



Professional Pilates Workshops 2011-12

PSC Workshops at: Pilates Sports Center Inc.

16430 Ventura Blvd. Suite 100, Encino, CA 91436 818-788-8112

info@pilatessportscenter.com PilatesSportsCenter.com

“Burn at the Barre™” Certification \$549.00

A PSC creation to bring new light to the ballet barre craze – we have taken out the injury inducing elements and brought this workout to a whole new level.

Learn how to implement this class at your studio or go to the next level and get Certified (2 day workshop with DVD study) 10 PMA CECS / 1 ACE

2-Day Certification Schedules:



BURN AT THE BARRE

Palm Desert, CA

November 12-13th 2011

Sat 12:30-5:30 & Sun 9-1pm on Sun

Direct: (760) 360-5199

www.Infinity-Pilates.com

NY

November 19-20th 2011 - *(sign up by Nov 5th for a \$50 discount!!!!)*

Sat & Sun

Direct: (845) 758-0790

www.BodyBeWell.org

Pilates Exam Study Course \$130

TBA – call for details

Preparing to take the National Certification Exam?? Covering the topics not commonly learned in certification centers nationwide. Includes workbook. All who have taken this course passed their exam.



Date of Workshop: November 13th 12-3:30pm

Presenter: Emily Smith

Title: Common Problems and Pilates Protocols of the Foot & Ankle Workshop

Description: Covering “Common Problems” and injuries or ailments that trainers must handle with clients, how to recognize them, what are the common causes, what to avoid and what to focus on to assist in the client's recovery. Includes scope of practice and working with other health care providers. Anatomy and terminology plus a take home workbook make this a valuable workshop.

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 130\$

Date of Workshop: December 4th 12-3pm

Presenter: Helena Hultberg-Talman

Title: Pilates Cardio Tower/Spring Board Workshop

Description: Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge. (DVD avail also).

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 90\$

PSC Workshops in: Oklahoma City, OK

Date: February 4, 2012

Saturday 12-3 pm

Presenter: Rene Craig

Title: Jump Board Workshop

Description: An intermediate to advanced workout on the Studio Reformer to expand your repertoire and challenge your capable clients using the jump board using small hand weights, bands, small balls and magic circles. Cardio segments along with target training of the arms, glutes and core along with stretching to recover and improve flexibility.

Location: The Pilates Edge, 2927 W. Wilshire, OKC, OK 73116

Contact: rene@pilates-edge.com 405-463-3388

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 90\$

Date: June 16, 2012

Saturday 12-3 pm

Presenter: Rene Craig

Title: Shoulder Common Problems and Protocols

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

Location: The Pilates Edge, 2927 W. Wilshire, OKC, OK 73116

Contact: rene@pilates-edge.com 405-463-3388

CEC's 3

Price: 130\$

Date: December 1, 2012

Saturday 12-3 pm

Presenter: Rene Craig

Title: Cardio Springboard/Tower

Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge.

Location: The Pilates Edge, 2927 W. Wilshire, OKC, OK 73116

Contact: rene@pilates-edge.com 405-463-3388

CEC's 3

Price: 90\$

PSC Workshops in: Pilates Studio City, CA

Date of Workshop: Friday January 20, 2012 2-5pm

Presenters: Nichole Barreto & Lora Anderson

Title: Jump Board Workshop / Basic

Description: For Pilates Instructors. Learn how to get an Intermediate/Advanced cardio workout on the Pilates Reformer. This workshop offers numerous variations to challenge the Core, stability, endurance and large muscle groups. Incorporates hand weights and fun choreography in a

flow pattern for a sustained workout.

Location: Pilates Studio City 11650 Riverside Drive Suite 1, Studio City Ca 91602

Contact: www.pilatesstudiocity.com <<http://www.pilatesstudiocity.com/>> 818-509-0914

CEC's 3

Price: \$90

Date of Workshop: Saturday July 21, 2012 3:30p-6:30p

Presenters: Nichole Barreto & Lora Anderson

Title: Jump Board Workshop / Basic

Description: For Pilates Instructors. Learn how to get an Intermediate/Advanced cardio workout on the Pilates Reformer. This workshop offers numerous variations to challenge the Core, stability, endurance and large muscle groups. Incorporates hand weights and fun choreography in a flow pattern for a sustained workout.

Location: Pilates Studio City 11650 Riverside Drive Suite 1, Studio City Ca 91602

Contact: www.pilatesstudiocity.com <<http://www.pilatesstudiocity.com/>> 818-509-0914

CEC's 3

Price: \$90

Date of Workshop: Friday November 9, 2012 1-5pm

Presenters: Nichole Barreto & Lora Anderson

Material written by Andromeda Trumbull of Pilates Sports Center & Nichole Barreto of Pilates Studio City

Title: Getting Started as a Pilates or Movement Professional

Description: In this workshop you will learn the A to Z of being a Pilates or movement professional. Whether you are just finishing a certification program or desiring to open up a home or storefront studio this workshop is for you. As a postgraduate, this class will help you create your professional packet, which will include obtaining your business license, liability insurance, creating your professional bio and marketing materials. We will discuss the pros and cons of what it means to be hired as an independent contractor versus an employee.

If your vision is to create and run your own studio, we will help to clarify the difference between a home and storefront business. This workshop will provide templates and step by step instructions to start your business, including tips for finding a location, signing a lease, creating systems of operations, marketing strategies, budgeting and creative touches that make your business unique.

Location: Pilates Studio City 11650 Riverside Drive Suite 1, Studio City Ca 91602

Contact: www.pilatesstudiocity.com 818-509-0914

CEC's 3

Price: \$130

PSC Workshops in Red Hook, NY 2011

"Body Be Well" - 7578 North Broadway - Suite #3 - Red Hook, NY 12571 (845) 758-0790

Date: December 17th 2011 1:00-3:00pm

Presenter: Chelsea Streifeneder

Title: Pregnancy and Pilates Workshop

Description: Understand the new needs, limitations and risks associated with the pregnant client. We will present practical workout and programming protocols from the 1st trimester though to post-natal. Workshop also includes liability, progress charting, and modifications of equipment in the Pilates Studio. Course includes a take home reference workbook.

Location: "Body Be Well" - 7578 North Broadway - Suite #3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CECs: 3 PMA

Price: \$130

Saturday January 7th 2012

Presenter: Chelsea Streifeneder

Title: Jump Board Workshop

An intermediate to advanced workout on the Studio Reformer to expand your repertoire and challenge your capable clients using the jump board using small hand weights, bands, small balls and magic circles. Cardio segments along with target training of the arms, glutes and core along with stretching to recover and improve flexibility.

Location: Body Be Well, 7578 North Broadway - Suite 3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CEC's 3

Price \$90

Saturday January 28th 2012

Presenter: Chelsea Streifeneder

Title: PMA Review Course

Preparing to take the National Certification Exam?? Covering the topics not commonly learned in certification centers nationwide. Includes workbook. All who have taken this course passed their exam.

Location: Body Be Well, 7578 North Broadway - Suite 3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CEC's 0

Price \$130

Date: Saturday September 15, 2012 9am-12pm

Presenter: Chelsea Streifeneder

Title: Common Problems and Protocols of the Spine -

This workshop outlines the most common injuries and ailments that trainers experience with their clientele, how to recognize them, what causes them, what to avoid in training and what to focus on to assist in the client's recovery. Anatomy/terminology plus a workbook to take home.

Location: Body Be Well, 7578 North Broadway - Suite 3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CEC's 3

Price \$130

Date: Saturday September 15, 2012 1-3pm

Presenter: Chelsea Streifeneder

Title: Cardio Springboard/Tower

Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge.

Location: Body Be Well, 7578 North Broadway - Suite 3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org 845-758-0790

CEC's 3

Price \$90

Date: Sunday September 16th 2012 9am-12pm

Presenter: Chelsea Streifeneder

Title: Common Problems and Pilates Protocol of the Knee

This workshop outlines the most common injuries and ailments that trainers experience with their clientele, how to recognize them, what causes them, what to avoid in training and what to focus on to assist in the client's recovery. Anatomy/terminology plus a workbook to take home.

Location: Body Be Well, 7578 North Broadway - Suite 3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CEC's 3

Price \$130

Date: Sunday September 16th 2012 1-3pm

Presenter: Chelsea Streifeneder

Title: Stretching in Perfect Alignment

Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus.

Location: "Body Be Well" - 7578 North Broadway - Suite #3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CECs: 3 PMA

Price: \$90

Date: October 20th 2012 1:00-3:00pm

Presenter: Chelsea Streifeneder

Title: Pregnancy and Pilates Workshop

Description: Understand the new needs, limitations and risks associated with the pregnant client. We will present practical workout and programming protocols from the 1st trimester though to post-natal. Workshop also includes liability, progress charting, and modifications of equipment in the Pilates Studio. Course includes a take home reference workbook.

Location: "Body Be Well" - 7578 North Broadway - Suite #3 - Red Hook, NY 12571

Contact: www.BodyBeWell.org (845) 758-0790

CECs: 3 PMA

Price: \$130

PSC Workshops in Scottsdale, AZ 2012

Date of Workshop: January 28th 12-3 pm

Presenter: Kelly Snailum

Title: Advanced Pilates Jump Board Workshop / Basic

Description: Get an advanced cardio workout on the Reformer. Numerous variations to challenge core, stability and endurance. Incorporates hand weights, balls, bands and fun choreography in a flow pattern for a sustained workout.

Location: Remedy Pilates and Massage | 6949 E. Shea Blvd Suite 115, Scottsdale, AZ 85254

Contact: remedympm.com | kelly@remedympm.com | 480.699.8160

CEC's 3

Price: \$90

Date of Workshop: June 16th 12-3pm

Presenter: Kelly Snailum

Title: Advanced Cadillac Workshop

Description: Take your Cadillac sessions to a whole new level! The curriculum of this workshop pushes your body to extremes while executing control and precision. Varying springs and resistance levels on the Cadillac, paired with a new twist of variations, creates a workout your most advanced clients will love!

Location: Remedy Pilates and Massage | 6949 E. Shea Blvd Suite 115, Scottsdale, AZ 85254

Contact: remedympm.com | kelly@remedympm.com | 480.699.8160

CEC's 3

Price: \$90

Date of Workshop: November 10th 12 - 3

Presenter: Kelly Snailum

Title: Stretching in Perfect Alignment Workshop

Description: Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus.

Location: Remedy Pilates and Massage | 6949 E. Shea Blvd Suite 115, Scottsdale, AZ 85254

Contact: remedympm.com | kelly@remedympm.com | 480.699.8160

CEC's 3

Price: \$90

**Pilates Expo Los Angeles, CA
Spring 2012**

Join us for a small venue, small class sizes, plenty of equipment, cutting edge workshops for PMA CEC's. Guest presenters and seasoned presenters offer you an amazing opportunity to get quality new information for a fraction of a large Expo price tag.

April 27-29 2011

www.PilatesSportsCenter.com

Professional Pilates Expo LA, CA: April 27th – 29th 2012

Pilates Sports Center Inc. 16430 Ventura Blvd. Suite 100, Encino, CA 91436 818-788-8112

PilatesSportsCenter.com PilatesSportsCenter@gmail.com

REGULAR REGISTRATION

\$400 = 2 day registration

\$210 = 1 day registration

A la Carte Workshops from \$90-\$130 each / Workouts \$30 each

Refund policy: • If you cancel 31 or more days prior to the event, the administrative processing fee is \$50. • If you cancel within 30 days of the event, the administrative processing fee is \$100.

Date of Workshop: April 28th 2012

Presenter: Kelli Altounian

Title: **Split Pedal Workshop**

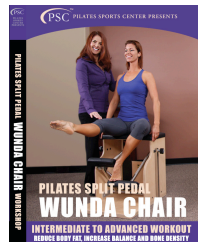
Description: Exciting split pedal variations to add to the repertoire. Beginner through advanced exercises that cross over to all models of the split pedal chair. (Also avail. on DVD with Manual)

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 2

Price: \$90



Date of Workshop: April 28th 2012

Presenter: Emily Smith

Title: **Pregnancy and Pilates**

Understanding the new limitations and risks associated with the pregnant client. Learn the terminology, and specific workout and programming protocols. Includes history taking, health care release forms, progress charting, postnatal and modifications of routines in the Pilates Studio. Includes a valuable workbook to keep on hand. (Also avail. on DVD with Manual)

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: \$130

Date of Workshop: April 28th 2012

Presenter: Helena Hultberg-Talman

Title: **Dancer flow on the Reformer**

Description: An intermediate to advanced workout on the Studio Reformer to expand your repertoire and challenge your capable clients using flow and dancer choreography movements. This is a full body workout.

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 2

Price: \$90

Date of Workshop: April 28th 2012

Presenter: Andromeda Trumbull Stevens, D.C.

Title: Common Problems and Pilates Protocols of the Knee Workshop

Description: Covering “Common Problems” and injuries or ailments that trainers must handle with clients, how to recognize them, what are the common causes, what to avoid and what to focus on to assist in the client's recovery. Includes scope of practice and working with other health care providers. Anatomy and terminology plus a take home workbook make this a valuable workshop.

Location: PSC 16430 Ventura Blvd Suite 100 , Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 130\$

Date: April 28th 2012

Presenter: Helena Hultberg-Talman

Title: Pilates Cardio Tower/Spring Board Workshop

Description: Learn new variations and routine building strategies for your tower or springboard. Cardio options are included – very cutting edge. (DVD avail.).

Location: PSC 16430 Ventura Blvd Suite 100, Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 90\$

Date: April 28th 2012

Presenter: Seth Hampton

Title: The Vintage Repertoire

Description: Revisit the historic exercises as performed by Joe – based on archival footage and the writings of Joe Pilates.

Location: PSC 16430 Ventura Blvd Suite 100, Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 3

Price: 90\$

Date: April 28th 2012

Presenter: Josh Smith

Title: Interval Pilates

Location: PSC 16430 Ventura Blvd Suite 100, Encino, CA 91436

Contact: www.PilatesSportscenter.com 818 788 8112

CEC's 2

Price: 90\$

Date: April 28th 2012

Presenter: Seth Hampton

Title: “Pilates Spine Corrector: Classic with a Twist” Workshop

Description: Classic Spine Corrector repertoire with new variations and advanced moves to build your routines or add to a class. (DVD avail.)

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3

Price: \$90

Date: April 28th 2012

Presenter: Andromeda Trumbull Stevens, D.C.

Title: “Burn at the Barre” Variations Workshop

Description: A PSC creation to bring new light to the ballet barre craze – we have taken out the injury inducing elements and brought this workout to a whole new level. Learn how to implement new variations to your barre classes. This course is designed for existing barre programs to add variety and difficulty. (DVD avail also)

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436 **Contact Info:** 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 2

Price: \$90

Date: April 28th 2012

Presenter: Kelli Altounian and Emily Smith

Title: **Advanced Cadillac Variations Workshop**

Description: Take your Cadillac sessions to a whole new level! The curriculum of this workshop pushes your body to extremes while executing control and precision. Varying springs and resistance levels on the Cadillac, paired with a new twist of variations, creates a workout your most advanced clients will love! (DVD avail also)

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3

Price: \$90

Date: April 28th 2012

Presenter: Josh Smith

Title: **Advanced Jump Board Workshop**

Description: An intermediate to advanced workout on the Studio Reformer to expand your repertoire and challenge your capable clients using the jump board using small hand weights, bands, small balls and magic circles. Cardio segments along with target training of the arms, glutes and core along with stretching to recover and improve flexibility. (3 DVDs beginner – advanced, also available for purchase individually or as a set)

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3

Price: \$90

Date: April 28th 2012

Presenter: PSC Pilates Expo / Emily Zachary Smith

Title: **Foam Roller Workshop**

Description: Created by Emily Zachary Smith a professional dancer and Pilates Instructor. A favorite and versatile prop in the studio, foam rollers can benefit and challenge your clients in many ways. This workshop will inspire you with a wide range of applications and a variety of levels. Exercises focus on stability, core strength, balance, and feel good moments.

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3 (DVD avail also)

Price: \$90

Date: April 28th 2012

Presenter: PSC Pilates Expo / Andromeda Trumbull Stevens, D.C.

Title: **Getting Started as a New Pilates Instructor / Business Course**

Description: Co-written by Andromeda Trumbull of Pilates Sports Center & Nichole Barreto of Pilates Studio City. Learn the basics of what to do once you graduate from a Program to launch your new career and increase revenue. We answer all the questions and alert you to ideas and pitfalls. Take home workbook included.

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3 Price: \$130 (Also avail. on DVD with Manual)

Date: April 28th 2012

Presenter: Kelli Altounian

Title: The Pilates Professional – Understanding Studio Operations & Money to Create

Success Description: This advanced course tackles understanding the operations of the business and how to generate revenue. It is important to have systems in place that are easy to understand, follow and duplicate. These systems include money, employees vs. independent contractors, tracking sessions and training hours, session cards, online systems, budgets and how NOT to CHASE MONEY. Learn how to find the balance between teaching your sessions and running your business. (Also avail. on DVD with Manual)

Location: Pilates Sports Center 16430 Ventura Blvd Suite 100 Encino CA 91436

Contact Info: 818 788 8112 www.PilatesSportsCenter.com PilatesSportsCenter@gmail.com

CECs: 3

Price: \$130

Become a Master Trainer of PSC

Host your own Teacher Training and Workshops. Align yourself with a growing and innovative group of people who are dedicated to Pilates and learning. PSC offers training and support.

Home study program followed up with an intensive week in LA, CA.

Feb. 20-25th, 2012 • 8:00 am - 5:00 pm
800 • 604 • PSCI (7724)

Watch our informative videos:

<http://www.pilatessportscenter.com/masters-program/>

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

Many Workshops are available via DVD with Manual – call or email for details

See the complete list of workshops on our website