



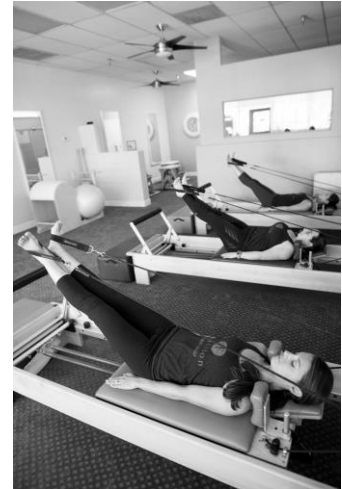
Function PSC TEACHER TRAINING CATALOG

2018-2019 CLASSES AND WORKSHOPS

Based on the Teachings of Joseph H. Pilates



2018-2019 CLASSES



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WHY PSC?



- In 2016 our program had a 98% pass rate
- No delayed module schedules, no extra testing fees, no levels, no delay in your education.
- No required PSC Continuing Education Workshops for graduates - all optional.
- Directory Listings, Job Board and Workshops available for Graduates

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.

About Master Pilates Trainer, Vanessa Kelly

Function Pilates Owner // Master Pilates Instructor // PMA Certified // Postural Therapy Specialist Educated by Egoscue University



Vanessa Kelly, PMA Certified Pilates Instructor and Posture Alignment Specialist through Egoscue University, is the owner and founder of Function Pilates Studio, located in Tempe, AZ.

Vanessa first learned the Body Arts and Science International (BASI) method of Pilates in 2009. She began her Pilates career as an independent contractor at Core Fit, a private Pilates studio in Las Vegas.

During her time there, Vanessa discovered her passion for rehabilitation and posture analysis through corrective exercises. She attended her first workshop, in San Francisco, on how Pilates can help correct scoliosis and decrease chronic back pain. Her education continued with Vanessa attending The Pilates on Tour Rehabilitation conferences held in Phoenix.

In 2011, Vanessa accepted a position as Lead Pilates Instructor at LifeTime Athletic Summerlin, where she quickly proved that her dedication to her craft and her attention to detail with clients was extremely valuable to the company. After learning and assisting in the Pilates program, Vanessa eventually accepted a promotion as the Pilates Coordinator at LifeTime Fitness Tempe in April 2013.

Since coming to Arizona, she has shown that her tireless work-ethic, and undying care for the experience of the studios clients. The fusion of the Pilates Method with Postural Alignment came to life during a conversation with a client suffering from Multiple Sclerosis and Scoliosis. Vanessa began researching Egoscue, and quickly found that by utilizing the postural re-alignment methods with Pilates, she was able to provide faster, more functional results for her clients. This dedication and desire to help people builds through her knowledge of both Posture Therapy e-cises and Pilates which led her to the grand opening of Function.



About Function Pilates



Function is the ultimate hands on experience facilitated in an intimate setting that offers Private Pilates sessions, small Group Reformer classes, Postural Therapy and Custom Orthotic sessions. You will benefit from personal one-on-one attention without the distractions of big groups around you. The studio uses Balanced Body Pilates equipment and authorized Posture Therapy equipment for each e-cise specification.

Schedule a Visit to Our Studio

1840 E. Warner Rd. Ste. 104

Tempe, AZ 85284

480-815-2055

info@functionaz.com

www.functionaz.com

Program Dates Spring 2018

Classes are held 2x a week: Friday from 4-8pm & Sunday from 1-5pm.

Nuts & Bolts March 2nd – 4th

Mat March 9th - 25th

Reformer March 30th - May 13th

Cadillac May 18th - June 3rd

Chair June 8th - June 24th

Program Dates Fall 2018

Class is held 1x a week: Saturday from 1 -7 pm.

Nuts & Bolts September 8th

Mat September 15th - 22th

Reformer September 29th - November 17th

Cadillac December 1st - December 15th

Chair December 22nd - January 12th

Pilates Teacher Training Program

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 principles 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

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

75 hours combined Observation/Apprenticeship in the Studio

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

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

Anatomy Project & Client Assessment and Programming Project

15 hours Pilates Professional Video/DVD or Online Observation

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

Insurance required to practice at PSCs Studio: www.nacams.org/psc

Modular Courses (Requirements are per module)

25 hours Observation/Apprenticeship of/with a qualified instructor

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

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

5 hours Pilates Professional Video/DVD Observation

Passing scores on quizzes, tests, practical exams and projects

Pilates Teacher Training Program

Tuition

Comprehensive Program

Fundamentals, Mat, Reformer, Cadillac, Chair: \$4,900.00

(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™. Payment plan option available for an additional fee of \$100 (\$5000 total).

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.
- Minus Deposit of \$100 for any single module.

No payment plans are available for individual modules.

Private Programs

- Full Program 1-2 Students Full Program \$8,500.00 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.

Pilates Teacher Training Program

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 Function Pilates
- 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.

Barre Certification (coming in 2019)

Program of Study: Burn at the Barre Teacher Training Program

How to Get Barre Education?

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

What's 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.

Cost: \$549

PSC Credentials

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™

Program of Study: Pilates Transition / Bridge Program

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

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)

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™

Program of Study: Pilates Transition / Bridge Program (cont'd)

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.

Student Policies

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

e will entitle student to return to the next scheduled Program offered at the same location for the missed portion of the Program only.

Student Policies (Cont'd)

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

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

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 •

Student Files

- Completed Application
- 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.**

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Tempe, AZ 85284

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