

PILATES SPORTS CENTER

Teacher Training Programs & Workshops

Pilates Method Alliance

Pilates Sports Center is proud to uphold a level of excellence in Pilates Education. The Directors are PMA Certified Teachers® and Continuing Education Providers. Completion of all Pilates Sports Center modules will allow you to sit for the Pilates Certification Exam with the Pilates Method Alliance

Burn at the Barre™

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

In Person or Home Study Programs
[EMAIL](#) 800 • 604 • PSCI (7724)

Become a Pilates Sports Center Affiliate

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 an intensive 3 days in LA, CA. 800 • 604 • PSCI (7724)
Watch our informative videos:
[Master Trainer Video](#)



16430 Ventura Blvd. #100 Encino, CA 91436
Studio 818-788-8112 Fax 818-788-8303
Toll free 800-604-PSCI (7724)

- WEB: www.PilatesSportsCenter.com
- EMAIL: admin@PilatesSportsCenter.com
- TWITTER: <https://twitter.com/pscencino>
- INSTAGRAM: <https://www.instagram.com/pilatessportscenter/>
- FACEBOOK: <https://www.facebook.com/PSCEncino/?ref=hl>
- YOUTUBE: <https://www.youtube.com/user/PilatesSportsCenter>
- JOB BOARDS: <http://pilatessportscenter.com/category/job-board/>
& <http://www.thepilatesguy.com/pages/teachers.html>
- JOIN the Pilates Initiative <http://thepilatesinitiative.org/membership/>

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**FOR FULL BIOS ON ALL
INSTRUCTORS -**

VISIT OUR WEB SITE

WWW.PILATESSPORTSCENTER.COM

[LOCATIONS WORLDWIDE](#)

[BIOS OF ALL MASTER
TRAINERS](#)

NATIONWIDE RATES

location may vary

Comprehensive Program:
\$4,900.00 (Mat & Apparatus)

Modules:

- Fundamentals / Philosophy
("Nuts and Bolts") is required
\$300 7 hours
- Mat \$1000 24 hours
- Reformer \$2000 48 hours
- Cadillac \$1000 24 hours
- Chair \$1000 20 hours
- Barrels \$300 8 hours

as an additional workshop

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Location

Encino, CA

Studio

Pilates Sports Center

Address

16430 Ventura Blvd
Suite 100 Encino CA
91436

Contact

Studio:
818 788 8112
Call or Text: 818 970 1222
www.PilatesSportsCenter.com
PilatesSportsCenter@gmail.com

Instructor Information

Kelli Altounian
PMA ID: 10285
Exp.: 01/13/2018

Dr. Andromeda Stevens, D.C.
PMA ID: 10112
Exp.: 11/02/2019
BURN AT THE BARRE™
Master Trainer

Class Schedule

Wednesdays & Fridays

12:00pm - 4:00pm

PRIVATE PROGRAMS ARE
AVAILABLE! PLEASE
CONTACT JESSICA LAMONS
- SEE SIDEBAR FOR

WEST COAST:

PILATES TEACHER TRAINING:



2018:

Pilates Barrels Teacher Training (Ladder Barrel, Small Barrel/Baby Arc, Spine Corrector) & Pedi Pull and All Small Apparatus
Take as a Workshop or Certification
Oct 13-14th 2018 12 PMA CECs \$400

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions.

Fundamentals Teacher Training Workshop Sept 12th 2018

Mat Pilates Teacher Training Workshop Sept 19th 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Mat Pilates is the foundation of any Pilates Program is a prerequisite for the PSC Full Program. You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Reformer Pilates Teacher Training Workshop Oct 10th 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Cadillac Pilates Teacher Training Workshop Nov 28th 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop Jan 2 2019
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Encino, CA

Studio

Pilates Sports Center

Address

16430 Ventura Blvd
Suite 100 Encino CA
91436

Contact

818 788 8112
Call or Text: 818 970 1222
www.PilatesSportsCenter.com
PilatesSportsCenter@gmail.com

Instructor Information

Helena Hultberg Talman
PMA ID: 1061
Exp.: 05/18/2019

BURN AT THE BARRE™
Master Trainer

Class Schedule

Mondays & Thurs 6 - 10:00pm

Other Instructors at Location

Jessica LaMons
PMA #15046 Exp 8/26/2018
jessicaleepilates@gmail.com

WEST COAST:

PILATES TEACHER TRAINING:



PSC Encino: Mon. & Thurs. 6-10pm
Fall 2018

- Fundamentals: Sept 10th 2018
- Mat Pilates: Sept 17th - Oct 5th 2018
- Reformer: Oct 8th - Nov 15th Thanksgiving break
- Cadillac: Nov 26th - Dec 13th 2018 Holiday Break
- Wunda Chair: Jan 3-24th 2019

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

PRIVATE PROGRAMS ARE AVAILABLE! PLEASE CONTACT JESSICA LAMONS - SEE SIDEBAR FOR CONTACT INFO

Location

Studio City, CA

Studio

Pilates Studio City

Address

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

Contact

Call (818) 509-0914
www.PilatesStudioCity.com
info@pilatesstudiocity.com

Instructor Information

Lora Pavilack
PMA ID# 10300
Expiration: 2/08/2018

Nikki Alstedter PMA#10623
Expiration: 5/18/2019

Class Schedule

Wed & Friday
1:00pm - 5:00pm

Other Instructors at Location

Jennifer Kornfeld
PMA ID 12769
Expires 3/4/19
jenniferkornfeld@gmail.com

Marcy McCusker
mccusker8@hotmail.com
PMA ID: 13549
Expiration: 03/24/2018

WEST COAST:



**PILATES TEACHER TRAINING:
Studio City, CA:**

2018 Full Program:
May 16- August 29, 2018
Title: Pilates Fundamentals and Philosophy Workshop May 16-18, 2018
An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for Mat Program
CECs: 7 Price: \$300

Title: Mat Pilates Teacher Training Workshop May 23 - June 1, 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program. You will attend the first 3 weeks of a Program. CECs: 12
Price: \$1000

Title: Reformer Pilates Teacher Training Workshop June 6- July 13, 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Title: Cadillac Pilates Teacher Training Workshop July 18- August 3, 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop August 8 – 24, 2018
An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000
Final exam August 29, 2018

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Studio City, CA

Studio

Core Lotus

Address

Studio City, CA

Contact

mfelbinger@gmail.com

sarahskaer@gmail.com

Instructor Information

Michael Felbinger

PMA ID: 13024

Expiration: 09/04/2018

Sarah Skaer Teacher

PMA ID: 13023

Expiration: 09/04/2018

Class Schedule

WEST COAST:



Studio City, CA:

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Woodland Hills, CA

Studio

Hardcore Pilates LA

Address

Ventura Blvd. #C
Woodland Hills, CA
91364

Contact

info@hardcorepilates.com
(818) 888-0325
josh@hardcorepilates.LA
Emily@hardcorepilates.LA

Instructor Information

Joshua Smith
PMA ID# 11369
Exp. 9-30-2017

Emily Rose Zachary-Smith
PMA ID# 11941
Exp. 04-20-17

Class Schedule

WEST COAST:

Woodland Hills, CA:

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Beverly Hills, CA

Studio

Oak Fitness

Address

346 Civic Center Dr. #145,
Beverly Hills, CA
90210

Contact

(310) 205-9091
<http://www.oakfitnessclub.com>
pilatesbymarcy@gmail.com
aaronking.psw@gmail.com

Instructor Information

Marcy McCusker
818-731-1633 cell
PMA ID# 13549
Expiration: 03/24/2018

Class Schedule

Tuesday & Saturday
12:00pm - 4:00pm

WEST COAST:

PILATES TEACHER TRAINING:

Beverly Hills, CA



Title: Pilates Fundamentals and Philosophy Workshop
September 11th & 15th, 2018

An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for Mat Program CECs: 7 Price: \$300

Title: Mat Pilates Teacher Training Workshop
September 18th - October 6th, 2018

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Mat Pilates is the foundation of any Pilates Program is a prerequisite for the PSC Full Program. You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Title: Reformer Pilates Teacher Training Workshop
October 9th - November 17th, 2018

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

(OFF THANKSGIVING WEEK)

Title: Cadillac Pilates Teacher Training Workshop
November 27th - December 15th, 2018

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop
December 15th, 18th, 22nd, 29th, 2018 and January 5th, 2019

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review / Exam: January 8th, 2019 / January 12th, 2019

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Beverly Hills, CA

Studio

Align Beverly Hills Pilates

Address

205 N Robertson Blvd,
Beverly Hills, CA 90211

Contact

310 - 854 - 0950
<http://www.alignbhpilates.com>
alignbhpilates@gmail.com

Instructor Information

Julie Amick
PMA ID: #15523
Expiration: May 2019

Class Schedule

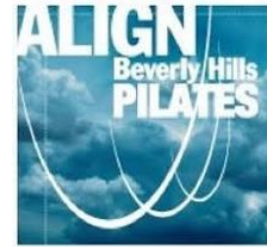
WEST COAST:

Workshops:

Pilates Barrels Teacher Training

Date of workshop:
Saturday, October 24th & Sunday October 25th, 2018
12pm -6 pm

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the PMA 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: \$300 / CECs PMA 12



Graduates of a Comprehensive Program will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Redondo Beach, CA

Studio

Shape Shift Pilates Studio

Address

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

Contact

(310) 378-4455
www.shapeshiftpilates.com
shapeshifttraining@gmail.com
e.a.lutz13@gmail.com

Instructor Information

Erin Lutz

Gina Brutti
PMA ID# 13548
Expiration: 03/14/2018

Class Schedule

Tuesday & Friday
4:00 - 8:00pm

WEST COAST:

Redondo Beach, CA:

PILATES TEACHER TRAINING:

Comprehensive Program: \$4,900 (Mat AND Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Culver City, CA

Studio

Archer Pilates Studio

Address

6504 Arizona Ave., Los Angeles, CA 90045

Contact

310 - 467 - 4313

www.ArcherPilates.com

melanieKarcher@yahoo.com

Instructor Information

Melanie Archer

PMA ID:

Class Schedule

WEST COAST:

Culver City, CA



Location

San Diego, CA

Studio

Propel Pilates

Address

16769 Bernardo
Center Dr., San Diego,
California 92128

Contact

858-673-4455
www.PropelPilates.com
rickettkaren@yahoo.com

Instructor Information

Karen Rickett
PMA ID# 12578
Expiration: 11/17/2018

Class Schedule

WEST COAST:

San Diego, CA



Location

Claremont, CA

Studio

Claremont Club

Address

1777 Monte Vista Ave. Claremont CA 91711

Contact

(909) 625-6791 x250
www.claremontclub.com
l Garner@claremontclub.com

Instructor Information

Layne Garner
PMA ID#

Class Schedule

WEST COAST:

Claremont, CA

Pilates Teacher Training:

Title: Cadillac Pilates Teacher Training Workshop
September 5th-22nd 2018

An international Pilates program that combines Classical and Progressive

Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop October 3rd- 20th

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program that includes Barrels will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Workshops:

Pilates Barrels Teacher Training (Ladder Barrel, Small Barrel/ Baby Arc, Spine Corrector) Workshop October 24th & 27th

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 1 week. Price: \$300 for 12 PMA CECS
PRIVATE PROGRAMS ARE AVAILABLE! PLEASE CONTACT LAYNE GARNER - SEE SIDEBAR FOR CONTACT INFO



Location

Camarillo, CA

Studio

Pilates Body Art Fitness

Address

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

Contact

1.805.409.9433
victoria.pilatesbodyart@gmail.com
<http://www.pilatesbodyart.net/home.html>

Instructor Information

Victoria Hajjazin
PMA ID#

Class Schedule

WEST COAST:

Camarillo, CA



Location

Palm Springs, CA

Studio

Toscana Country Club - The Sports Club

Address

76009 Via Club Villa,
Indian Wells, CA 92210

Contact

(310) 686-6267

susie@susieg.biz

www.trainingingbysusieg.com

Instructor Information

Susie Gorman Green
PMA ID# 14397
7/2019

Class Schedule

Tuesdays & Thursdays
2:00pm to 6:00pm

WEST COAST:

PILATES TEACHER TRAINING:

Palm Springs, CA
Date of workshop: September 7-9, 2018
Title: Pilates Fundamentals and Philosophy and Advanced Anatomy

Description: An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching
CECs: 7 Price: \$650.00



Date of workshop: September 11, 13, 16 and 18, 2018 - 10am to 5:00 pm.

Title: Pilates Mat Teacher Workshop

Description: A Professional Program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program (Reformer, Cadillac, Chair). You will attend the first 3 weeks of a Full Program.

CECs: 12 Price: \$1000.00

Date of workshop: October 9, 11, 14, 16, 18, 21 and Nov 11 & 18 and Dec 2, 2018

Title: Pilates Reformer Teacher Training Workshop

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

CECs: 12 Price: \$2000

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program that includes Barrels will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Santa Barbara, CA

Studio

Arlunviji Transformative Movement

Address

35 W Haley Street,
Santa Barbara, CA
93101

Contact

(805) 682-2491
www.arlunviji.com
info@arlunviji.com

Instructor Information

Nikki Alstedter
PMA ID# 10623
5/2019

Class Schedule

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

WEST COAST:

Santa Barbara, CA

PILATES TEACHER TRAINING:

Title: Cadillac Pilates Teacher Training Workshop
July 16- August 3, 2018

An international Pilates program that combines Classical and Progressive

Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop August 6-17, 2018

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Final exam August 24, 2018

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Carlsbad, CA

Studio

Enhanced Health & Fitness

Address

6120 Paseo Del Norte H-1
Carlsbad, CA 92011

Contact

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

Instructor Information

Natalie Walker
PMA ID# 15501
Expires 4/17/2019

Class Schedule

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

WEST COAST:

Carlsbad, CA:

PILATES TEACHER TRAINING:

2018:

Comprehensive Program: \$5,200.00 (Mat, Apparatus and Barrels)

Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

San Francisco, CA

Studio

Soulful Pilates

Address

1501 Waller St., San Francisco, CA 94117

Contact

(415) 806-1589

www.SoulfulPilates.com

info@SoulfulPilates.com

Instructor Information

Veronique Dumont-Thoma
PMA ID#

Class Schedule

WEST COAST:

San Francisco, CA:



Location

Rocklin, CA

Studio

Studio Lotus

Address

1150 Sunset Blvd #154,
Rocklin CA 95675

Contact

916-624-YOGA

www.rocklinpilates.com

www.lotuspilatesandyoga.com

Instructor Information

Lucy Somers

PMA ID# 13820

Exp 10-05-18

Class Schedule

WEST COAST:

Rocklin, CA:

PILATES TEACHER TRAINING:



Location

Las Vegas, NV

Studio

Body Balancing by
Darcie Pilates Studio

Address

8930 W Tropicana
Ave. Suite 5,
Las Vegas, Nevada
89147

Contact

702-497-5827
BBbyDarcie@gmail.com
www.pilateswithdarcie.com

Instructor Information

Darcie Osborn
PMA ID #15433
3/2019 exp

Class Schedule

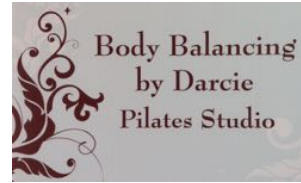
Tuesdays & Thursdays

WEST COAST:

Las Vegas, Nevada:

Date of workshop: August 3 - 31, 2018
Title: Wunda Chair Pilates Teacher Training
An international, PMA Fostering Future Professionals Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. **Price:** \$1000

Comprehensive Program: \$4,900.00 (Mat, Apparatus)
Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Bellevue, WA

Studio

Bellevue Club /
Energize Pilates

Address

11200 SE 6th St.
Bellevue, WA 98004

Contact

(206) 713-6196
www.EnergizePilates.com
EnergizePilates@gmail.com
BellevueClub.com/wellness/

Instructor Information

Nancy Black
PMA ID: 13645
May 20 2018

Class Schedule

WEST COAST:

Bellevue, WA:



Location

.....

East Central, WA

Studio

.....

Sevilla Bodyworks

Address

.....

731 S Garfield St
East Central, WA
99202

Contact

.....

509-994-8109
maria@sevillabodyworks.com
www.sevillabodyworks.com

Instructor Information

.....

Maria Sevilla
PMA ID: 11536
Exp.: 3/11/2018

WEST COAST:

East Central, WA

Location

Portland, OR

Studio

NW Pilates

Address

1243 NW 19th Ave.
Portland, OR
97209

Contact

(971) 227-3580
elizabethstubbs.nwpilates@gmail.com

Instructor Information

Elizabeth Stubbs
PMA ID# 14425
Exp. 08-18-2017

Class Schedule

WEST COAST:

Portland, OR:



Location

Alaska

Studio

Well Balanced Life

Address

Contact

[http://
www.mywellbalancedlife.com/
teacher-training](http://www.mywellbalancedlife.com/teacher-training)
mywellbalancedlife@gmail.com

Instructor Information

Amanda Koch
PMA ID: 12486
Exp: 10/1/2018

Class Schedule



Location

Scottsdale, AZ

Studio

Remedy Pilates and
Massage

Address

6949 E. Shea Blvd
Suite 115, Scottsdale,
AZ 85254

Contact

480-699-8160
www.remedypm.com

Instructor Information

Kelly Snailum
PMA ID#11159
12/2018

BURN AT THE BARRE™
Master Trainer

Class Schedule

MOUNTAIN:

Scottsdale, AZ:

PILATES TEACHER TRAINING:

Pilates Fundamentals and Philosophy Workshop Date of workshop: September 5th, 2018

An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules. Price: \$300 / CECs: PMA 7

Mat Pilates Teacher Training Workshop Date of workshop: September 17th – September 26th, 2018

Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program. You will attend the first 3 weeks of a Full Program. Price: \$1000 / CECs: PMA 12

Pilates Reformer Teacher Training Workshop Date of workshop: October 3rd – November 14th 2018

Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks Price: \$2000 / CECs: PMA 12

Cadillac Pilates Teacher Training Date of workshop: November 20th, 2018 – December 12th, 2018

Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 3 weeks. Price: \$1000 / CECs N/A

Wunda Chair Pilates Teacher Training Date of workshop: January 2nd, 2019 – January 16th, 2019

Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 2.5 weeks. Price: \$1000 / CECs N/A

Pilates Barrels Teacher Training Workshop Date of workshop: January 23rd – January 30th, 2019

Course may be added to any Full Program for eligibility to apply for the PMA Certification Exam or to add to your repertoire of teaching. Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel Price: \$300 / CECs PMA 12



Location

Scottsdale, AZ

CONTINUED.....

Remedy Pilates & Barre

6949 E. Shea Blvd

Suite 115

(480) 699-8160

www.remedypilates.com

kelly@remedypilates.com

Kelly Snailum PMA Cert

#16676

WORKSHOPS:

PSC's Burn at the Barre Teacher Training Program

Date of Workshop: August 17th 3- 8pm – August 18th, 2018 8-1pm

Description: Created By: Dr. Andromeda Stevens and Helena Hultberg-Talman

. An experienced instructor who wishes to teach the Burn at the Barre workout at their studio may take our 2-day Level I Teacher Training Program and then conduct their own classes. The course will include: teaching and demonstrating the Burn at the Barre approach, and learning the process of launching a program. PSC will provide a Manual that outlines every aspect of teaching the program. A digital "test- out" will be required. \$549.00 covers all materials at our 2 day intensive at one of our locations. **Some conditions and additional requirements are supplied in the application.* 10 hours CEC's 10 PMA / Price: \$549

Pilates Dowel on the Reformer

Date of Workshop: September 25th 1-4pm

Description: Created By: Kelli Altounian & Josh 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 with an all-new tool – the Pilates Dowel. A specialized dowel with multiple attachment points to attach to your equipment in ways you never imagined.

3 hours CEC's 3 PMA / Price: \$90

Location

.....
Tempe, AZ

Studio

.....
Function Pilates

Address

.....
1840 E WARNER RD #104
TEMPE, AZ 85284

Contact

.....
(480) 815-2055
info@functionaz.com
[https://
www.functionaz.com/](https://www.functionaz.com/)

Instructor Information

.....
Vanessa Kelly
PMA

Class Schedule

MOUNTAIN:

Tempe, AZ:

PILATES TEACHER TRAINING:



Location

Crested Butte, CO

Studio

Crested Butte
Movement Center

Address

301 Belleview, Unit F,
Crested Butte, CO

Contact

970-903-0188
cbmovementcenter@gmail.com
crestedbuttemovementcenter.com

Instructor Information

Maryanne Garvin
PMA ID# 10375
5/2018

Class Schedule

MOUNTAIN:

Crested Butte, Colorado:



Location

DENVER, CO

Studio

Pilates on Broadway /
Pillar of Strength

Address

1485 S. Colorado Blvd
#310
Denver, CO 80222

Contact

(720) 941-8971
www.PillarofStrengthStudio.com
sixfeetsarah@yahoo.com

Instructor Information

Sarah Smysor-Panning
PMA ID# 12227
Exp. 12/2019

Class Schedule

MOUNTAIN:

Date of workshop:

Friday August 3rd 2pm- 6-pm and Tuesday August 7th 4pm -8pm (2 Days)

Title: Pilates Fundamentals and Philosophy Workshop:

Description: An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC’s training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the “Nuts and Bolts” of all skilled teaching- Required for PSC’s Mat Pilates and modules.

Price: \$500.00 PMA Approved CECs: 7

Date of workshop: August 10th- August 28th Tuesdays 4pm -8pm & Fridays 2pm -6pm (6 days)

Title: Mat Pilates Teacher Training Workshop

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

Price: \$1000.00 PMA Approved CECs: 12

Date of workshop: August 30th – October 5th Tuesdays 4pm -8pm & Fridays 2pm -6pm (12 days)

Title: Reformer Pilate Teacher Training Workshop

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

Price: \$2000.00 PMA Approved CECs: 12

Date of workshop: October 12th – October 30th Tuesdays 4pm -8pm & Fridays 2pm -6pm (6 days)

Title: Cadillac Pilates Teacher Training Workshop

Description: An international recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks.

Price: \$1000.00

Date of workshop: November 2nd –December 4th Tuesdays 4pm -8pm & Fridays 2pm -6pm (6 days with the Thanksgiving week off)

Title: Wunda Chair Teacher Training

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

Price: \$1000.00

Date of workshop: December 7th and 8th Friday 2pm-8pm and Saturday 11am-5pm (2 Days)

Title: Pilates Barrels Teacher Training (Ladder Barrel, Small Barrel/Baby Arc, Spine Corrector)

Description: An international recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the PMA 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: \$300 / CECs PMA 12



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

Instructor Information

Lee Cooper
PMA ID# 12243
1/2018

Class Schedule

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

MOUNTAIN

Fort Collins, Colorado:

PILATES TEACHER TRAINING:



Title: Pilates Fundamentals and Philosophy Workshop

August 21 and 23 2018

An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC's training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for Mat Program CECs: 7 Price: \$300

Title: Mat Pilates Teacher Training Workshop **August 28 - September 13 2018**

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Full Program. You will attend the first 3 weeks of a Program. CECs: 12 Price: \$1000

Title: Reformer Pilates Teacher Training Workshop **September 18 - October 25 2018**

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 6 weeks. CECs: 12 Price: \$2000

Title: Cadillac Pilates Teacher Training Workshop **October 30 – November 15 2018**

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Price: \$1000

Wunda Chair Teacher Training Workshop **November 27 – December 11 2018**

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000

Review / Exam: December 13 – 18 2018

Pilates Barrels Teacher Training (Ladder Barrel, Small Barrel/Baby Arc, Spine Corrector) Workshop **January 8 - 10 2019**

An international Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 1 week. Price: \$300 for 12 PMA CECs

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Cedar Falls, IA

Studio

NRG PILATES

Address

1250 College Square
Mall, Cedar Falls, IA
50613

Contact

(319) 269-3759
www.nrgpilates.net
nicky@nrgpilates.net

Instructor Information

Nicky Miller
PMA ID#15129
10/2018

Class Schedule

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

CENTRAL

Cedar Falls, IA:



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
PMA ID: 20595
Expiration 04/30/2019

CENTRAL:

Wichita, KS:

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Prairie Village, KS

Studio

STUDIO 7 PILATES +
BARRE

Address

7500 State Line Rd.
Prairie Village, KS
66208

Contact

913.259.7005

<https://>

www.studio7pilates.com/

[become-a-pilates-](https://www.studio7pilates.com/become-a-pilates-instructor)

[instructor](https://www.studio7pilates.com/become-a-pilates-instructor)

info@studio7pilates.com

Instructor Information

Jocelyn Cohenour

Class Schedule

CENTRAL:

Kansas City/ Prairie Village, KS:

PILATES TEACHER
TRAINING:



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

Class Schedule

CENTRAL

Frisco, TX:

TEACHER TRAINING:



Pilates Fundamentals and Philosophy Workshop

Date of workshop: September 4 - September 8, 2018

Description: An internationally recognized Professional Pilates program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all of PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules. Price: \$300 / CECS: PMA 7

Mat Pilates Teacher Training Workshop

Date of workshop: September 11- September 29, 2018

Description: An internationally recognized Professional Pilates program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a prerequisite for the PSC Full Program (Reformer, Cadillac, Chair & Barrels). You will attend the first 3 weeks of a Full Program. Price: \$1000 / CECS: PMA 12

Pilates Reformer Teacher Training Workshop

Date of workshop: October 2 – November 10, 2018

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks Price: \$2000 / CECS: PMA 12

Cadillac Pilates Teacher Training

Date of workshop: November 13 – December 8, 2018

Approx. 3 weeks. Price: \$1000 / CECS N/A

Wunda Chair Pilates Teacher Training

Date of workshop: December 11, 2018 – January 15, 2019

Approx. 2.5 weeks. Price: \$1000 / CECS N/A

Pilates Barrels Teacher Training Workshop: Date of workshop: January 20, 2019

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the PMA 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: \$300 / CECS PMA 12

WORKSHOPS:

Pregnancy & Pilates Workshop Date of workshop: August 19, 2018

Description: Understanding the New Limitations & Risks Associated with the Pregnant Client. LEARN THE TERMINOLOGY, SPECIFIC WORKOUT AND PROGRAMMING PROTOCOLS INCLUDING TAKING HISTORY, HEALTHCARE RELEASE FORMS, PROGRESS CHARTING, POSTNATAL & MODIFICATIONS OF ROUTINES IN THE PILATES STUDIO. Price: \$130 / CECS: PMA 6

Jump Board Beginner & Intermediate Date of workshop: August, 26, 2018

Description: Create Beginner and Intermediate Cardio Workouts on the Reformer. LEARN NUMEROUS VARIATIONS TO CHALLENGE CORE, STABILITY, AND ENDURANCE. DEVELOP A MASTERY OF A SUSTAINED WORKOUT THROUGH A FLOWING PATTERN OF FUN CHOREOGRAPHY, INCORPORATING HAND WEIGHTS, BALLS, AND BANDS. Price: \$90 / CECS: PMA 3

Comprehensive Program: \$4,900.00 (Mat & Apparatus)

Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

Location

Webster, TX

Studio

ME Body Studio

Address

945 East NASA Parkway,
Webster, TX 77058

Contact

(281) 984 7325

<http://www.themebody.com>

contact@themebody.com

Instructor Information

Kimberly Campos

Class Schedule

CENTRAL

Webster, TX:

PILATES TEACHER TRAINING:

Comprehensive Program: \$4,900.00 (Mat & Apparatus)

Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Southlake & Fort Worth TX

Studio

Purely Pilates

Address

3212 Collinsworth Fort Worth,
Texas 76107

Contact

Kadee Sweeney
Kadeefit@gmail.com

Instructor Information

Kadee Sweeney
PMA Cert #12132
Exp. Date 11/11/17

Class Schedule

CENTRAL

Southlake, TX

PILATES TEACHER TRAINING:

Comprehensive Program: \$4,900.00 (Mat, Apparatus and Barrels)
Graduates of a Comprehensive Program that includes Barrels will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™



Location

Houston, TX

Studio

Pilates Place

Address

33219 Forest West St.
Magnolia, TX 77354

Contact

281-789-4733
Greg@PilatesPlace.us
www.PilatesPlace.us

Instructor Information

Greg Monk
PMA ID# 12664
Expiration: 12/22/2018

Class Schedule

Tuesday & Thursday
10am – 2pm

CENTRAL

Houston, TX:

PILATES TEACHER TRAINING:



Location

Austin, TX

Studio

Pilates South Austin

Address

9901 Brodie Ln,
Austin, TX 78748

Contact

(512) 280-6683
PilatesSouthAustin@gmail.com
www.PilatesStudioSouthAustin.com

Instructor Information

Lora Pavilack
PMA ID# 10300
Exp. 2/18

Class Schedule

CENTRAL

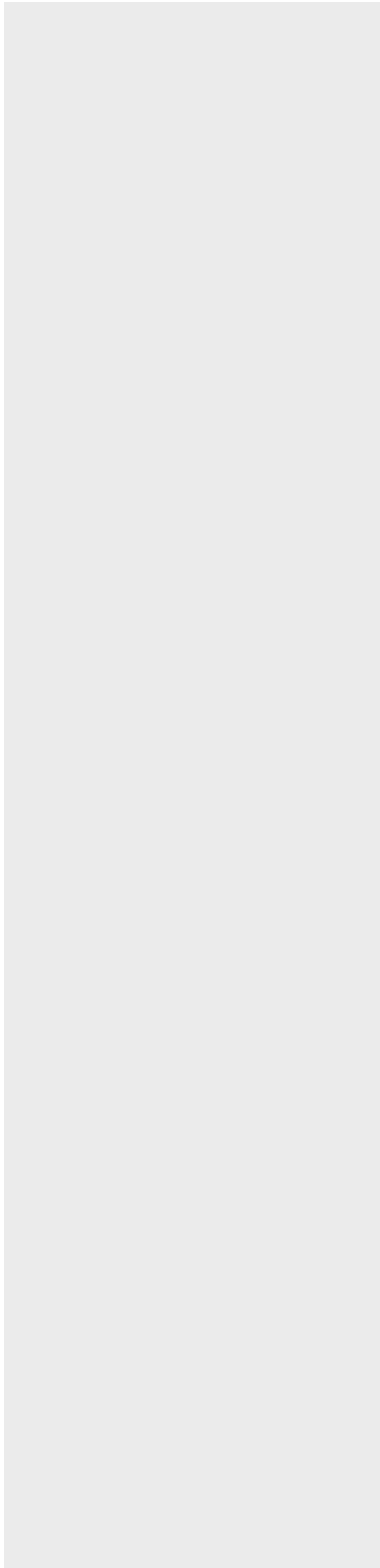
Austin, TX:

PILATES TEACHER TRAINING:

Date TBA
Title: Cadillac Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 3 weeks. Price: \$1000

Date of workshop: TBD
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000





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Location

Chicago, IL

Studio

Amplified Pilates
Center

Address

309 W. Chicago Ave.
Suite 2
Chicago, IL 60654

Contact

847-271-9745
www.amplifiedpilates.com
angela@amplifiedpilates.com

Instructor Information

Angela Pawlicki
PMA ID: 11997
7/2019

Class Schedule

Thursdays 5:30 - 9:30 pm
& Saturdays 12:30 - 4:30 pm

Other Instructors at Location

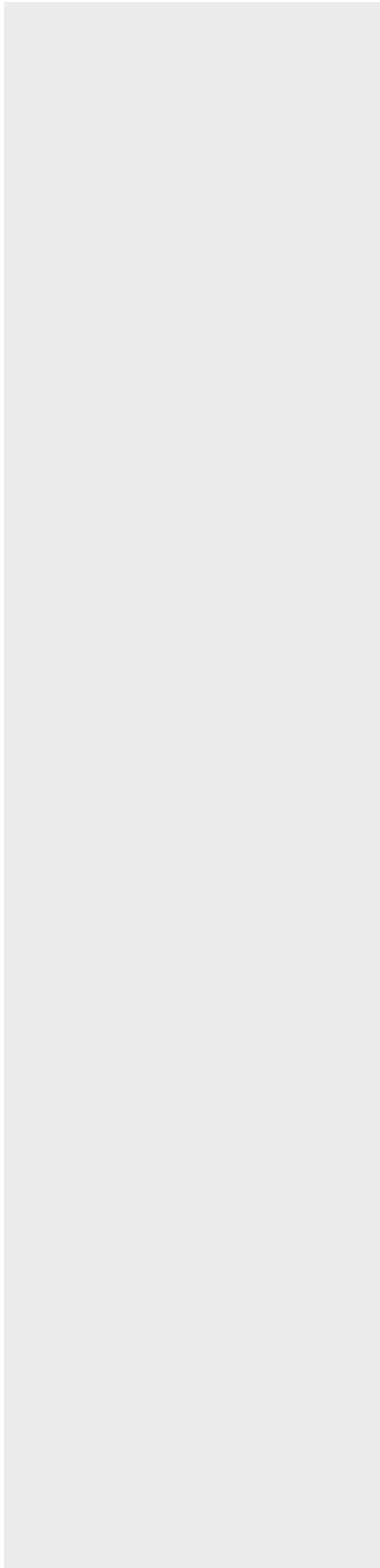
Kiley Hearn
kiley@amplifiedpilates.com
PMA ID 15343
Expiration: 1/6/2019

CENTRAL

Chicago, IL

PILATES TEACHER TRAINING:





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Location

Crestwood / Louisville, KY

Studio

Paradigm Pilates

Address

7600 Cambridge Dr.
Crestwood, KY 40014

Contact

(502) 876-797
www.Paradigmpilates.com
wellness@paradigmpilates.com

Instructor Information

Stacy Celi
PMA ID# 12266
Exp: 02/17/2018

Class Schedule

Monday and
Wednesday
11:00am - 3:00pm

EAST COAST

Louisville, KY:

PILATES TEACHER TRAINING:

**Comprehensive Program: \$4,900.00 (Mat, Apparatus and Barrels)
Graduates of a Comprehensive Program that includes Barrels will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™**

Workshops:

Title: Pilates Barrels Teacher Training Workshop:
Approx 8 hours. Price: \$300 for 12 PMA CECs *MANDATORY PART OF ANY PROGRAM TO TAKE THE PMA EXAM.



Location

.....
Louisville, KY

Studio

.....
Pilates Village

Address

.....
4160 Westport Rd. Suite D,
Louisville, KY 40207

Contact

.....
(502)-409-4200
www.PilatesVillage.com
holly@pilatesvillage.com

Instructor Information

.....
Holly Holland
PMA #14141
Exp. 3/30/19

Class Schedule

.....
Saturday & Sunday,
2pm - 6pm

EAST COAST

**Louisville, KY:
Fall Courses:**

Pilates Fundamentals and Philosophy: Aug. 11-12, 2018

Mat Pilates Teacher Training: Aug. 18-19, 25-26, Sept. 8-9,
2018

Reformer Pilates Teacher Training: Sept. 15-16, 22-23, 29-30, Oct. 6-7, 13-14, and
20-21.

Cadillac Pilates Teacher Training: Oct. 27-28, Nov. 3-4, and Nov. 10.

Wunda Chair Teacher Training Workshop: Nov. 11, 17-18, and Dec. 2, 2018

*Graduates of a Comprehensive Program that includes Barrels will the meet criteria for,
and be prepared to take, the Pilates Method Alliance Certification Exam™*



Location

Red Hook/Rhinebeck
& Catskill NY

Studio

Body Be Well

Address

401 Main Street
Catskill, NY 12414

Contact

914 - 466 - 3173 or
518 - 943 - 0333
www.BodyBeWellPilates.com
info@BodyBeWellPilates.com

Instructor Information

Chelsea Streifeneder
PMA ID# 11599
Expiration: 6/12/2018

Class Schedule

EAST COAST

Red Hook/Rhinebeck, & Catskill NY:



Private Programs are available! Become a Pilates on your own time and schedule!

Email Chelsea@bodybewellpilates.com for more information!

Location

Tinton Falls, NJ

Studio

Pilates Blast

Address

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

Contact

732 - 747 - 6388
www.PilatesBlast.com
info@PilatesBlast.com

Instructor Information

Dani Rubin
PMA ID#
Expiration:

Eun-Young Taylor

Class Schedule

EAST COAST

Tinton Falls, NJ



Location

Marlton, NJ

Studio

Pilates Plus a
Restoration Studio, LLC

Address

Monokian Dental
Building, 151 Greentree
Rd, Suite E, Marlton,
NJ 08035

Contact

856-304-5556
laurie@pilatesplusrestoration.com

Instructor Information

Laurie Weiner
PMA ID#13687
Expiration: 7/2018

Class Schedule

EAST COAST

Marlton, NJ

2018 Full Program:

**Comprehensive Program: \$4,900.00 (Mat, Apparatus and Barrels)
Graduates of a Comprehensive Program will the meet criteria for, and be
prepared to take, the Pilates Method Alliance Certification Exam™**



Location

Greenwood, IN

Studio

Studio You Yoga

Address

862 South State Rd
Suite 1
Greenwood IN 46143

Contact

917-520-9270
www.purposefitlive.com
www.briennechristopher.com
briennechristopher@gmail.com

Instructor Information

Brienne Christopher
PMA ID#
Expiration:

Class Schedule

EAST COAST

Greenwood, IN



Location

Knoxville / Clinton TN

Studio

Take Charge Fitness/
Clinton Physical
Therapy

Address

1921 N. Charles Seivers Blvd.,
Clinton, TN 37717

Contact

Cell: (310) 686-6267
susieg@trainingbysusieg.com
www.trainingbysusieg.com

Instructor Information

Susie Gorman Green
PMA ID#14397
exp. July 2019

Class Schedule

EAST COAST

Knoxville / Clinton TN:

PILATES TEACHER TRAINING:

Date of workshop: WEEKEND 1 – Dates: FALL 2017

Title: Fundamental Workshop and Mat Teacher Training
Workshop (Module 1)

Description Fundamental Nuts and Bolts: An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all PSC’s training in the Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the “Nuts and Bolts” of all skilled teaching. Required for Mat program. CECs: Fundamentals – 7 CECs \$300 / Mat 12 CECs Price: \$1000.00

Date of workshop: WEEKEND 2 - Dates: 2017 Time TBD

Presenter: Susie Gorman Green: Title: Reformer (Module 2)

PART I - Description: A comprehensive Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Includes equipment safety and handling for best results with each client. .

CECs: 12 CECs for weekend 2 & 3

Price: \$2000.00 (includes Weekend 3)

Date of workshop: WEEKEND 3 - Dates: 2017 Time TBD

Presenter: Susie Gorman Green: Title: Reformer (Module 3)

Part II Description: A comprehensive Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Includes equipment safety and handling for best results with each client.

Price: \$2000.00 (which was in paid with Weekend 2)

CECs: 12 CECs for weekend 2 & 3



Location

Wellington, Florida

Studio

My Pilates Wellington

Address

13860 Wellington
Trace #8, Wellington,
FL

Contact

561 827 1481
mypilateswellington@gmail.com
MyPilatesWellington.com

Instructor Information

Elena Miller
PMA ID#13552
Exp. 05/07/2018

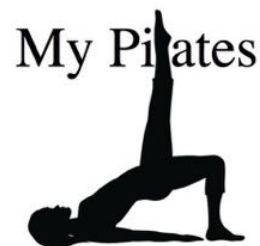
Class Schedule

EAST COAST

Wellington, Florida:

PILATES TEACHER TRAINING:

Date TBA
Title: Wunda Chair Pilates Teacher Training
Description: An international Pilates Program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Approx 2.5 weeks. Price: \$1000



Location

Bluffton, SC

Studio

TruFit Pilates & Training Center

Address

Sheridan Park Circle,
Suite A, Bluffton, SC
29910

Contact

(843) 368-2314

www.truefitpilates.com

jennifer@truefitpilates.com

Instructor Information

Jennifer Wolfe
PMA ID: 12057
Exp. 7/2019
*BURN AT THE BARRE™
Master Trainer

Class Schedule

EAST COAST

Bluffton, SC:



PRIVATE PROGRAMS ARE AVAILABLE!
PLEASE CONTACT JENNIFER WOLFE

Comprehensive Program: \$4,900.00 (Mat, Apparatus)

Graduates of a Comprehensive Program will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

INTERNATIONAL

Istanbul, Turkey: Akin Erkoç
Akasya Sokak No. 2 B/4 Blok Alti Masha, Istanbul, Turkey
www.PilatesSportsAcademy.com Akin.Erkoc@hotmail.com



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

Seoul, South Korea: Yong Ho, Lim #204, 551-17, Yangcheon-ro, Gangseo-gu, Seoul,
Korea 07532 02-2065-7490 www.bodynox.com roiim@naver.com

