



Pilates Sports Center International Inc.

Digital Brochure 2025

Cutting Edge Education Nationwide and Internationally Based on
the Teachings of Joseph H. Pilates

Membership Portal
Info@PilatesSportsCenter.com
www.PilatesSportsCenter.com



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Welcome to
Pilates Sports Center
Kelli Altounian and
Andromeda Stevens, D.C.
Co-Founders/Directors



Mission Statement & Goals

Thank you for your interest in the Pilates Sports Center Teacher Training Program & Studio founded in 2000. PSC offers not only one of the most profoundly effective exercise systems ever developed, but gives special emphasis to the extensive rehabilitative aspects of the work of Joseph H. Pilates. The importance of quality instruction, well-rounded, innovative training, and good credentials cannot be ignored in today's competitive world. The Pilates Sports Center Teacher Training Program ("PSC") offers the finest Pilates instructor educational program available and is staffed with vetted, qualified, and Nationally Certified Pilates Teachers (NPCP). Teachers across the USA and Internationally by Licensing Agreement with PSC.

Goals:

- *PSC's mission is to provide an education in the work of Joseph Pilates with the highest quality of instruction to create the most successful and capable Pilates teacher possible.*
- *PSC preserves the classical repertoire and the essence of Joseph Pilates' philosophy and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. We are constantly refining our Programs.*
- *PSC intends to grow its programs worldwide without sacrificing its quality or integrity. PSC will uphold the highest standards of its instructors, business practices, materials and the work of Joseph Pilates.*

This catalogue will provide you with information on all of our programs. If you have any further questions or concerns we invite you to contact us, or one of our affiliates. We would love to meet you to introduce you to our Studio and discuss our program, as this is a big decision for you.

Thank you for choosing PSC. We are looking forward to seeing you in the Studio.

Co-Founders / Directors of Pilates Sports Center, Inc.
Kelli Altounian and Dr. Andromeda Stevens, D.C.
Nationally Certified Pilates Teachers



Facilities / Studio

Since 2000, Pilates Sports Center has been operating a studio in Los Angeles and teacher training programs across the country. The studio has state of the art equipment by Balanced Body including:

Reformers, Cadillacs, Springboards, Wunda Chairs, Ladder Barrels, Pilates Small Barrels, Arcs and Spine Correctors.

PSC in Los Angeles also hosts skilled Pilates Instructors dedicated to the best results for their clients and a Chiropractor specializing in [Schroth Best Practice®](#) Scoliosis care.



Students may schedule observation or practice hours at their PSC host Studio, please call the Studio 24 hours in advance. The Encino Studio is open 7 days a week and must have an instructor on site for students to use equipment for practice or practice teaching.

Schedule a Visit to Our Studio!
16430 Ventura Blvd Suite 108,
Encino CA 91436

www.PilatesSportsCenter.com

PilatesSportsCenter@gmail.com



Links: [PSC Subscription Facebook Instagram YouTube Yelp Twitter](#)

Kelli Altounian, NPCP

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of Central 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. Uniting her efforts with Andromeda, they have 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:

- BA from the University of Central OK
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by (N.E.S.T.A.) for Golf Conditioning
- Nationally Certified Pilates Teacher (NPCP)
- TRX® Suspension Training
- Balanced Body University - CoreAlign 1, Vertical Reality
- Co-Creator of Bosu on the Reformer Workout, DVD and Workshop
- Co-Creator of Dowel on the Reformer Workout, DVD and Workshop
- Creator of Advanced Business Workshop for the Studio Owner
- STAGES guest speaker 2021 Podcast
- kellipsc@gmail.com (818) 231-0226

Dr. Andromeda Stevens, D.C., NPCP

Andromeda became a Doctor of Chiropractic inspired by her own scoliosis condition. After becoming Pilates educated, she co-founded PSC, to provide the highest standard of excellence in Pilates and Barre education.

Her credentials include:

- Cleveland Chiropractic College of LA 1996
- Cox Flexion/Distractor Technic® Certified
- Schroth Best Practice® Advanced Certified Scoliosis Practitioner Level I & II www.ScoliosisCoach.com
- BSPTS Concept by Rigo Basic Level 1-3 Certified
- PSSE Schroth Certified Level I
- Integrated Flexibility Training - Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Nationally Certified Pilates Teacher (NPCP) "Gold Certified"
- Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program
- Board Of Directors - The Pilates Initiative
- SOSORT member
- ScoliosisCoach@gmail.com 818 970 1222

For information on PSC's Master Teacher of the Program, please visit our Web Site or see the PSC Host Studios and Affiliates link in this brochure

PSC's Co-Creators/Directors Credentials and Bios

Kelli Altounian and Andromeda Stevens

Shared Credentials include:

- Founders of Pilates Sports Center, Inc.
- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Produced and Created 14 DVD titles
- Written or co created over 25 workshops with continuing education credits
- Pilates On Tour Presenters 2010-11 & 2012
- Body Mind Spirit Presenters 2007 & 2008
- Inner IDEA Presenters 2011
- Mad Dogg WSSC Presenter 2013
- MindBody Fit Pro Presenter 2013
- Human Movement Conference 2019
- Co-Creator Pilates Expo Los Angeles 2010-14
- Master Teacher Teacher for Reebok Sports Club/NY 2007
- NPCP CEC Provider™
- Graduates of Advances in Pilates - Long Beach Dance Conditioning
- CPR / First Aid Certified
- Co-Creators of the [Pilates Sports Center Channel / Membership](#)

PSC's Pilates Teacher Training Program Description/Objectives & Graduation Requirements

Pilates Teacher Training Program Description:

This 450+ hour program is offered in a comprehensive, modular, or private format.

The class size is limited to achieve a high level of attention and service.

Each student will learn:

- Pilates Mat / Reformer / Cadillac / Chair
Repertoire in both Classical and Progressive Pilates styles with modifications and variations
- 15+ Hours of review of all material
- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids, and lectures in an interactive environment
- Pilates props skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera-bands and balls
- Creative training and program development skills for any level of proficiency
- Medical anatomical terminology
- Verbal and tactile cueing skills
- Attitude, confidence and composure of a professional instructor
- Studio etiquette and equipment safety
- Ethics and scope of practice
- Understanding indications and contraindications for specific injuries and special circumstances
- Graduates of a Comprehensive Program that includes barrels, will meet the criteria for, and be prepared to take, the Nationally Certified Pilates Teacher (NPCP) Exam
- Graduates of a Comprehensive Program will be able to acquire an entry-level position as a comprehensively trained Pilates teacher
- Learn More with our Video! [YouTube Video](#)
- Completion of the comprehensive or modular PSC program does not *guarantee* employment or Nationally Certified Pilates Teacher (NPCP) Certification

A fully photographic Manual will be provided for the course you will attend. Access to our full library of exercises on our [Membership Portal](#)

Requirements for Graduation:

A Certificate/Diploma issued upon completing all course requirements including, but not limited to:

- 130 hours of In Person Classroom Experience with a PSC Master Teacher
- 75 hours of combined Observation/Apprenticeship in the Studio
- 100 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 40 hours of Self Integration (additional Pilates experience with qualified instructor)
- Anatomy Project & Client Assessment and Programming Project
- 15 hours Pilates Professional Video or Online Observation Pilates Sports Center [PORTAL](#)
- Passing scores on quizzes/reviews, tests, practical exams and projects of no less than 76%
- Insurance required to practice at PSC's Studio: [Insurance Link](#)

Requirements are different for Modular Courses.

Each module will require:

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting
- 10 hours of Self Integration (additional Pilates experience with qualified instructor)
- 5 hours Pilates Professional Video Observation
- Passing scores on quizzes, tests, practical exams and projects

Other Pilates Sports Center Information:

- PSC Channel: training.pilatesportscenter.com digital platform containing all of the exercises in the program
- Discount on Insurance with free web page, equipment coverage, identity coverage and more at an unbeatable rate
- Access to Pilates Sports Center Digital Workshops
- No video learning - all in person or live streaming
- No delayed module schedules, no extra testing fees, no levels, no delay in your education
- *No required PSC Continuing Education Workshops for graduates - all optional*
- Job board and Workshops Available for Graduates
- Our program has a 98% pass rate

PSC Encino Calendar & Affiliate Locations

PSC Encino / Flagship Studio:

In Studio: Mat and Reformer, Cadillac and Wunda Chair

[LINK to Calendar](#)

West Coast:

CA: Encino, Santa Clarita, Studio City, Riverside, Claremont, Santa Barbara,, Camarillo, Bakersfield, Rocklin/Granite Bay (Sacramento)

WA: East Central

Mountain:

AZ: Peoria / Scottsdale / North Central / Arcadia and soon: Chandler

CO: Fort Collins

ID: Wilder

Central:

Iowa: Cedar Falls

Kansas: Wichita, Prairie Village (Kansas City)

WI: Onalaska

TX: Houston, Frisco, Webster, Austin, Southlake & Fort Worth

IL: Chicago, Lincolnshire & Palatine

TN: Nashville

East:

KY: Louisville

SC: Bluffton

TN: Nashville

NJ: Trenton Falls & Marlton

GA: Suwanee (Atlanta)

NC: Franklin

International:

Israel: Tel Aviv

Korea: Gangseo-gu, Seoul

For Full Schedule of each location, follow the links in this brochure

[Pilates Sports Center Schedule Doc](#)

TUITION / DEPOSIT

Comprehensive Program (Fundamentals, Mat, Reformer, Cadillac, & Chair) \$6,900.00 (varies by location)

Deposit: \$500 for the Full Course, or \$100 for a modular course guarantees a place in the program, no place held without deposit. Deposit goes towards tuition cost and is NOT refundable. Full tuition balance is due on the first day of the course. Deposit / Tuition paid via: check, money order, cash or credit card (mc/visa). *Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Teacher, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate / Diploma upon successful completion of all requirements.*

OR

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

- Nuts and Bolts / Philosophy - "Fundamentals" \$400 (required)
- Pilates Mat \$1,800 (required for apparatus modules)
- Reformer \$2,700
- Cadillac \$1,400
- Chair \$1,400
- Total = \$7,700.00 total if taken in Modules. Modular is more expensive overall. PSC encourages completing a full program for best job placement
- *Barrels: \$400.00 - required if taking Nationally Certified Pilates Teacher Exam*

Private Courses: \$12,000 (Deposit of \$500) choose your own schedule and get private tutoring with undivided attention through the course and work at your own pace to accomplish a Comprehensive or Modular Program. *Modular price options, please inquire*

ADMISSION REQUIREMENTS

- Prospective students must have a high school diploma or equivalency diploma to be accepted for enrollment
- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. *(PSC offers you a Student Discount to complete)*
- Completed Application and deposit
- Personal Liability Insurance if practicing in your Host Studio
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation, medical condition (cancer-related), ancestry, marital status, citizenship, or status as a veteran or special disabled veteran.

ENROLLMENT PROCEDURES

Prospective students may enroll anytime. Late enrollments will be accepted on a case-by case basis. The enrollment process includes submission of an application, payment of non-refundable deposit. Sign and submit the Release Form and Student Contract.

ATTENDANCE REQUIREMENTS

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 90% is required. The Certificate of Completion may be held until class time is made up. Students who are unable to continue classes for medical/personal reasons will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.

REFUND / CANCELLATION

Refund/Cancellation Policies:

A Non-Refundable Deposit of \$500.00 (\$100 for Mat or a Module) is due with application/registration to reserve a place in the course. Your non-refundable deposit and application entitle you to all PSC Studio discounts as soon as it is made. No Studio discounts given if tuition is refunded or if the student drops from the course. Student is entitled to tuition refund upon withdrawal/termination: no less than 14 calendar days before the start of program or module 100%. After program has begun, No refund of tuition. All refunds will be made within 30 days from the date of termination/withdrawal. The official date of termination/withdrawal of a student shall be determined in the following manner:

- The date on which the school receives notice of the student's intention to discontinue the training program; or
- The student will receive a full refund of tuition & fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it.

The policy for granting credit for previous training shall not impact the refund policy.

PSC's Pilates Teacher Training Student Policies

COMMUNICATION

Any communication will only be made between the applicant and PSC (or PSC Master Teachers). PSC (or its Master Teachers) are under no obligation to communicate with any third-party purporting to represent the applicant, unless 1) the applicant is physically unable to communicate with PSC on her or his own behalf, or 2) the third-party is the applicant's attorney.

STUDENT CONDUCT POLICY

All students are expected to act maturely and are required to respect other students and faculty members. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

LEAVE OF ABSENCE POLICY

Students who interrupt their program because of personal or family circumstances and plan to return may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive remittance unless a formal leave of absence is filed and approved. An approved leave of absence will entitle student to return to the next scheduled Program offered at the same location for the missed portion of the Program only.

DISMISSAL POLICY

Any student may be dismissed for violations of rules and regulations of the school, as set forth in the Student Contract. The PSC Master Teacher may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. In unresolvable circumstances, the directors, after consultation with all parties involved, will make the final decision on dismissal or re-admittance.

GRADING SYSTEM

Approximately every four weeks (6X in a Full Program / or 1X per Module) an oral/practical review ("Hat Trick") of the material is performed to monitor student's retention and execution of the material. Progress reports will be issued to students throughout the program after each review.

A Pass/Fail system is used by Pilates Sports Center.

Pass = all requirements met.

Pass with Additional Requirements = project, re-test or other as determined by the Master Teacher

Fail = retest and retesting fees apply

EDUCATIONAL SERVICES

PSC provides its students with counseling, tutoring, manuals, charts, models, and videos to assist the student's completion of the program.

PROGRESS POLICY

Students must maintain a 75% grade point average on the quizzes/reviews (Total of no less than 6 quizzes/reviews in a Comprehensive Program). Those who do not will be counseled and may not pass the final exam and receive a Certificate of Completion. A non-passing grade or missing (optional or not) the Final (written OR Practical) Exam for any reason will require a re-test at a later date with a \$100 re-test fee. Additionally a project may be assigned, and/or additional hours of observation or practice may be assigned on a case-by-case basis by the Master Teacher at his/her discretion.

STUDENT GRIEVANCE PROCEDURE / POLICY

Link to Document: [Student Grievance and Non Discrimination Policy](#)

Attempting to resolve any issue with the School first is strongly encouraged.

SEXUAL HARASSMENT PROCEDURE / POLICY

Link to Document: [Sexual Harassment Policy](#)

Any of the above link documents can be provided as printed material by request.

ACCESS TO STUDENT FILES PROCEDURE / POLICY

Students may review their complete file during studio hours by requesting an appointment with the Master Teacher during normal posted business hours only. Master Teacher shall have 24 hours to respond to any request, and provide the file within 2 business days of the request.

Student files contents and access

- Completed application
- Signed Student Contract
- Signed Release of Liability
- Signed Credit Card Authorization Agreement (if applicable)
- Signed Payment Plan (if applicable)
- Signed Sexual Harassment policy
- Signed Student Grievance and Non Discrimination Policy
- All academic records (written and practical exams)
- Financial transaction records

Programs of Study: Pilates Sports Center™ Pilates Teacher Training Program

Fundamentals:

Prerequisite to the Program..
An 8 hour introduction to client assessment,, cueing, alignment and basic anatomy. Principles and philosophies of Joseph H. Pilates are also covered.



Mat Pilates:

Classical Pilates Mat with modifications, variations and props to add dimension and versatility to the repertoire.



Reformer:

Understand the diverse and complex Reformer and a full repertoire of beginner, intermediate and advanced exercises. Classical and progressive styles are taught.

Cadillac / Trapeze Table:

We will cover the full Cadillac repertoire and how it converts to the Springboard / Tower



Wunda Chair:

The chair is an advanced piece of equipment and a necessary part of any well-rounded education to become a fully prepared instructor.



At the end of your program, take your exam to receive a Diploma. Pilates Sports Center is recognized anywhere in the world along with its incredible reputation. Become part of the PSC family.

Barrels:

The Ladder Barrel, Small Barrel/Baby Arc and Corrector/Clara or Step Barrel are valuable tools to assist or challenge any client



You are now a fully educated Pilates Instructor ready to take on new challenges with workshops and additional Certifications. You are eligible to sit for the Nationally Certified Pilates Teacher Exam should you choose!



Pilates Small Apparatus:

Learn about the Pedi-Pull, Foot & Toe Corrector, 2X4 and Sandbag. Important tools to work with your client - Pilates Sports Center offers a comprehensive workshop post graduate.

Programs of Study: Workshops / Home Study / Hosting Education

Workshops: PSC has written over 30 original Pilates and Barre Workshops for Pilates Professionals to expand their knowledge, earn NPCP CEC's, and assist their clients with better training skills. If you are unable to attend an "In Person" Workshop at one of our locations, we can supply you with a Digital Download with a workbook for Home Study.

List of all PSC Workshops: [PSC Workshop List](#) or Shop for Digital Content [HERE](#)

Become a Member of our PSC Channel: [Training.PilatesSportscenter.com](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)

- all Pilates Exercises broken down and fully explained - study or review!

[Ready to Host Pilates Training or a Workshop at Your Facility?](#)

Hosting Education modules make training at your facility easy.

- Just let us know the modules or workshops you are interested in hosting.
- Together, we select a date, and then schedule an instructor.
- We will even assist with the promotion of the program for you.

Our mobile education can further your education, motivate your staff, boost revenue, and draw in other professionals in your area.

See Us In Action: [PSC YouTube](#)



Programs of Study: Pilates Transition / Bridge Program

Should you wish to review, are missing some apparatus, or were unsatisfied with your education elsewhere, PSC offers a "Bridge Program". The program can accomplish two things:

1. An instructor with incomplete education may add a PSC module as outlined on Page 8 to improve your skills, earning power and your add to your credentials.
2. An instructor with an education that was unsatisfactory in any way, may wish to "re-educate" thru PSC in a comprehensive or modular program. We offer a 50% discount to any instructor who wishes to re-educate with us. Discount offered only on any previously accomplished portion a program (Mat Pilates already taken? Pilates Sports Center will offer Mat Pilates at 50% off (see regular Tuition Rates at the location of your choice) Proof of previous education required via copy of a Diploma, Certificate of Completion or Letter from the School)
3. Only graduates of a Comprehensive Program (Pilates Mat / Reformer / Cadillac / Chair and Barrels) will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Teacher (NPCP) Exam.

Why Bridge with PSC?

Pilates Sports Center is internationally recognized and upholds all of the NPCP criteria for a Pilates educational program. We offer Pilates Instructor training in locations across the USA, Israel and Korea. The PSC program is growing rapidly. Bridging is a great way for instructors to continue their journey or re-visit Pilates instructor skills. It is also a great way to add diversity to your training background. PSC and its Master Teachers are actively running Pilates Studios of their own and can give you the best insight into the world of successful business and client instruction. PSC's respects our classic heritage, while infusing new ideas that are both science based and creative. Become part of a growing team of professionals and part of renowned training program.

Requirements to Transition/Bridge with PSC

- Application
- Payment
- PSC's Fundamentals / Philosophy ("Nuts & Bolts") Program
- Supply a certificate of completion as proof of previous education
- A Mat certificate of completion, required prior to any PSC Apparatus module
- Once prior education is verified, you will be admitted to PSC's Bridge Program.
- Once admitted to a program, all requirements will apply as outlined below to obtain a Certificate of Completion. See *pages 6, 8-10 for all requirements*
- If an applicant is taking any Mat or apparatus for the first time, all hours and projects are required per module.
- If an applicant has previously completed and is re-taking any Mat or apparatus as a Bridge - no hours or projects are required for those modules.

For more information contact
Pilates Sports Center International Inc.
Director of Business Development 818-231-6777

info@PilatesSportsCenter.com
www.PilatesSportsCenter.com

SEE US IN ACTION: [Pilates Sports Center on YouTube](#)

Programs of Study: Pilates Sports Center Pilates Master Teacher Program

Become a PSC Affiliate as a Master Teacher

As an “MT” you will begin a commitment to better the quality of Pilates Teacher Training and the lives of others. You will become a part of the rapidly expanding PSC family, and create your very own mark in this educational program. PSC's intensive Master Teacher Teacher Program has specific requirements and an application process. If you meet these requirements, we invite you to submit your application to PSC.

- You must be 5+ years teaching and a Studio owner (preferred)
- Knowledge of the PSC Teacher Training Manual, Procedures, required texts and all related materials – demonstrated by passing the MT “test out”
- Exemplary Knowledge of Physiology and Anatomy
- Current Liability Insurance
- An approved location with which to conduct all PSC courses that includes but is not limited to: Appropriate space, equipment, props, medical charts, models, props, textbooks etc. OR...have a contract in place with an existing Pilates Studio who will provide the space and equipment.
- Approved location (Outside of a territory under contract with PSC, Inc.
- Non Disclosure Agreement, and Licensing Agreement with PSC, Inc.
- Attend future PSC workshops (Digital & DVD options available)
- Willingness to participate in the PSC Business Coaching Program

Upon acceptance into the Master Teacher Program you will complete the home study via digital media and a manual and will then attend a 3-day intensive course in Encino, CA and a series of webinars. A “test-out” will be given to verify the integration of the material. Once successfully passing the exam you are ready to launch a program!

Join Our Team [PSC Master Teacher Program Video](#)



Programs of Study: Pilates and Pregnancy Workshop & Certification Program

For more information contact PSC at [PilatesSportsCenter](#) or 818-788-8112

[Digital Download of \\$249 Workshop HERE](#)

[Video About The Workshop HERE](#)

[In Studio Workshop Info HERE](#)



Pilates and Pregnancy Workshop and Certification Program

Description:

This is a 10+ hour program

The class size is limited to achieve a high level of attention and service.

A fully photographic Manual will be provided

Each student will learn:

- Head to toe inventory of Pregnancy conditions, and concerns with specialty exercises
- Pilates Mat / Reformer / Cadillac / Chair Repertoire with modifications and variations for the Pre Post Natal Client
- Medical anatomical terminology
- Ethics and scope of practice
- Understanding indications and contraindications for the pre-post natal client
- Opportunity to take an online exam to earn a Diploma/Certificate of Completion
- 16 NPCP CECs

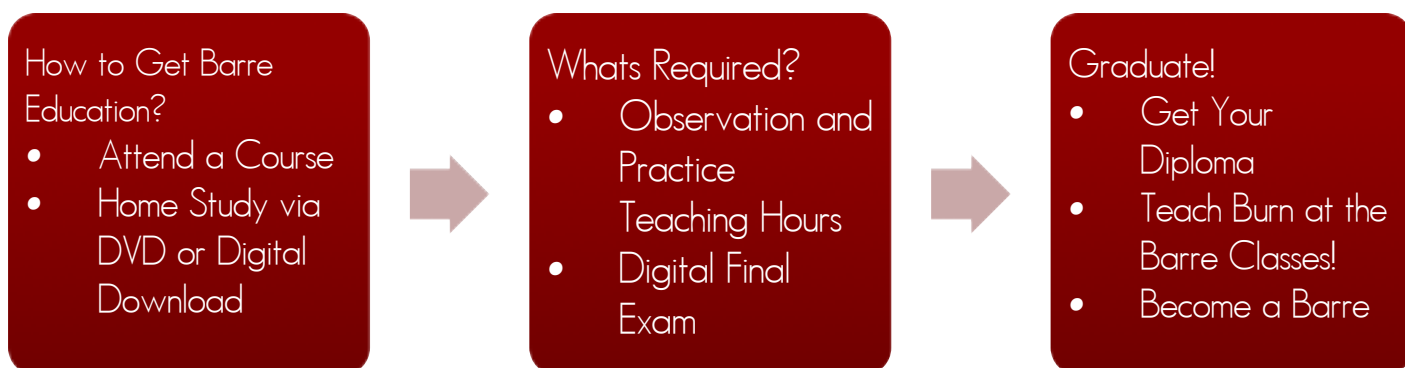
Requirements to Attend In Person

- Application
- Payment \$559.00 *with \$100 Non-Refundable Deposit*
- Student Contract
- Supply a Certificate of Completion as proof of education

Completion of the PSC program does not guarantee employment or status as a Nationally Certified Pilates Teacher (NPCP)

SEE ALL OF OUR OFFERINGS: [Pilates Sports Center on YouTube](#)

Programs of Study: Burn at the Barre™ Teacher Training Program



What is “The Burn at the Barre™” Workout?

Based on a fusion of Pilates and classic barre techniques, we have created an efficient and safe program that focuses on proper form. It is the perfect blend of deep muscle toning with resistance, the grace of ballet, the flexibility of yoga, and the core strengthening of Pilates.

What Are the “The Burn at the Barre™” Level I & II Workouts?

Level I is a structured, easy-to-follow pre-choreographed 55-minute class routine designed in a specific sequence to burn fat and build strength and stamina through intervals of sprint and recovery. We achieve deep muscle toning with weights, balls, barre and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility to keep those muscles long and lean. No dance experience is required to sculpt your body with this class! All levels are possible with the interchangeable blocks in this class.

Level II we dial up the intensity and add more advanced variations in a 55-minute class with weights, and bands, longer barre work segments and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility and core for the more advanced clients.



Programs of Study: **Burn at the Barre™ Master Teacher Trainer Program**

What are the requirements to become a PSC Barre™ Master Trainer?

- Exemplary knowledge of the PSC Burn at the Barre™ Teacher Training Manual, and DVD materials
 - Exemplary knowledge of the Nuts and Bolts portion of the program.
- Accomplishment of all Observation/Self Integration/Practice teaching Hours
 - Accomplishment of the written exam & the video test out

What is the Cost to become a Master Trainer?

\$900.00 (does NOT include: \$25 application fee – nonrefundable)

Discover how easy it is to get a return on the \$900.00 investment with only 6 students.

6 students = \$3,294.00 in revenue at a 70/30 split = \$2,305.00 back to the Licensee immediately.

How long is the Master Teacher course?

Take the 2 day course OR self-paced home study on DVD/digital download along with the PSC Manual.

What is my revenue stream possibility?

The PSC/MT total revenue split is 70/30% in your favor. Imagine increasing your Studio revenue by up to \$4,500.00 per Program or more!

Upon completion of the MT Intensive Program how do I launch my first Teacher Training Program?

Set your program dates and hours so that marketing can begin. PSC will be available to support you.

Marketing is covered during the course. PSC business support is ongoing as needed.

How do I benefit from the PSC relationship?

PSC DVD's and products will be made available to you wholesale

We will promote your Studio and drive clients and students to your location with our strong web presence and SEO optimization. PSC advertises its programs in print and digital media year-round.

Support by experienced fitness professionals and successful business partners with PSC's team.

The Burn at the Barre Program is the only one of its kind that allows graduates to move freely with their new skills without licensing fees, contracts, or restrictions.

Directory of PSC Pilates and Burn at the Barre™ Affiliates National and International

LINKS BELOW

FIND A TRAINING CENTER NEAR YOU

On the Pilates Sports Center Website - side tab Pilates Sports Center Affiliate Bios

Any of the linked documents in this Brochure can be provided as printed material by request.



Links: [Facebook](#) [Instagram](#) [YouTube](#) [Yelp](#) [X](#)