



OFFICIAL PSC  
TEACHER TRAINING  
FACILITY

REMEDY PSC  
**TEACHER  
TRAINING  
CATALOG**

*2019-2020 CLASSES AND WORKSHOPS*  
*Based on the Teachings of Joseph H. Pilates*



## Hello Future PSC Certified Instructor

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

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

Thank you for choosing Remedy and PSC. We look forward to seeing you in the Studio.



**KELLY SNAILUM**

REMEDY FOUNDER/OWNER & MASTER TEACHER TRAINER  
PILATES METHOD ALLIANCE CERTIFIED PILATES TEACHERS™

# WHY PSC?

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***In 2016 our program had a 98% pass rate.***

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***No delayed module schedules, no extra testing fees, no levels, no delay in your education.***

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***No required PSC Continuing Education Workshops for graduates - all optional.***

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***Directory Listings, Job Board and Workshops available for Graduates.***

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## **PSC's mission**

is to provide an education in the work of Joseph Pilates with the highest quality of instruction to create the most successful and capable Pilates teacher possible.

## **PSC preserves**

the classical repertoire and the essence of Joseph Pilates' philosophy and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. We are constantly refining our Programs.

## **PSC intends**

to grow its programs worldwide without sacrificing its quality or integrity. PSC will uphold the highest standards of its instructors, business practices, materials and the work of Joseph Pilates.

# WHY REMEDY?



## Schedule a Visit to Our Studio!

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

[info@remedypilates.com](mailto:info@remedypilates.com)  
[remedypilates.com](http://remedypilates.com)

Remedy Pilates & Barre is an affiliate Studio of the Pilates Sports Center. The 3000 square foot studio has state of the art equipment by Balanced Body including: Reformers, Cadillacs, Wunda Chairs, Ladder Barrels, a Mat/Barre/TRX® Studio and wide array of Pilates accessories, props, Pilates Small Barrels, Arcs and Spine Correctors. Remedy also hosts skilled Pilates Instructors dedicated to the best results for their clients.

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

# REMEDY CREDENTIALS



## Kelly Snailum

**Remedy Founder & Owner // Master Pilates Instructor //  
Master Barre Instructor // TRX Trainer**

Kelly is a PMA Certified Master Pilates and Barre Teacher Trainer. She has been teaching Pilates since 2005 and opened Remedy Pilates & Barre in 2008. Kelly has been nominated two consecutive years as a top 10 Pilates Instructor by Pilates Anytime and Pilates Style Magazine and has been recognized across the Valley as an educator and advocate of the Pilates method.

Pilates Method Alliance Certified Pilates Teacher™

Pilates Sports Center - Master Pilates Teacher Training Program

Pilates Sports Center - Master Burn at the Barre Program

PhysicalMind Teacher Training Program

TRX Certified Trainer

PiYO Certified Trainer

NASM Youth Exercise Certified Instructor

Pilates in the Schools Contributor

CEC Provider

CPR/First Aid Certified





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# 2019-2020 CLASSES AND WORKSHOPS

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# PILATES TEACHER TRAINING PROGRAM

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## Program Description\*

- This 450+ hour program is offered in a comprehensive, modular, or private format.
- Class size is limited to achieve a high level of attention and service.
- A fully photographic Manual will be provided for every course.

### ***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/Reformer/Cadillac/Chair/Barrels Repertoire in both Classical and Progressive Pilates styles with modifications and variations.
- Pilates props skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera-bands and balls.
- Creative training and program development skills for any level of proficiency.
- Medical anatomical terminology.
- Verbal and tactile cueing skills.
- Attitude, confidence and composure of a professional instructor.
- Studio etiquette and equipment safety.
- Ethics and scope of practice.
- Indications and contraindications for specific injuries and special circumstances.
- 15+ Hours of review of all material.
- ***Graduates of a Comprehensive Program will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam.™***
- ***Graduates of a Comprehensive Program will be able to acquire an entry-level position as a comprehensively trained Pilates teacher.***

\* Completion of the modular or comprehensive PSC program does not guarantee employment or Pilates Method Alliance Certification.

# PILATES TEACHER TRAINING PROGRAM

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## Graduation Requirements

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

### ***Comprehensive Program***

136 hours Classroom Experience with a PSC Master Trainer

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75 hours combined Observation/Apprenticeship in the Studio

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100 hours Practice Teaching/Charting with classmates/family/friends etc.

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40 hours Self Integration (additional Pilates experience with qualified instructor)

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Anatomy Project & Client Assessment and Programming Project

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15 hours Pilates Professional Video/DVD or Online Observation

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Passing scores on quizzes, tests, practical exams and projects of no less than 76%

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Insurance required to practice at PSCs Studio: [Insurance Link](#)

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### ***Modular Courses (Requirements are per module)***

25 hours Observation/Apprenticeship of/with a qualified instructor

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25 hours Practice Teaching/Charting with classmates/family/friends etc.

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10 hours Self Integration (additional Pilates experience with qualified instructor)

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5 hours Pilates Professional Video/DVD Observation

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Passing scores on quizzes, tests, practical exams and projects

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# PILATES TEACHER TRAINING PROGRAM

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## Program Dates

### *Spring 2019*

*Classes are every Wednesday from 3:00pm - 9:00pm*

Fundamentals	Mar 6th
Mat	Mar 13th - Mar 27th
Reformer	Apr 3rd - May 15th
Cadillac	May 22nd - Jun 12th
Chair	Jun 19th - Jul 3rd
Barrels (Ladder/Small Barrel & Spine Corrector)	Jul 6th - 10th
Review TBD	

### *Fall 2019/2020*

*Classes are every Wednesday from 3:00pm - 9:00pm*

Fundamentals	Sept 4th
Mat	Sept 11th - Sept 25th
Reformer	Oct 2nd - Nov 13th
Cadillac	Nov 19th - Dec 11th
Chair	Dec 18th - Jan 15th
Barrels (Ladder/Small Barrel & Spine Corrector)	Jan 22nd - Jan 29th
Review TBD	

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2018-2019 CLASSES AND WORKSHOPS

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# PILATES TEACHER TRAINING PROGRAM

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## Tuition

### ***Comprehensive Program***

Fundamentals, Mat, Reformer, Cadillac, Chair & Barrels: \$5,200.00  
(Minus \$500 Deposit to hold a spot) Graduates of a Comprehensive Program will then meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™. Financing Available through PayPal.com.

### ***Modular Pilates Apparatus Programs***

- Nuts and Bolts/Philosophy ("Fundamentals"): \$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.
- Barrels (Ladder/Small Barrel & Spine Corrector): \$300 - 1 week approx.  
(Minus Deposit of \$100 for any single module)

### ***Private Programs***

- Full Program 1-2 Students Full Program \$8,700.00 each student.
- Modular Programs also available. Please inquire.

### ***Refunds & Cancellations***

A Non Refundable Deposit of \$500.00 (\$100 for Mat or a Module) is due with registration to reserve a place in the course. Tuition payments made prior to the course start will be refunded if cancellation is received 14 calendar days prior to the course start date that the applicant has applied to. Once course has begun, any and all tuition paid is NOT refundable. Your deposit entitles you to all PSC Studio discounts as soon as it is made. No Studio discounts given if tuition is refunded.

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# PILATES TEACHER TRAINING PROGRAM

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## Eligibility & Attendance

### **Admission Requirements**

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

### **Enrollment Procedures**

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

### **Attendance Requirements**

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 90% is required. The Certificate of Completion may be held until class time is made up.

Students who are unable to continue classes for medical/personal reasons will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.

# WORKSHOPS

## Program of Study: Pilates Transition / Bridge Program

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Should you wish to review, are missing some apparatus, or were unsatisfied with your education elsewhere, PSC offers a "Bridge Program".

### ***Why Bridge with PSC?***

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

### ***This program can accomplish:***

- An instructor with incomplete education may add a PSC module as outlined on Page 8 to improve your skills, earning power and your add to your credentials.
- An instructor with an education that was unsatisfactory in any way, may wish to "re-educate" thru PSC in a comprehensive or modular program. We offer a 50% discount to any instructor who wishes to re-educate with us.

Discounts are offered on any previously accomplished portion a program. (i.e. Mat Pilates already taken? Pilates Sports Center will offer Mat Pilates at 50% off - see regular Tuition Rates Page 10)

# WORKSHOPS

## Program of Study: Pilates Transition / Bridge Program

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### ***Eligibility***

- Proof of previous education required via copy of a Diploma, Certificate of Completion or Letter from the School)
- Only graduates of a Comprehensive Program (Pilates Mat/Reformer/Cadillac/Chair and Barrels) will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

### ***Requirements to Transition/Bridge with PSC***

- Application
- Payment
- PSC's Fundamentals / Philosophy ("Nuts & Bolts") Program
- Supply a certificate of completion as proof of previous education
- A Mat certificate of completion, required prior to any PSC Apparatus module
- Once prior education is verified, you will be admitted to PSC's Bridge Program.
- Once admitted to a program, all requirements will apply as outlined in this brochure to obtain a Certificate of Completion. See pages 7-8, 10-11 for all requirements

# WORKSHOPS

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

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### ***How to Get Barre Education?***

- Attend a Course
- Home study via DVD or Digital Download

### ***Whats Required?***

- Observation and Practice Teaching Hours
- Digital Final Exam

### ***Graduate!***

- Get Your Diploma
- Teach Burn at the Barre Classes!
- Become a Barre Instructor

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

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

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

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

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

# PSC CREDENTIALS

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## Kelli Altounian, PMA® - CPT

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of OK, was a Radio City Music Hall Rockette for 6 years and a professional dancer for over 15 years. In 2000, Kelli and Andromeda united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence.

BA from the University of OK

Yamuna® Body Rolling Certification Program

PMA Certified Pilates Teacher™

Certified Trainer recognized by (N.E.S.T.A.) for Golf Conditioning

TRX® Suspension Training 2016

## Dr. Andromeda Stevens, D.C., PMA® - CPT

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

Cleveland Chiropractic College of LA 1996

Schroth Best Practice® Certified Scoliosis

Practitioner ScoliosisCoach.com

Cox Flexion/Distracton Technique

Integrated Flexibility Training Sports Club/LA

BalletCore® Certified

Massage Therapist Touch Therapy Institute

PMA "Gold Certified" Teacher™

Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program

ScoliosisCoach@gmail.com/818 970 1222

### ***Kelli Altounian and Andromeda Stevens shared credentials include:***

Founders of Pilates Sports Center, Inc. // Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program // Produced and Created 14 DVD titles // Written or co created over 20 workshops with continuing education credits // Pilates On Tour Presenters 2010-11 & 2012 // Body Mind Spirit Presenters 2007 & 2008 // Inner IDEA Presenters 2011 // Mad Dogg WSSC Presenter 2013 // MindBody Fit Pro Presenter 2013 // Co-Creator Pilates Expo Los Angeles 2010-14 // Master Teacher Trainer for Reebok Sports Club NY 2007 // Pilates Method Alliance Corporate Sponsor 2010 // Participant: PMA Fostering Future Professionals Program™ // PMA Teacher Registry™ // PMA CEC Provider™ // Graduates of Advances in Pilates - Long Beach Dance Conditioning // CPR - First Aid Certified

# STUDENT POLICIES

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## ***Student Conduct***

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

## ***Leave Of Absence***

Students who interrupt their program because of personal or family circumstances and plan to return may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive remittance unless a formal leave of absence is filed and approved.

An approved leave of absence will entitle student to return to the next scheduled Program offered at the same location for the missed portion of the Program only.

## ***Dismissal***

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

## ***Grading System***

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

96 - 100 = A Excellent

86 - 95 = B Above Average

76 - 85 = C Average

66 - 75 = D Below Average

Under 65 = U Unsatisfactory



# STUDENT POLICIES

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## ***Educational Services***

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

## ***Progress***

Students must maintain a 75% grade point average on the reviews. Those who do not will be counseled and may not pass the final exam and receive a Certificate of Completion. A non-passing grade or missing (optional or not) the Final (written OR Practical) Exam for any reason will require a re-test at a later date with a \$100 re-test fee. Additionally a project may be assigned, and/or additional hours of observation or practice may be assigned on a case-by-case basis by the Master Trainer at his/her discretion.

## ***Student Grievance Procedure***

Link to Document: Student Grievance and Non Discrimination Policy  
Attempting to resolve any issue with the School first is strongly encouraged. Student Complaints may be brought to the attention of the PMA PSAP Program. Contact: PSAP@pilatesmethodalliance.org

## ***Sexual Harassment Procedure***

Link to Document: Sexual Harassment Policy  
Any of the above link documents can be provided as printed material by request.

## ***Access To Student Files Procedure***

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

## ***Student Files - Contents and Access***

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

**Thank you for your interest.  
We look forward to training with you.**



info@remedypilates.com  
480.699.8160

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6949 E. Shea Blvd Suite 115  
Scottsdale, AZ 85254

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@ instagram   f facebook   ✱ yelp

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