



## **PROGRAM INFORMATION AND APPLICATION**

The Cutting Edge Approach to Pilates Teacher Training

PSC teaches a contemporary approach to the original exercise method developed by Joseph Pilates in the 1920s; one that preserves the essence of the original technique but incorporates current training methods

### **WHAT MAKES THE PSC PROGRAM UNIQUE?**

**The Program Founders / Directors Are  
PMA Certified Teachers™ and PMA Education Providers**

**Boutique Education / Non Corporation Owned**

**Limited Class Size: Student / Equipment Ratio is Ideal**

**Co-Created by a Doctor and Emphasizes the  
Anatomically Based Concept of “Neutral Spine”**

**Course Manuals are Illustrated and Extensive**

**Rehabilitation Protocols**

**Classical & Progressive Styles Taught**

**Competitively Priced**

**PSC Founders Have Completed Numerous Exercise Science Courses and  
Collaborated with PT's and Sports Medicine Professionals  
to Create This Program**

**Challenging Variations as well as Modifications to Assist with Injuries and  
Limitations**

## **COURSE DESCRIPTION**

This comprehensive 450-hour program is offered in a modular or comprehensive 16-week format. The class size is limited to ensure a high level of attention and service. A fully photographic Manual will be provided to you for the course or module(s) you will attend.

Each student will learn:

- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids in an interactive environment
- Pilates Mat Repertoire
- Reformer Repertoire
- Cadillac/Trapeze Table Repertoire
- Wunda/Combo Chair Repertoire
- Small apparatus skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands and balls
- Combining 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
- 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/dysfunctions and special circumstances
- Graduates will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

## **PRE-REQUISITES**

- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. (*PSC Host Studio will offer you a Student Discount to complete*)
- Completed Application
- Entrance interview
- Tuition deposit
- Signed Student Contract (day 1 of class)
- Personal Liability Insurance if practicing in your Host Studio

*PSC upholds the most current PMA curriculum recommendations and standards of practice.  
PSC reserves the right to refuse admittance to any applicant*

## **COURSE REQUIREMENTS**

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

- 128 hours of Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/Apprenticeship: Observation (50)/Apprenticeship (25) of/with a qualified instructor
- 100 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 40 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 45 hours Client Assessment and Programming Project - assignment
- 25 hours of an Anatomy Thesis Project - assignment
- 15 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

*Requirements are different for Mat only or any Modular Course*

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

## **MATERIALS**

Required: (you will need to purchase these books, not included in course or course fees)

- **Trail Guide to the Body Text** – by Books of Discovery  
a user friendly musculoskeletal anatomy & palpation text that includes 3 hour DVD
- **Trail Guide to the Body Student Workbook**- designed to be used with the text, this study guide offers matching, coloring and fill-in-the-blank exercises to practice the information in the text.  
*Trail Guide "Pack" includes all of the above at a discount: <http://www.booksofdiscovery.com/products.php?cat=9>*

Optional Additions, at a discount if you purchased the above items (same company):

- Flash Cards- 2 volumes covering the muscles, bones, joints, ligaments and movements of the human body
- Audio Guide- 100 muscle tracks on 4 CDs. Each track includes information and palpation instructions.

Optional for your library: Available new or used on Amazon.com

Joe Pilates wrote the following two books that you should add to your library.

- Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)
- Return to Life through Contrology (1945)

Also available:

- The Complete Writings of Joseph H. Pilates - Joseph H. Pilates
- The Anatomy Coloring Book Second Edition - by Wynn Kapit / Lawrence M. Elson
- Anatomy of Movement - Blandine C. Germain & Anatomy of Movement: Exercises - by Blandine C. Germain, Stephen Anderson
- Atlas of Human Anatomy - by Frank N. Netter
- The Joseph H. Pilates Archive Collection - Edited by Sean P. Gallagher and Romana Kryzanowska
- The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning - by Allan Menezes
- The Pilates Method of Body Conditioning - by Gallagher and Kryzanowska
- Illustrated Essentials of Musculoskeletal Anatomy - Sieg and Adams

## **ABOUT THE FOUNDERS/DIRECTORS**

**Founders Kelli and Andromeda** share the following credentials:

- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Body Mind Spirit Presenters 2007 & 2008
- Pilates On Tour Presenters 2010 & 2011 & 2012
- Inner IDEA Presenters 2011
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- PMA Registry of Schools™
- PMA CEC Providers™
- Produced and Created 14 DVD titles in the PSC library
- Written or co created over 20 workshops with continuing education credits
- Graduates of Advances in Pilates - Long Beach Dance Conditioning

### **Kelli Altounian**

Kelli is the co-founder of Pilates Sports Center and co-director of the PSC Pilates Training Program in Los Angeles, California. Kelli holds a BA (dance emphasis) from the University of Central Oklahoma and performed professionally for over 15 years. Kelli became a Pilates advocate in 1994 while performing as a Radio City Rockette. After sustaining a career ending back injury, Pilates was her choice for physical therapy. In 2000, Kelli and Andromeda Trumbull united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence. They have since created a Pilates Training Program of International Recognition. The PSC program incorporates manipulation of the equipment to maximize the benefits for the client. PSC's approach to education and post education continues to grow worldwide.

Her credentials include:

- B.A. in Theatre with dance Emphasis from University Of Central Oklahoma
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by the National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Pilates Method Alliance Certified Pilates Teacher™

### **Dr. Andromeda Stevens, D.C.**

Andromeda became a Doctor of Chiropractic Medicine inspired by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back. She was introduced to Pilates as a fitness regimen and was so impressed that she mastered its philosophy and became an Certified Instructor to offer Pilates to her patients as a way of treating pain and resolving it more effectively. The profound results of her patients led her to co-found Pilates Sports Center in Los Angeles, California along with Kelli Altounian. Andromeda also co-directs the PSC Pilates Teacher Training Program, which aims to provide the highest standard of excellence in Pilates education.

Her credentials include:

- Graduate - Cleveland Chiropractic College of Los Angeles 1996
- Schroth Best Practice® Scoliosis Certified
- Post graduate certification: Cox Flexion/Distracton Technique for treatment of discs
- Integrated Flexibility Training - The Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Pilates Method Alliance "Gold" Certified Teacher™
- Booty Barre® Course 2011
- Co-Creator of the Burn at the Barre™ Workout, DVD and Teacher Training Program

**For more information on PSC's other Master Trainers of the Program, please visit our Web Site**

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436  
Ph 818-788-8112 Fax 818-788-8303 Updated March 2015

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

## COURSE FEES / DEPOSIT

Full Course (Fundamentals/Start Up Course, Mat and Apparatus): **\$4,900.00** (minus Deposit of \$500) to guarantee a place in the course. Tuition balance (less deposit) is due on the first day of the course. Deposit/Tuition paid via: check, money order, cash or credit card (mc/visa). Payment Plans or Financing Available through PayPal.

Modular Pilates Apparatus Programs: (Minus Deposit of **\$500** for any single module)

- Fundamentals: Nuts and Bolts / Philosophy – “Start Up Course” **\$300** – required for any program
- Pilates Mat - **\$1000** (you will attend the first 3 weeks of a Full Course)
- Reformer - **\$2000** - 6 weeks approx
- Cadillac - **\$1000** - 3 weeks approx
- Chair - **\$1000** - 2.5 weeks approx

*Private Programs available for \$7,500.00. Modular Private Programs also avail. Please inquire*

## PSC PILATES and BURN at the BARRE™ AFFILIATES WORLDWIDE

### ARIZONA

Scottsdale, AZ: 480 - 699 - 8160 “Remedy Pilates & Massage” 6949 E. Shea Blvd. #115 Scottsdale, AZ 85254 [www.RemedyPM.com](http://www.RemedyPM.com) Contact: Kelly Snailum [kelly@remedypm.com](mailto:kelly@remedypm.com)

Kelly Snailum Certification ID: 11159 Certified Since: 12/04/2008 Certification Expiration: 12/04/2016

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Chandler, AZ: 602 - 791 - 6889 “Ocotillo Pilates” 4955 S. Alma School Rd, Suite 18 Chandler, AZ 85248 [www.OcotilloPilates.com](http://www.OcotilloPilates.com) Contact: Melissa Flynn [melissa@ocotillopilates.com](mailto:melissa@ocotillopilates.com) Certification ID: 11911 Certified Since: 03/17/2011 PMA Expiration: 03/16/2015

### NORHTERN CALIFORNIA

San Francisco, CA 415 - 664 - 4890 “Soulful Pilates”, 1501 Waller St., San Francisco, CA 94117 [www.SoulfulPilates.com](http://www.SoulfulPilates.com) Contact: Veronique Dumont-Thoma” Cell 415-806-1589 [info@SoulfulPilates.com](mailto:info@SoulfulPilates.com) Certification ID: PMA Expiration:

### SOUTHERN CALIFORNIA

Encino, CA: 818 - 788 - 8112 “Pilates Sports Center” 16430 Ventura Blvd. Suite 100, Encino, CA 91436 [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com) Contact: Andromeda Stevens, D.C. or Kelli Altounian [PilatesSportsCenter@gmail.com](mailto:PilatesSportsCenter@gmail.com) Andromeda Stevens: Teacher Certification ID: 10112 PMA Certified Since: 11/02/2005 PMA Certification Expiration: 11/02/2015

Kelli Altounian: Teacher Certification ID: 10285

PMA Certified Since: 01/13/2006 PMA Certification Expiration: 01/13/2016

Also at PSC Encino:

Seth Hampton: Teacher Certification ID: 11366

PMA Certified Since: 09/30/2009 PMA Certification Expiration: 09/30/2015

Josh Smith: Teacher Certification ID: 11369

PMA Certified Since: 09/30/2009 PMA Certification Expiration: 09/30/2015

Emily Zachary Smith: Teacher Certification ID: 11941

PMA Certified Since: 04/21/2011 PMA Certification Expiration: 04/20/2015

Helena Hultberg Talman: Teacher Certification ID: 10619

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PMA Certified Since: 05/19/2007 PMA Certification Expiration: 05/18/2015

Ashley Zachary Eschler ‘BURN AT THE BARRE™ MT

Studio City, CA: 818 - 509 - 0914 “Pilates Studio City” 11650 Riverside Dr #1, Studio City, CA 91602 [www.PilatesStudioCity.com](http://www.PilatesStudioCity.com) Contact: Lara Anderson Pavilack [info@pilatesstudiocity.com](mailto:info@pilatesstudiocity.com) Teacher Certification ID: 10300 Certified Since: 02/08/2006 Certification Expiration: 02/08/2016

Beverly Hills, CA: 310 - 205 - 9091 9346 Civic Center Drive Suite 145 Beverly Hills, CA 90210 [www.OakFitnessClub.com](http://www.OakFitnessClub.com) Contact Aaron King “Oak Fitness” [AaronKing.PSW@gmail.com](mailto:AaronKing.PSW@gmail.com) Aaron King: PMA#: 11904 3-14-2011 No Certification on File

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436  
Ph 818-788-8112 Fax 818-788-8303 Updated March 2015  
[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

Culver City, CA: 310 - 467 - 4313 "Archer Pilates" 6504 Arizona Ave., Los Angeles, CA 90045 [www.ArcherPilates.com](http://www.ArcherPilates.com) Contact: Melanie Archer [melaniekarcher@yahoo.com](mailto:melaniekarcher@yahoo.com) Certification ID: PMA Expiration

Santa Monica, CA: 310 - 741 - 2282 "Phenomenal Physiques" 1158 26th St. Suite #183 Santa Monica, CA 90403 [www.PhenomenalPhysiques.com](http://www.PhenomenalPhysiques.com) Contact: Apryl Perez [phenomphys@gmail.com](mailto:phenomphys@gmail.com)

Porter Ranch, CA: 818 - 360 - 9706 "Pilates Studio City Porter Ranch" 11219 Tampa Avenue, Northridge, CA 91326 [www.PilatesPorterRanch.com](http://www.PilatesPorterRanch.com) or [www.PilatesStudioCity.com](http://www.PilatesStudioCity.com). Contact: Jennifer Kornfeld [JenniferKornfeld@gmail.com](mailto:JenniferKornfeld@gmail.com) Teacher Certification ID 12769 Expires 3/4/15  
OR Marcy McCusker [McCusker8@hotmail.com](mailto:McCusker8@hotmail.com) Teacher Certification ID 13549 Expires 3/24/2016

Redondo Beach, CA: 310 - 378 - 4455 "Shape Shift Pilates Studio" 1848 S., Suite K, Redondo Beach, CA 90277 [www.ShapeShiftPilates.com](http://www.ShapeShiftPilates.com) Contact: Gina Brutti [shapeshifttraining@gmail.com](mailto:shapeshifttraining@gmail.com) Certification ID: 13548 PMA Certified Since: 3/15/14 PMA Expiration: 3/14/2016

Palm Desert, CA: 760 - 360 - 5199 "Infinity Pilates" 777-70 Country Club Dr., #C, Palm Desert, CA 92211 [www.Infinity-Pilates.com](http://www.Infinity-Pilates.com) Contact: Lisa Diffey [lisa@infinity-pilates.com](mailto:lisa@infinity-pilates.com)

Riverside, CA: 951 - 784 - 7343 "Articulations" 6180 Brodtkon Ave Suite 104, Riverside, CA 92506 [www.Articulations.com](http://www.Articulations.com) Contact: Tricia Hill [info@ArticulationsOnline.com](mailto:info@ArticulationsOnline.com) Certification ID: 12838 PMA Certified Since: 05/17/2013 PMA Certification Expiration: 05/17/2015

Santa Barbara, CA: 805 - 682 - 2491 "Arlunviji Transformative Movement" 35 W Haley Street, Santa Barbara CA 93101 Contact: Nikki Alstedter [nikki@arlvniji.com](mailto:nikki@arlvniji.com) (Nichole Barreto) Nikki Alstedter: 2007 Certified #10623 Expiration: 5/18/2015

Claremont, CA: 917-520-9270 "The Claremont Club" 1777 Monte Vista Avenue Claremont, CA 91711 [www.theclaremontclub.com](http://www.theclaremontclub.com) Contact: Brienne Christopher [briennechristopher@gmail.com](mailto:briennechristopher@gmail.com)

San Diego, CA: 858 - 673 - 4455 "Propel Pilates" 16769 Bernardo Center Dr., San Diego, CA 92128 [www.PropelPilates.com](http://www.PropelPilates.com) Contact: Karen Rickett [admin@propelpilates.com](mailto:admin@propelpilates.com) Karen Rickett: Teacher Certification ID: 12578 Since: 11/17/2012 PMA Expiration: 11/17/2014

Carlsbad, CA: 760 - 271 - 4597 "EHF Pilates" 7130 Avenida Encinas Suite 202, Carlsbad, CA 92011 [www.EHFPilates.com](http://www.EHFPilates.com) Contact: Natalie Walker [Natalie@EHFPilates.com](mailto:Natalie@EHFPilates.com) Certification ID: PMA Expiration:

#### Also in CA:

Michael Felbinger [mfelbinger@gmail.com](mailto:mfelbinger@gmail.com) Teacher Certification ID: 13024  
PMA Certified Since: 09/04/2013 PMA Certification Expiration: 09/04/2015

Sarah Skaer [sarahskaer@gmail.com](mailto:sarahskaer@gmail.com) Teacher Certification ID: 13023  
PMA Certified Since: 09/04/2013 PMA Expiration: 09/04/2015 BURN AT THE BARRE™ MT

#### OREGON

Portland, OR: 971 - 227 - 3580 "NW Pilates" 1243 NW 19th Ave, Portland, OR [www.NWPilates.com](http://www.NWPilates.com) Contact: Elizabeth Stubbs [Elizabeth@NWPilates.com](mailto:Elizabeth@NWPilates.com)

#### COLORADO

Crested Butte, CO: 970 - 903 - 0188 "Crested Butte Movement Center" 301 Belleview, Unit E/F, Crested Butte, CO (location only no mail Mail: PO BOX 1818, Crested Butte CO 81334 [CrestedButteMovementCenter.com](http://CrestedButteMovementCenter.com) Contact: Maryanne Garvin [cbmovementcenter@gmail.com](mailto:cbmovementcenter@gmail.com) Certification ID: 10375 Since: 5/6/2014 Expiration: 5/5/2016

Denver, CO: 720 - 941 - 8971 "Pillar of Strength" 1485 S. Colorado Blvd, #310, Denver, CO 80222 [www.PillarOfStrengthStudio.com](http://www.PillarOfStrengthStudio.com) Contact: Sarah Smysor Panning [PillarofStrengthStudios@yahoo.com](mailto:PillarofStrengthStudios@yahoo.com) Teacher Certification ID: 12227 PMA Certified Since: 12/17/2011 PMA Expiration: 12/16/2015

Fort Collins, CO: 970 - 218 - 6805 1829 Studio: 1307 East Prospect Road, Fort Collins CO 80525 [www.FortCollinsClub.net](http://www.FortCollinsClub.net) Contact: Lee Cooper [leecooper5@comcast.com](mailto:leecooper5@comcast.com) Certification ID: 12243 Since 1/14/12 PMA Expiration: 1/13/2016

#### FLORIDA

Wellington, FL: 561 - 827 - 1481 13860 Wellington Trace, Suite 8, Wellington, FL 33414 [www.MyPilatesWellington.com](http://www.MyPilatesWellington.com) Contact: Elena Riotta-Miller [mypilateswellington@gmail.com](mailto:mypilateswellington@gmail.com) Teacher Certification ID: 13552 PMA Certified Since: 07/26/2011 PMA Expiration: 05/07/2016

#### ILLINOIS

Killdeer, IL: 847 - 726 - 9642 "TruCore Pilates" 20771 North Rand Rd., Killdeer, Illinois 60047 [www.TruCorePilates.com](http://www.TruCorePilates.com) Contact Luann Brusa [TruCore@aol.com](mailto:TruCore@aol.com)

#### KENTUCKY

Louisville, KY: 502 - 409 - 4200 "Pilates Village" 4160 Westport Rd. Suite D, Louisville, KY 40207 [www.PilatesVillage.com](http://www.PilatesVillage.com) Contact: Stacy Celi [info@PilatesVillage.com](mailto:info@PilatesVillage.com) Stacy Celi: Certification ID 12266 PMA Certified Since 2/18/2012 PMA Expiration: 02/17/2016

## NEW JERSEY

Marlton, NJ: 865 - 304 - 5556 "Pilates Plus Restoration" Monokian Dental Building, 151 Greentree Rd, Suite E, Marlton, NJ 08035 [www.PilatesPlusRestoration.com](http://www.PilatesPlusRestoration.com)  
Contact: Laurie Weiner [laurie@pilatesplusrestoration.com](mailto:laurie@pilatesplusrestoration.com) Teacher Certification ID: 13687 Expiration: 7/15/2016

Tinton Falls, NJ: 732 - 747 - 6388 "Pilates Blast" 55 N Gilbert Street - Building #3 Suite CB101, Tinton Falls, NJ 07701 [www.PilatesBlast.com](http://www.PilatesBlast.com) Contact: Dani Rubin  
[info@PilatesBlast.com](mailto:info@PilatesBlast.com)

## NEW YORK

Red Hook/Rhinebeck, & Catskill NY: 914 - 466 - 3173 or 518 - 943 - 0333 "Body Be Well" 7578 N Broadway #1 & 3 Red Hook NY 12571 OR 401 Main Street, Catskill, NY 12414 [www.BodyBeWellPilates.com](http://www.BodyBeWellPilates.com) Contact: Chelsea Streifeneder [info@BodyBeWellPilates.com](mailto:info@BodyBeWellPilates.com)  
Teacher Certification ID: 11599 PMA Certified Since: 06/13/2010 PMA Expiration: 6/12/2016

## SOUTH CAROLINA

Bluffton, SC: 843 - 368 - 2314 "True Fit Pilates" 59 Sheridan Park Circle, Bluffton, SC 29910  
[www.TrueFitPilates.com](http://www.TrueFitPilates.com) Contact: Jennifer Wolfe [JWolfeFitness@yahoo.com](mailto:JWolfeFitness@yahoo.com) Teacher Certification ID: 12057 Expires 6/2016

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## TENNESSEE

Contact: Amanda Koch: 9193 Marston Way, Montgomery AL 36117 [pilatesandmore@yahoo.com](mailto:pilatesandmore@yahoo.com)  
Amanda Koch: Certification ID: 12486 Certified Since: 10/1/2012 Certification Exp: 10/01/2016

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## TEXAS

South Austin, TX: 512 - 280 - 6683 "Pilates South Austin" 9901 Brodie Lane, Ste 145, South Austin, TX  
[www.PilatesStudioSouthAustin.com/](http://www.PilatesStudioSouthAustin.com/) Contact: Lara or Nicole  
Lara Anderson Pavilack: Teacher Certification ID: 10300  
PMA Certified Since: 02/08/2006 PMA Expiration: 02/08/2016

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And

Nikki Alstedter: PMA Certified Since: 2007 Certification ID: 10623 'BURN AT THE BARRE™ MT

Houston, TX: 281 - 419 - 3131 "Pilates of the Woodlands" 30420 FM 2978 Suite 480, The Woodlands, TX 77354 [www.PilatesPlaceOfTheWoodlands.com](http://www.PilatesPlaceOfTheWoodlands.com) Contact:  
Greg Mark: [greg@pilatesplaceofthewoodlands.com](mailto:greg@pilatesplaceofthewoodlands.com) Certification ID: 12664 PMA Certified Since: 12/22/2012 Expiration: 12/22/2016

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## WASHINGTON

Spokane, WA: 509 - 838 - 0545 "Move More Spokane" 731 S Garfield St Spokane, WA 99202 [MoveMoreSpokane.com](http://MoveMoreSpokane.com) Contact: Maria Sevilla  
[maria@thepilateslife.com](mailto:maria@thepilateslife.com) ID: 11536 Certified Since: 3/12/2010 Certification Expiration: 3/11/2016

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Bellevue, WA: 206 - 713 - 6196 "Energize Pilates" 11200 SE 6<sup>th</sup> St, Bellevue, WA 98004 [www.EnergizePilates.com](http://www.EnergizePilates.com) Contact: Nancy Black [energizepilates@gmail.com](mailto:energizepilates@gmail.com)  
ID: 13645 PMA Certified since: 5/21/2014 PMA Certification Expiration: 05/20/2016

## TURKEY

Istanbul, Turkey: "Pilates Sports Academy" Akasya Sokak No. 2 B/4 Blok Altı Masha, Istanbul, Turkey Contact: Akin Ercek [www.PilatesSportsAcademy.com](http://www.PilatesSportsAcademy.com)  
[AkinErcek@hotmail.com](mailto:AkinErcek@hotmail.com)

## ISRAEL

Tel Aviv, Israel: Contact: Ella Ben-Aharon [EllaBenAharon@gmail.com](mailto:EllaBenAharon@gmail.com)

## CANADA

Quebec, Canada: 514 - 312 - 3710 Studio: 5252 Boulevard de Maisonneuve Ouest, Montreal, QC H4A 3S9, Canada [PilatesGuild@yahoo.ca](http://PilatesGuild@yahoo.ca) Contact: Therese  
Desrosiers: [pilatesguild@yahoo.ca](mailto:pilatesguild@yahoo.ca) Certification ID: 12287 PMA Certified Since: 3/06/2012 Certification Expiration: 3/06/2016

## KOREA

118 Yangcheon-ro 47-gil, Gangseo-gu, Korea 157-210 Contact: Yong Ho Lim [roim@naver.com](mailto:roim@naver.com) 02-2065-7490

' BURN AT THE BARRE™ MT IN MULTIPLE LOCATIONS

## PSC TEACHER TRAINING APPLICATION

Please retain the previous pages for your reference – Submit only the application.

**NOTE: Name below as it will appear on your diploma:**  
(Please Print Clearly) Example: Dr. Laura S. Smith, D.C.

Your Name: \_\_\_\_\_

(If your name changes you must inform us to receive your accurate diploma, new diplomas are \$20)

**Type of Course: (MUST circle one or all that apply to you)**

Full Course

Modular: Mat only / Reformer only / Cadillac only / Chair only

Bridge Course: Mat only / Reformer only / Cadillac only / Chair only

(Please list modules you have proof of completing: \_\_\_\_\_)

Course Start Date: \_\_\_\_\_ (month/year)

Course Location: (CITY & STATE) \_\_\_\_\_

Your Mailing Address: (if your address changes you must inform us to receive your diploma)

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Country: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

How were you referred to PSC? \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

I declare that I am medically and physically able and free from impairment to participate in fitness activities. I further declare that I have consulted with a physician regarding any illness, disability, or injury, which I am aware of and have been cleared to participate fully, and without limitations.

Signature / Date



Describe your background (include Pilates) and reasons for your interest in the course:

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List your past/present occupations, including outstanding achievements in your career: (attach your curriculum vitae/resume if necessary)

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Explain your experience working with, or teaching people:

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My expectations from the course are:

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### **REFUND / CANCELLATION**

**Deposit** refund is given only if cancellation is received 14 days prior to the course start date that the applicant has applied to. **No deposit refunds are given after that date.**

Deposit can be credited one time to the next scheduled course at the same location or transferred to another student who meets PSC pre-requisites within a 6/six month period.

**Tuition** payments made prior to the course start will be refunded if cancellation meets the above requirements. Any tuition paid is NOT refundable once the course has begun.

I understand that my **Non Refundable Deposit** of \$500.00 (*\$100 for Mat or a Module*) is due with my registration to reserve my place in the course. I have read and understand the above refund and cancellation policies. Please sign and date

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**Print Name:**

**Sign Name:**

**Date:**

Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate/Diploma.