



REFORM & RIDE PSC TEACHER TRAINING CATALOG

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 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

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.

WHY REFORM AND RIDE?



Schedule a Visit to Our Studio

Choosing the right Pilates Teacher Training program for you is a BIG decision. We invite you to visit our studio, so we can answer any questions you may have.

Thank you for choosing Reform & Ride and PSC.
We can't wait to meet you!

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Reform & Ride is a Pilates Sports Center Official Teacher Training Center.

We are passionate about delivering the highest quality instruction in a beautiful environment. Our studio boasts state of the art equipment including: Reformers, Cadillacs, Towers, Chairs, Ladder Barrels, and wide array of Pilates accessories, props, Pilates Small Barrels, Arcs and Spine Correctors. Reform & Ride also hosts Pilates workshops throughout the year to keep your skills honed and ideas fresh. We pride ourselves in training and developing the BEST Pilates Teachers for the future. We look forward to having the opportunity to work with you!

Reform and Ride Credentials



Beverly Seitzinger

*Reform and Ride Founder & Owner Master
Pilates Instructor
Pilates Teacher Trainer*

Reform and Ride Owner // Pilates Teacher
Trainer // NCPT

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. 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!

After owning and operating the very successful and highly respected studio, The Pilates Body Shop, she decided to expand her studio and opened Reform and Ride offering classes in Pilates, Cycling, and Strength, as well as private sessions. She began her Pilates education with Peak Pilates, continuing on with her Masters in Classical Training. Always seeking to broaden her knowledge, she obtained her Master Teacher-Training through PSC, adding Contemporary Pilates to her repertoire so she could pass on her passion to new instructors.



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

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 studio

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, Barrels: \$5,200.00 (Minus \$500 Deposit to hold a spot)
- Graduates of a Comprehensive Program will then meet the criteria for, and be prepared to take, the NCPT Exam (Nationally Certified Pilates Teacher Exam).
- Payment plan option available for an additional fee of \$100 (\$5300 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.
- Barrels: \$300 – 1 week 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 \$8,999.00 each student.
- Modular Programs are 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 will be refunded if cancellation is received 14 calendar days prior to the course start date. Once the course has begun, any and all tuition paid is NOT refundable.

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
- 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 will be accepted on a case-by-case basis.

The enrollment process includes:

Submission of an application

Payment of non-refundable deposit

Signed and submitted 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.

Bridge Program

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 its' 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 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 a renowned training program.

This program can accomplish:

- An instructor with incomplete education may add a PSC module as outlined on Page 9 to improve skills, earning power and add to your credentials.
- An instructor with an education that was unsatisfactory in any way, may wish to re-educate through PSC in a comprehensive or modular program.

Bridge Program

Program of Study:

Pilates Transition / Bridge 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 meet the criteria for, and be prepared to take, the NCPT Exam

Requirements to Transition/Bridge with PSC

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 Founders

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.

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

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 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.

[LEAVE-OF-ABSENCE-FORM.pdf](#)

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, and 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

Please view the link for information on Student Grievance and Non-Discrimination Policies & procedures:

[PSC-Student-Grievance-and-NON-Discrimination-Policy-2017.pdf](#)

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/1FAIpQLSfDkp2tmkrJ0x95fM39Tzt2H33L6MHjahsCWD0uJahPEEAicA/viewform?c=0&w=1>

Sexual Harassment Procedure

Information on Sexual harassment Policies & Procedures can be viewed on the link below.

[PSC-Sexual-Harassment-Policy-6-2017.pdf](#)

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 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 learning with you.



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OFFICIAL PILATES TEACHER TRAINING FACILITY