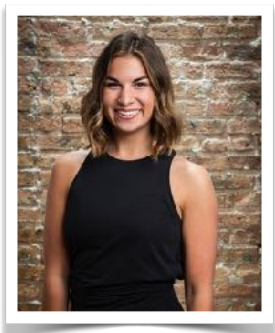
Angela Pawlicki, Nationally Certified Pilates Teacher

Angela's movement background began at a young age as a nationally ranked rhythmic gymnast. She received her Bachelor of Fine Arts in Dance Education, Choreography, and Performance from Ohio University. After college, Angie pursued her love of Pilates by completing a 600 hour comprehensive certification through Power Pilates and has been teaching since 2004. She is Pilates Method of Alliance certified, CoreAlign 1, 2 & 3 certified, Redcord certified and Fusion Pre and Post Natal certified. Angie's extensive background in movement and teaching movement helps her clients get the workout they want and need! She was a Pilates Manager at Equinox Fitness Club for 7 years as well as a Teacher Trainer for the Equinox Pilates Certification Program.



Mandie Evans

Mandie has been dancing since the age of two and movement has always been part of her life. She continued to train and dance throughout high school and college, where she graduated with a BFA in Dance Performance and Choreography from the University of Nevada Las Vegas. It was there that Mandie discovered a new passion for Pilates, and obtained her certification under the direction of Dolly Kelepecz, who is the founder and owner of DK Body Balance. She has been teaching full time since 2017. Mandie has continued her education by becoming a Integrated Movement Specialist through Balanced Body, as well as being certified in Pre and Post Natal, and Core Align 1. Working with a variety of clients, ages 18-80, Mandie has witnessed the incredible impact Pilates can have and continues to learn and grow as an instructor. She hopes to spread the love and joy that Pilates has given to her with each individual who walks through the door.



Location

Lincolnshire & Palatine, IL

Studio

Move Studio

Address

MOVE - LINCOLNSHIRE
 300 Village Green
 Suites 112 & 125
 Lincolnshire, IL 60069
 (224) 931-4280

MOVE - PALATINE
 861 N Quentin Road
 Palatine, IL 60067
 (224) 319-2666

847-902-9494 (cell)

Contact

emily@movestudiopilates.com

movestudiopilatesfitness@gmail.com

<https://www.movestudiopilates.com>

IG: <https://www.instagram.com/movestudiopilatesfitness/@movepilatesfitness>

FB: <https://www.facebook.com/movestudiopilatesfitness>

Instructor Information

Emily Schneider

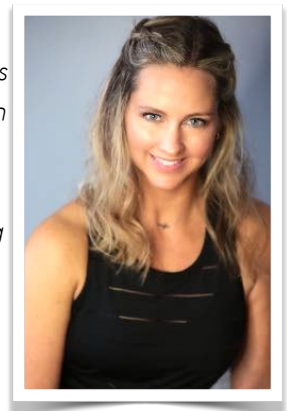
CENTRAL
 Lincolnshire & Palatine, IL



Emily Schneider

TruCore Pilates & Move Studio Pilates & Fitness

Emily is passionate about changing bodies and changing lives. A former professional dancer, she has long been involved in fitness as a participant and an instructor. After diving head first into her stay at home mother role to her four children, she decided to begin slowly re-entering the work force by doing what she loved most. After teaching various forms of high intensity cardio and strength exercise, Emily began to look for balance, and that search led her to Pilates.



Finding Pilates, Emily felt an immediate connection with both the method and the movement. Seeing and feeling the immediate benefits of Pilates, it very quickly became a large part of not only her fitness routine, but her lifestyle. It was this strong connection that was the driving force pushing her to become a Pilates instructor and eventually open her own studio.

Location

Louisville, KY

Studio

Holly's Pilates Village

Address

201 Meridian Ave. Louisville,
KY 40207

Contact

(502)-409-4200

<https://www.pilatesvillage.com/>

holly@pilatesvillage.com

teresa.pilatesvillage@gmail.com

Instructor Information

Holly Holland NPCP #14141

Teresa Willis NPCP
#782566

EAST COAST
Louisville, KY

**Holly's
PilatesVillage**

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

info@PilatesBlast.com

EAST COAST:
Tinton Falls, NJ / Red Bank, NJ



Location

Marlton, NJ

Studio

Pilates Plus a
Restoration Studio, LLC

Address

151 Greentree
Rd, Suite E, Marlton,
NJ 08035

Contact

856-304-5556

laurie@pilatesplusrestoration.com

<http://>

www.pilatesplusrestoration.com/

@pilatesplusmarlton

Instructor Information

Laurie DiMatteo-Weiner
NCPT, ACE-CPT, R-YFT
NPCP ID#13687

EAST COAST:

Marlton, NJ



Location

Bluffton, SC

Studio

TruFit Pilates & Nutrition

Contact

(843) 368-2314

www.truefitpilates.com

info@truefitpilates.com

[IG Link](#)

[FB](#)

Instructor Information

Jennifer Wolfe, MS, CSCS, PPSC,
CES

Holistic Health/Nutrition Coach, IIN

NPCP ID: 12057

*BURN AT THE BARRE™

Master Trainer

EAST COAST

Bluffton, SC:

PRIVATE PROGRAMS ARE AVAILABLE!

PLEASE CONTACT JENNIFER WOLFE



Location

Suwanee, Georgia

Studio

Core Pilates

Address

3592 Old Atlanta Rd. Suite 101
Suwanee, GA. 30024

Contact

470-239-4438

corepilatescv@gmail.com

<https://corepilatesga.com/>

Instructor Information

Owner/Instructor:
Charity Van Horn PSC MT.
NPCP#37077
706-825-6614

EAST COAST:

Suwanee, Georgia

March 2025

Teacher training dates:

Class hours will be held every Thursday from 3:30 pm-8:30 pm, and most every other Saturday 8:30 am-1:00 pm

Fundamentals/Nut & Bolts - 3/1, 3/6 2025

Mat- 3/13 through 3/27

Reformer- 4/3 through 5/17

Cadillac- 5/31 through 6/26

Chair- 7/12 through 7/31

Review day 8/7, testing 8/9

BIO:

Charity Van Horn, NCPT

A Certified Group Fitness instructor. Started her fitness journey 17 years ago by teaching Group fitness at the local gym in a small town in Statesboro, Georgia. Little did she know that her passion for fitness would open an amazing world. After years of teaching various classes and programs throughout Georgia and South Carolina, she was able to experience studio Pilates. She was hooked from the start. She was able to see such a difference on her own body, as Pilates was literally fixing the muscle imbalances from the many years of wear and tear from teaching group fitness. In 2016 her family made the cross country move to Southern California. There she was able attend the Pilates Sports Center teacher training to become a Certified Instructor in 2017. There she worked in an amazing Studio with fantastic colleagues. In 2019 she relocated, yet again to Georgia, but this time to the Atlanta area. Once there she worked at larger box gyms teaching Pilates and group fitness classes until the Pandemic hit. The Pandemic forced her to make the decision to open a Private Home Studio, Core Pilates in 2020. She loves working with special populations from geriatric, office workers/gamers, to athletes, to help them to focus on balance in the body for their specific situation in life. If she's not in the studio you'll find her with the family, on the tennis courts, at the martial arts studio training for a black belt in Krav Maga, or in her car driving my children all over the place for various sports.

Pilates Certifications through Pilates Sports Center: Mat, Reformer, Cadillac, Chair, and Ladder Barrel

NPCP Certified Pilates Instructor

ACE Group Fitness Certified Instructor

LesMills BodyFlow Certified

LesMills BodyPump Certified

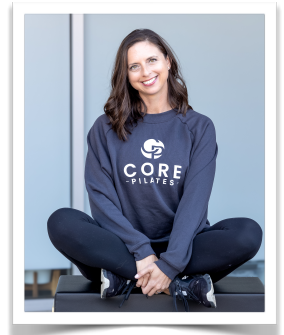
Power Plate trained

TRX Suspension trained

CPR/AED certified



CORE
- PILATES -



International Locations

#1. BODYNOX
Yong Ho, Lim "Roi"

#204, 551-17, Yangcheon-ro,
Gangseo-gu, Seoul, Korea 07532
02-2065-7490

roiim@naver.com

www.pskorea.modoo.at

site: <http://academy.bodynox.co.kr/>

IG: https://www.instagram.com/garuda_and_pilates/

FB: <https://www.facebook.com/bodynox>

#2. BODYNOX
Dong Hee, Hwang
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INTERNATIONAL:
Seoul, South Korea

BodyNox
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BIOS:

Yong Ho, Lim "Roi" (Korea Director)

After, obtaining a bachelor's degree in Physical Education, Yong Ho Lim majored in Exercise Physiology in graduate school. He taught fitness instructors as a Reebok University Master Trainer from 1998 to 2005. He also has some experience in lecturing on physical education in Universities in Korea. He started his career as a Pilates teacher in 2006 in South Korea. He experienced the Pilates method in 2004. He had attended World Sports Aerobic Championship for many years as a member of the Korean national team. He suffered from an acute knee injury of his lateral meniscus in his athletic life. He tried Pilates exercise to overcome knee pain. Ever since then, he fell completely in love with Pilates. He has a couple of Pilates Certifications. He has been certified by Polestar Pilates and Morden Pilates for many years. Additionally, PSC's Master Teacher Program certified him in 2014. Now, He is running a Pilates studio in Seoul Korea.



Dong Hee, Hwang (Korea Faculty - MT)

I majored in Korean dance when I was young. When I was in high school, I couldn't continue my major due to knee pain and went to a general company. He became acquainted with Pilates in 2014 and improved knee pain, and obtained a certificate from STOTT Pilates in 2016. After that, I got a job at Bodynox and got to know PSC, and I have been working for Bodynox until now. I started practicing Pilates because of back pain. Pilates has changed many things in my life, not just my back.

International Locations

Seoul, South Korea

STUDIO
Edel Pilates

ADDRESS
15, Seolleung-ro 132-gil,
Gangnam-gu, Seoul, Republic of
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CONTACT
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Blog: [Edel Pilates Blog](#)

Web: [Edel Pilates Academy](#)

Seoul, South Korea

Prenatal and Postnatal Workshop
January 11-12, 2025

March 22-23, 2025



BIO:
Seoyeon, Lee

I started practicing Pilates because of back pain. Pilates has changed many things in my life, not just my back pain. After learning Pilates, I got a healthy body, mind, and life. This is how I became a Pilates instructor. For now, I am a CEO of Edel Pilates with Stott Pilates certification and NCPT qualifications. Currently, I hold the hosting qualifications for PSC Pilates which is truly excellent education.

Chan Mi, Heo

Chan Mi graduated from the Department of Physical Therapy. After graduation, she worked as a physical therapist specializing in sports physiotherapy for junior athletes at a hospital. During her search for more effective treatment methods for her clients, she came across Pilates. Meanwhile, she suffered a back injury in a car accident, and while rehabilitating, she experienced the effects of Pilates and fell in love with it. She became a Pilates instructor and has been teaching since 2016. In 2022, she was certified by the PSC's Master Teacher Program. Currently, she is in charge of PSC training at Edel Pilates.

International Locations

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

Tel Aviv, Israel:



BIO:

Ella Ben-Aharon

Israeli born, Ella Ben-Aharon is a choreographer, movement educator, and a Pilates Master Teacher. After serving the Israeli Defense Forces and dancing with the Kibbutz Contemporary Dance Company, Ella moved to the US for 11 years. She holds BFA in Dance from CalArts, and an MFA in Choreography from Jacksonville University, FL. Ella is certified in Pilates through RetroFit school of Pilates. Her first position at SportsMed in Calabasas allowed her to work closely with physical therapists and witnessed the becoming of PSC. Ella is amongst the first Pilates Master Teachers with Pilates Sports Center. While in NYC, Ella managed the Pilates Studio at the Reebok Sports Club/ NY, and worked privately with high profile clientele. She taught private sessions, group classes, workshops and Teacher's Certification Programs in Los Angeles, New-York, Florida and Israel. In addition, Ella directed her own dance company. Her choreographies and video-works were presented in venues in the US, Europe, Brazil and Israel. She has been a guest teaching-artist in numerous universities and art centers around the world. Since returning to Israel in 2010, Ella became a member of the Israeli Choreographers Association. She continues to create, perform and research anything movement and consciousness related. In May 2016 Ella opened her own Pilates and movement studio - Studio Naim - MAZE - in the heart of Tel Aviv.

