



PSC TEACHER  
*Training*

AT REFORM AND RIDE

# A NOTE FROM *The Instructor*

Thank you for your interest in the Pilates Sports Center Teacher Training Program founded in 2000. PSC offers one of the most profoundly effective exercise systems ever developed and 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 catalog will provide you with information on all upcoming programs at Reform & Ride. 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 Reform & Ride and PSC. We look forward to seeing you in the studio.

Beverly Seitzinger  
Reform & Ride Founder/Owner & Master Teacher Trainer

# PSC's Mission

PROVIDE AN EDUCATION IN THE  
WORK OF JOSEPH PILATES  
WITH THE HIGHEST QUALITY OF  
INSTRUCTION TO CREATE THE  
MOST SUCCESSFUL & 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.

## WHAT MAKES PSC DIFFERENT?



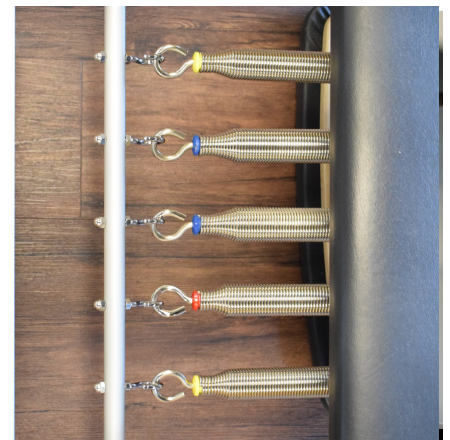
### LIFETIME CERTIFICATION

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



### WELL PACED SCHEDULE

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



### BUILD CONNECTIONS

Directory Listings,  
Job Board and Workshops  
available for Graduates.

*Why Choose*

# REFORM AND RIDE?

Learn the Classical and Progressive approaches through Pilates Sports Center's Teacher Training program. Turn your passion for Pilates into a career you'll love! Contact us to get started.

## MEET THE INSTRUCTOR



*Beverly Seitzinger*

Reform & Ride Founder/Owner  
Pilates Teacher,  
Master Teacher Trainer

With 20+ years of experience in fitness and wellness, Beverly is eager to share her passion for movement. Her enthusiasm is fueled by the successes of her clients as they discover the benefits of Pilates and exercise in their daily lives. Seeing and feeling the positive effects fitness has for all ages and body types is very exciting and rewarding as she continues to challenge herself to grow as an instructor. With first-hand experience of how stress and injuries can affect our bodies, she strives to focus on practice, not perfection. Beverly works with all types of clients, from post-rehab to competitive athletes. As an educator, she is committed to helping her clients achieve their fitness goals by becoming stronger, mindful of the body's posture, breath, flexibility, and core strength. Beverly continues to teach her clients to never stop moving, no matter what age!

Although Beverly's initial Pilates Certification and Master Pilates Certification were both through Peak Pilates, a classical program, she wanted to add the contemporary approach to her repertoire as well as share her love of teaching Pilates with others. Through PSC, she completed their program and is thrilled to provide the PSC Pilates Teacher Training Program as well as PMA CEC workshops.

# 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 be able to acquire an entry-level position as a comprehensively trained Pilates teacher.

# 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.
- Completed application and deposit.
- Personal Liability Insurance if practicing at Reform and Ride Pilates.
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, sexual orientation, medical condition, ancestry, marital status, citizenship, or status as a veteran or special disabled veteran.

# ENROLLMENT PROCEDURES

Prospective students may enroll anytime. Late enrollments may be accepted on a case-by-case basis. The enrollment process includes Submission of application, payment of non-refundable deposit, signed & submitted Release Form and Student Contract.

# ATTENDANCE POLICIES

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.

# BRIDGE PROGRAM

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

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 its' Master Trainers are running Pilates Studios of their own and can give you the best insight into the world of successful business and client instruction. PSC respects our classic heritage, while infusing new ideas that are both science based & creative. Become part of a growing team of professionals and part of a renowned training program.

## THIS PROGRAM CAN ACCOMPLISH

- An instructor with incomplete education may add a PSC module as outlined
- An instructor with an education that was unsatisfactory in any way, may wish to re-educate through PSC in a comprehensive or modular program.

### 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 / Barrels) will the meet criteria for, and be prepared to take, the NCPT Exam.

### REQUIREMENTS

Students who interrupt their program:

- Application
- Payment
- PSC's Fundamentals / Philosophy ("Nuts & Bolts") Program
- Supply a certificate of completion as proof of previous education
- A mat certificate of completion is required prior to any PSC Apparatus module.

# PSC CREATORS

## 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.

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

Andromeda became a Doctor of Chiropractic that was 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.

## 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

# STUDENT POLICIES

- 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 studio property.
- Any violation of policies may result in permanent dismissal from the program.

## 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 a student to return to the next scheduled program offered at the same location for the missed portion of the program only.

## DISMISSAL

A student may be dismissed for violations of rules and regulations of the school as set forth in the Student Contract. The PSC Master Trainer 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

## EDUCATIONAL SERVICES

PSC provides its students with counseling, tutoring, manuals, charts, models, & videos to assist the students' 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 retest at a later date for a fee of \$100. The Master Trainer may assign additional hours of observation, practice, or a project on a case-by-case basis.

## STUDENT GRIEVANCE AND NON-DISCRIMINATION PROCEDURE

Contact the studio for information on Student Grievance and Non-Discrimination Policies and procedures.

Attempting to resolve any issue with the School first is strongly encouraged. Student Complaints may be brought to the attention of PSC at the link below.

<https://docs.google.com/forms/d/e/1FAIpQLSfDkp2tmkrJ0x95fM39Tzt2H33L6MHjahsCWD0uJahPEEAi cA/viewform?c=0&w=1>

## SEXUAL HARASSMENT PROCEDURE

Contact the studio for more information on Sexual harassment Policies & Procedures.

## ACCESS TO STUDENT FILES PROCEDURE

Students may review their 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 Credit Card Authorization Agreement (if applicable)
- Signed Payment Plan (if applicable)
- Signed Sexual Harassment policy
- Signed Student Grievance and Non-Discrimination Policy
- Financial transaction records