

## WHAT MAKES THE PSC PROGRAM UNIQUE?

- A “cutting edge approach” to Pilates Teacher Training – learn the original exercise method developed by Joseph Pilates; one that preserves the essence of the original technique but incorporates today’s modern biomechanical knowledge and exercise science principals
- PSC believes in the anatomically based concepts of "neutral spine" to support the spine’s natural curves, a departure from the "pelvic tilt" to flatten the back
- PSC’s Master Teacher Trainers have achieved a high level of excellence in their field. Trainers of the PSC method have multiple additional certifications in Pilates and other related fields, have passed rigorous testing, and are PMA Certified Pilates Teachers™
- Extensive photographic Manual is included in Course
- PSC offers both Classical and Progressive execution of each exercise to create the most well rounded instructor. This is unique to PSC
- PSC refuses to offer a "quickie" certification. We have 2 options:
  - Full “All-in-One” 16-week course (2 days a week/4 hour class\*) *\*Varies based on location*
  - “Modular” programs to learn the Mat and Equipment individually
- PSC offers 128 + “class room hours” to offer the best support to our students
- PSC requires an entrance and exit interview / exam to accept and graduate those who are truly ready. PSC is proud to be an educational leader who cares about the integrity and success of our graduates
- PSC is competitively priced with no hidden costs
- PSC teaches the equipment repertoire on various “models” of the equipment (*Based on location*) to understand how to adapt to different studio environments, as there are now many types of Pilates Reformers, Cadillacs and Chairs. This is unique to PSC
- PSC maintains a small class size for the best learning experience
- You will learn how to maintain, modify and perform safety servicing of the Pilates equipment – this is unique to PSC
- You will learn many PSC variations to make the exercises more challenging as well as modifications to assist client with injuries or special needs – this creates the most capable and skilled trainer
- PSC material review time and final exam are 99% practical, not written - you will learn to think on your feet and apply information in a practical, physical way. This enables us to help you refine your skills throughout the program and ensure you understand the material completely for your success. This also allows us to provide you with an “Assessment Based Certificate” as recommended by the PMA

- Students are afforded many hours of assisted "review time" all the way throughout the program to chart progress and hone skills. This is achieved through group drills and Q&A sessions in a hands-on environment

- The PSC Course is all-inclusive - no hidden fees or requirements

*Extra costs disclosure:*

- Re-testing fees (only imposed should you not pass or attend the scheduled final exam)
- Optional private tutoring fees if classes are missed (discounts offered for "group" make-up sessions, OR you may borrow FREE DVD's of the entire PSC course)
- Textbook costs are minimal (used books available on amazon.com)
- Minimal Studio rental fees to work with "Practice Clients" (other than class mates) for required hours (cost varies based on location)
- Student Liability Insurance if you plan to work on people other than classmates in the studio

- We offer FREE book, video and DVD loaning from our vast library. *(Based on location)*

- We offer advanced placement into a course if any portion of a Pilates Certification is already in place from somewhere else. A fee for the "test in" process is nominal and only serves to ensure your readiness for your best experience with us

- We offer 50% discount on any module of the course to any instructor wishing to "Re-Educate" after completion of any other course with a certificate. Should you wish to review or were unsatisfied with your prior experience somewhere else

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

### **WHEN SHOPPING FOR A PROGRAM...**

*The PMA does not approve any Pilates Teacher Training/Certification course. This will result in you needing to do your research! Look for PMA Certified Instructors™ who have been teaching for 5 years or more. Ask questions!*

Be aware of the following:

Modular programs that are remarkably brief – you can't learn the material in 1 weekend or even in 1 month

Back-to-Back programs that go all day, many days in a row – you will not absorb the material, the burn out rate is very high

Policies on missed days – how will you make up the material?

Some other programs insist on 10-15 apprentice hours per week per "level" and don't allow you to go at your own pace. There may be as many as 4 levels to complete

There are lengthy programs that span weekends and holidays and may disrupt your schedule for an extended period of time

Programs taught in "Levels" are hard to follow and integrate the material

Beware of hidden fees and policies: Please be sure to read the fine print when choosing a course, some of them have the following policies:

Extra testing fees to complete the course

Required video purchases along with course

A tuition "loan" with an employment contract of 2 years that is binding and may hold up your certificate of completion

Required practice teaching hour policies within their studio only, where the Studio collects fees from client and pays little or nothing to you - the uncertified and un-prepared teacher

Some programs require you to take their CEU's to maintain certification in good standing. This may be in addition to the PMA CEU's

An additional Anatomy Course may be required to enter the course at an extra cost

Weekly workouts at their facility may be required at your cost

Some may charge high rent for you to "rent space" to self practice or even to observe

Extra workshops may also be required at your cost to complete the certification